



Alameda County Public Health Department (ACPHD) COVID-19 Testing Guidance for RCFE/ARF

ACPHD strongly RECOMMENDS that Residential Care Facilities for the Elderly (RCFE) and Adult Residential Facilities (ARF) follow this testing plan.

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If a Resident or a Staff person tests positive or has symptoms of COVID-19, please email LTCFOutbreak@acgov.org or call the LTCF intake line: (510) 764-7625 or after hours and on weekends: (925) 422-759.

Every facility with an outbreak is matched with an ACPHD nurse. The nurse can assist in providing guidance and recommendations in managing your outbreak, including providing a list of testing resources.

TESTING STRATEGY	DESCRIPTION
Step 1. Baseline	<ul style="list-style-type: none"> • Test all residents and staff once.
Step 2. New residents or residents coming back from the hospital	<ul style="list-style-type: none"> • Test anyone who is new to your facility. • Test anyone returning from the hospital if it has been more than 72 hours since the person was last tested. • New or returning residents should be quarantined for 14 days and then retested.
Step 3. Monthly testing	<ul style="list-style-type: none"> • Test 25% of staff per week (100% per month). • Test residents who come and go frequently. For example: dialysis, medical visits, or other high-risk outings.
Step 4. Test residents or staff who have COVID-19 symptoms	<ul style="list-style-type: none"> • Test residents or staff who have symptoms of COVID-19 such as <ul style="list-style-type: none"> ○ Fever or chills ○ New or worse symptoms: trouble breathing, worsening cough, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat ○ Unexplained symptoms: congestion or runny nose, nausea, vomiting, or diarrhea. <p>(Note: older adults may not have typical symptoms).</p>
Step 5. Test residents or staff who had contacts with someone who tested positive	<ul style="list-style-type: none"> • Test residents or staff who came in close contact with someone who tested positive. For example, someone who has <ul style="list-style-type: none"> ○ Lived in or stayed at their residence OR ○ Are intimate sexual partners OR ○ Provide or provided care to them without wearing a face shield, mask, gown, and gloves OR ○ Were within 6 feet of someone who tested positive for a prolonged period of time (> 15 minutes).



TESTING STRATEGY	DESCRIPTION
Step 6. Response driven testing when you have a resident or staff with a new positive test result	<ul style="list-style-type: none"> • Test ALL residents and staff who had a negative test. Test them every 7 days. Keep testing every week until there are no new positive tests for a full 14 days. • Then go back to testing: <ul style="list-style-type: none"> ○ Once a month: Residents who leave for appointments. ○ Once a week: 25% of staff.
Turnaround Time	<ul style="list-style-type: none"> • Try to use a testing service that can get results back within 48 hours.
Work Exclusions	<ul style="list-style-type: none"> • COVID-19 positive staff must stay home and isolate. • If there is a staff shortage, check with ACPHD nurse.

It is a good idea to plan ahead:

- **Get consents for testing for residents signed ahead of time.** That may mean contacting family members or conservators
- **Contact each residents' doctor to get an order for testing if needed.** Some testing services require a doctor's order.

There may be additional options available for how to test:

- **Send staff and residents to community testing sites or to their own doctors.**
- **Find a mobile testing service that could come to your site.** Some are able to get consents, order tests, and do follow-up. Find out what they provide. Some must be scheduled ahead of time.

