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San Francisco Health Network
Behavioral Health Services

Special Programs For Youth (SPY)

Medical Isolation/Quarantine Protocol

Updated 3/24/2021

1. The Medical Isolation/Quarantine Unit will house:

- a) Youth who are **not showing any signs of illness (asymptomatic)** but may be infected due to recent close contact with a COVID-19 case. The illness may or may not develop in the youth. The goal of **quarantine** is to prevent the spread of what a youth possibly has to others.
- b) Youth who are **showing signs of illness that may be due to COVID-19** (such as new onset difficulty breathing, fever ($\geq 100^{\circ}\text{F}/37.8^{\circ}\text{C}$), cough, sore throat, body aches, chills, fatigue, diarrhea or vomiting, nasal congestion, runny nose, headache, loss of taste or smell) **or has tested positive for COVID-19**. The goal of **medical isolation** is to prevent the spread of what a youth is known to have to others.

2. How Do Youth Get Into the Medical Isolation/Quarantine Unit (see Flowcharts):

- Youth who present with symptoms suspicious for COVID-19 at admissions.
- Youth with exposure to confirmed COVID-19 in past 14 days.
- Youth who are asymptomatic but with positive COVID-19 test result.
- Youth who develop symptoms suspicious for COVID-19 while in detention.
 - **Youth who become sick during course of detention will be moved to the Medical Isolation/Quarantine Unit if:**
 - Their COVID-19 test result is positive.
 - Their COVID-19 test result is negative BUT their symptoms are worsening and/or are of high suspicion for COVID-19 (i.e. persistent or cyclical high fevers, sudden loss of taste or smell, difficulty breathing of unknown etiology).

3. Temporary medical isolation of sick youth on the Intake Unit and any of the general population units:

- Youth who develop new symptoms suspicious for COVID-19 will immediately be placed on medical isolation precautions on the unit they are currently on and be tested for COVID-19.
- Youth must remain inside their room with the door closed at all times, except for shower, LMA (courtyard on unit ok), phone calls, and meeting with SPY staff. Youth on medical isolation should only come out of their room when the rest of the unit are inside their rooms or inside the classroom with the door closed.
- The specific guidance for the Medical Isolation/Quarantine Unit (listed below in #4) should also be applied to youth who are in medical isolation on the Intake Unit or a general population unit.

4. Guidance for the two groups of youth on the Medical Isolation/Quarantine Unit:

- 1) Medical Isolation Group:** Youth who are in medical isolation due to positive COVID-19 test result OR due to high suspicion of having COVID-19 given their constellation of symptoms, regardless of test result.
 - 2) Medical Quarantine Group:** Youth who are not sick and have negative COVID-19 test result, but are in quarantine due to recent close COVID-19 contact.
- If possible, house youth in Medical Isolation on a different tier than the youth in Medical Quarantine.
 - Youth from the two different groups should be kept separate from each other to decrease risk of youth in the Medical Isolation group infecting youth in the Medical Quarantine group.
 - Youth from the two different groups should be assigned different showers, ideally showers on different tiers. If a separate shower is not available, have the sick youth shower after the rest of the unit has showered.
 - If there is an adjacent shower, it should remain empty when youth is showering.
 - Youth should wipe shower handle with disinfectant after use.
 - Youth must wear mask to and from the shower. Youth should have a paper bag available to place mask in while showering.
 - Youth cannot leave the unit except for urgent medical services (No gym, EC, Merit Center, MPR, Court). Court should take place by video or phone.
 - Youth must remain fully masked any time they are outside of their room/shower and remain at least 6 feet away from each other and, when possible, from staff.
 - Youth should be assigned a chair and/or desk in milieu to limit cross-contamination and unnecessary movement.
 - Youth should have access to school and programming.
 - Youth should eat all meals inside their room with disposable plates and utensils.
 - Anything that the youth touches while out of their room should be disinfected.
 - Youth should be given disinfectant wipes to clean only what they have touched; they should not do general cleaning duties on the unit or in the kitchen.
 - If sick, youth should be given tissue and trash can lined with plastic bag to keep in their room.
 - If sick, youth should be allowed to have a pitcher of water in their room for hydration.

5. Guidance for SPY Staff working with youth on the Medical Isolation/Quarantine Unit and with sick youth who are placed in medical isolation on any of the units:

- **SPY BH clinicians** will conduct in-person **behavioral health check-ins with each youth at least twice a day** while youth is in medical quarantine or medical isolation.
- **SPY BH clinicians** should conduct their interviews in a well-ventilated space where clinician and youth can remain at least 6ft apart.
- **SPY nurses** will verbally screen every youth for COVID-19 symptoms and check every youth's temperature twice a day.
- Additionally, sick youth will have their vital signs (e.g. blood pressure, pulse) checked at least twice a day.
- **SPY nurses** will provide sick youth who are in medical isolation with a **pitcher of water and cup** to keep in their rooms for hydration.

6. Guidance for JJC staff working with youth on the Medical Isolation/Quarantine Unit and with sick youth who are placed in medical isolation on any of the units:

- If staffing availability allows, those who are at higher risk of having severe illness with COVID-19 should not work on the Medical Isolation/Quarantine Unit. (Aged 60 and older, immunocompromised, have moderate to severe asthma, chronic kidney disease with dialysis, chronic lung disease, diabetes, blood disorder, liver disease, severe obesity, or serious heart conditions.)
- Staff should practice frequent hand washing x20 seconds, universal masking, and social distancing greater than 6ft apart.
- Staff should keep interactions with youth within 6ft as brief as possible.
- Staff should avoid going into the youth's room. Staff can leave meal tray just outside youth's door, then open the door for youth to pick up tray once the counselor has stepped away. When youth is finished with meal, staff can open the door for youth to place tray on floor just outside the room for counselor to pick up.
- Staff should wear gloves when picking up meal tray after youth is finished.
- Staff should wash their hands with soap and water (at least 20 sec) after removal of gloves and after handling anything that the youth may have touched.
- Staff should wear gloves when handling dirty laundry. Avoid shaking out clothes before placing in washing machine. Use highest heat setting for washing and drying of youth's clothes and linens.
- Staff should provide youth with disinfectant to wipe down anything the youth may have touched in the milieu (i.e. shower, chair, door handles, telephone).