## Dr. Reuben Varghese, Arlington County Public Health Director

"Loosen the Faucet" Questions - physical
distancing measures can be loosened when
all these questions are answered in the
affirmative.

"Tighten the Faucet" Questions – physical distancing measures must be tightened when 1 or more of criteria in at least 2 of the 3 buckets are met.

# **Epidemiology**

"Loosen the Faucet" Questions	"Tighten the Faucet" Questions
Are cases decreasing in the context of	Are cases increasing at least 10% for 3
increasing testing (or stable testing with	consecutive days in the context of no
decreasing cases) for at least 14 days (i.e., one incubation period)?	substantial increase in testing?
1 /	And manuals and of access most limbered to a common
Are numbers of cases not linked to a source	Are numbers of cases not linked to a source
case decreasing? (less than 3 cases without	case increasing (more than 3 cases without
known links per incubation period)	known links per incubation period)
Is there a decline in deaths for at least 14d?	Is there an increase in deaths for at least
	5d?
Is there a decrease in healthcare worker	Is there an increase healthcare worker
infections such that these are now rare?	infections for 5 consecutive days?
Is the doubling time of cases greater than	Is the doubling time of cases less than 5
14 days (from most recent peak)?	days (from most recent trough)?

### Healthcare

"Loosen the Faucet" Questions	"Tighten the Faucet" Questions	
Are hospitals able to double the number of	Are hospitals unable to double the number	
patients treated in ICUs? (including staff)	of patients treated in ICUs? (including staff)	
Are hospitals able to safely screen large	Are hospitals unable to safely screen large	
numbers of symptomatic patients?	numbers of symptomatic patients?	
(including staff)	(including staff)	
Is there sufficient PPE for all healthcare	Is there insufficient PPE for all healthcare	
workers even if cases double?	workers even should cases double?	
Are there more discharges than admissions	Are there more admissions than discharges	
for COVID-19 over 5 consecutive days?	for COVID-19 over 5 consecutive days?	

#### **Public Health**

"Loosen the Faucet" Questions	"Tighten the Faucet" Questions
Are all cases interviewed for contact	Are more than 20% of cases not
tracing?	interviewed for contact tracing?
Are 100% of symptomatic people	Are more than 10% of symptomatic people
undergoing testing within 12 hours of	not undergoing testing within 12 hours of
symptoms?	symptoms?
Is there sufficient hand sanitizer to place	Is there insufficient hand sanitizer to place
strategically in buildings including	strategically in buildings including
workplaces?	workplaces?

### Actions that can happen over time to reopen/close as criteria & triggers above are met:

Action	Frequency (variable per activity)
Wash hands often	
Cover coughs	
Don't go out if ill	
Face covering if go out ill	
Face covering for all in community	
Surface and object cleaning and disinfecting	
Increase ventilation	
Quarantine close contacts of cases	
Physical distancing 6 feet when possible – avoid	
crowding	
Stop visits to nursing homes, hospitals, other	
congregate facilities	
Ban all gatherings (above 10 or 50 people)	
Restaurant closures	
Bar closures	
Special situation business closures*	
General business closures (nonessential)	
University closures	
K-12 closures	
Day care closures	
Quarantine of travelers from high-prevalence areas	
(domestic or international)	

<sup>\*</sup>critical infrastructure businesses/essential

- Notice what is not mentioned in these lists: therapeutics, vaccines, which ultimately get us out of this quandary permanently.
- Notice what is mentioned that we need to get a better handle over to make reopening a reality: e.g., testing, PPE, other.