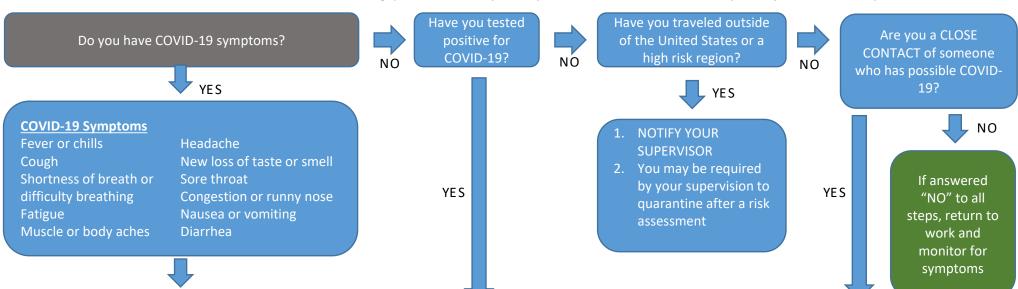
#### ANYONE WITH SEVERE OR LIFE THREATENING SYMPTOMS SHOULD GO TO THE EMERGENCY ROOM OR CALL 911 IMMEDIATELY:

EMERGENCY WARNING SIGNS: trouble breathing, persistent chest pain or pressure, new confusion, inability to stay awake, bluish lips or face



- 1. NOTIFY YOUR SUPERVISOR
- 2. If you are sent home, have supervisor submit information on UCC patient tracker
- 3. Go/Stay at home: 88 MDG beneficiaries should call appointment line (937-522-2778) and make a virtual appointment with your PCM for COVID-19 screening or testing determination\*
- 4. <u>ISOLATE:</u> Remain Isolated until cleared by a medical provider see the isolation procedures below for details

- 1. NOTIFY YOUR SUPERVISOR
- 2. Have supervisor submit information on UCC patient tracker
- Go/Stay at home: 88 MDG beneficiaries should call appointment line (937-522-2778) and make a virtual appointment with your PCM for COVID-19 recommendations\*
- **4.** <u>ISOLATE:</u> Remain Isolated until cleared by a medical provider see the isolation procedures below for details

- 1. NOTIFY YOUR SUPERVISOR
- 2. QUARANTINE for 14 days since last contact with an infected person or as directed by Public Health see the quarantine procedures below for additional details
- 3. You may be directed by Public Health or your PCM to be tested
- 4. If you need to be tested, call the 88 MDG to coordinate testing

Symptomatic Patient has tested negative for COVID-19 with COVID-19 or influenza like illness symptoms

This could represent another illness or a FALSE NEGATIVE COVID-19 TEST

- 1. NOTIFY YOUR SUPERVISOR
- 2. Go/Stay at home: call the 88 MDG
  Appointment line (937-522-2778) make a virtual appointment with your PCM for COVID-19 screening, testing, or evaluation for other potential infections\*
- **3.** <u>ISOLATE:</u> Remain Isolated until cleared by a medical provider see the isolation procedures below for additional details

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Return to work if the CLOSE CONTACT tests negative for COVID-19

\*Non-88 MDG beneficiaries should contact their own PCM



If the person you were in contact with tests positive for COVID-19 or was not tested, then return to work after 14 days if no symptoms develop

## **QUARANTINE PROCEDURES**

# (For people who are possibly exposed to see if they will get sick)

- **STAY HOME** except to get emergent medical care. **DO NOT** go to work, school, or public areas. **DO NOT** use public transportation, ride-sharing, or taxis.
- **SEPARATE YOURSELF** from other people in your home. **DO NOT** share personal items. Stay in a separate room, use a separate bathroom.
- **SELF MONITOR** for symptoms as described in "COVID-19 Symptoms" on the flowchart. If symptoms occur, contact the Appointment Line at 937-522-2778 for 88 MDG beneficiaries or your regular physician if you are not.
- QUARANTINE\* lasts 14 days from the possible exposure. You cannot "test out" of QUARANTINE. The timer "resets" to ISOLATION timing if symptoms develop. All quarantined individuals are expected to telework as able and as their occupation permits.
- **RTW after quarantine:** after the 14 days notify your leadership that you have completed your quarantine, have been symptom free, and are ready to come back to work. If you are identified as a close contact, and the person you were exposed to tests negative for COVID-19, you can return to work

<sup>\*</sup>The CDC recently updated quarantine options with 10-day and 7-day durations. Any option to shorten quarantine risks being less effective than the currently recommended 14-day quarantine. The 14-day quarantine remains the gold standard and should be used in order to maximally mitigate COVID-19 spread both in and out of the workplace.

# ISOLATION PROCEDURES (For symptomatic or confirmed POSITIVE COVID-19 cases)

- All of the above **QUARANTINE PROCEDURES** (14 days excluded) plus:
- If unable to isolate or you will have to share your bathroom, bedroom, or food preparation area, then the other members of the home will have to be on quarantine (see **CLOSE CONTACT**).
- **ISOLATION** lasts until **ALL** of the following criteria are met:
  - Cleared by PCM
  - no fever for 24 hours (without meds)
  - symptoms improving
  - 10 days from symptom onset (or positive test collection date if no symptoms)
- Return to Work after Isolation:
  - Civilians not empaneled at the 88 MDG will need to be coordinate care thru their own medical provider. When their PCM feels the member is able to return to work, the member will coordinate their return to work through 88 MDG Occupational Medicine Clinic. Appropriate care documentation (return to work note) may be required for review by Occupational Medicine. Call for an appointment at the 88 MDG Occupational Clinic for RTW coordination at 937-255-4877.
  - Active Duty or those with medical benefits at the 88 MDG will follow guidance from Public Health on isolating. When the member meets the criteria above, they should engage with their PCM for return to work recommendations with a virtual encounter. Call for an appointment at the 88 MDG Appointment line at 937-522-2778.

### **DEFINITIONS AND OTHER CLARIFYING INFORMATION**

- CLOSE CONTACT as defined by the CDC is: "Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated."
- FALSE NEGATIVE due to current testing characteristics, a positive test is almost always accurate, while a negative test may not be. A PCM may be able to clear a symptomatic member with a negative test to return to work without a full 10 day isolation. However, there is no guarantee that the member does not have COVID-19. This makes MASK WEAR, HANDWASHING, and PHYSICAL DISTANCING extremely important for all work areas.
- Dorm Residents 88 MDG Public Health will reach out to you and arrange formal ISOLATION and QUARANTINE accommodations at base lodging.
- Testing can take anywhere from several hours to 4 days depending on supplies/staffing. Any
  patient awaiting test results should be in either ISOLATION or QUARANTINE.
- **HIGH RISK AREAS** Examples of high risk areas for COVID-19 transmission would include bars, restaurants, gyms, and workplaces where physical distancing cannot be maintained and there is greater than 15 minute exposure (over 24 hours) to a positive individual within 6 feet. Mask wear can reduce the risk.
- Note: The above guidance is based on the 16 OCT 2020 DoD COVID-19 Practice Management Guide, the DoD Force Health Protection Guidance Supplements 5, 8, 9, and 13, the 17 JUN 2020 DAF Force Health Protection Guidance Addendum to Supplement 9, and current CDC guidance. It may change, as these sources are updated or rescinded.