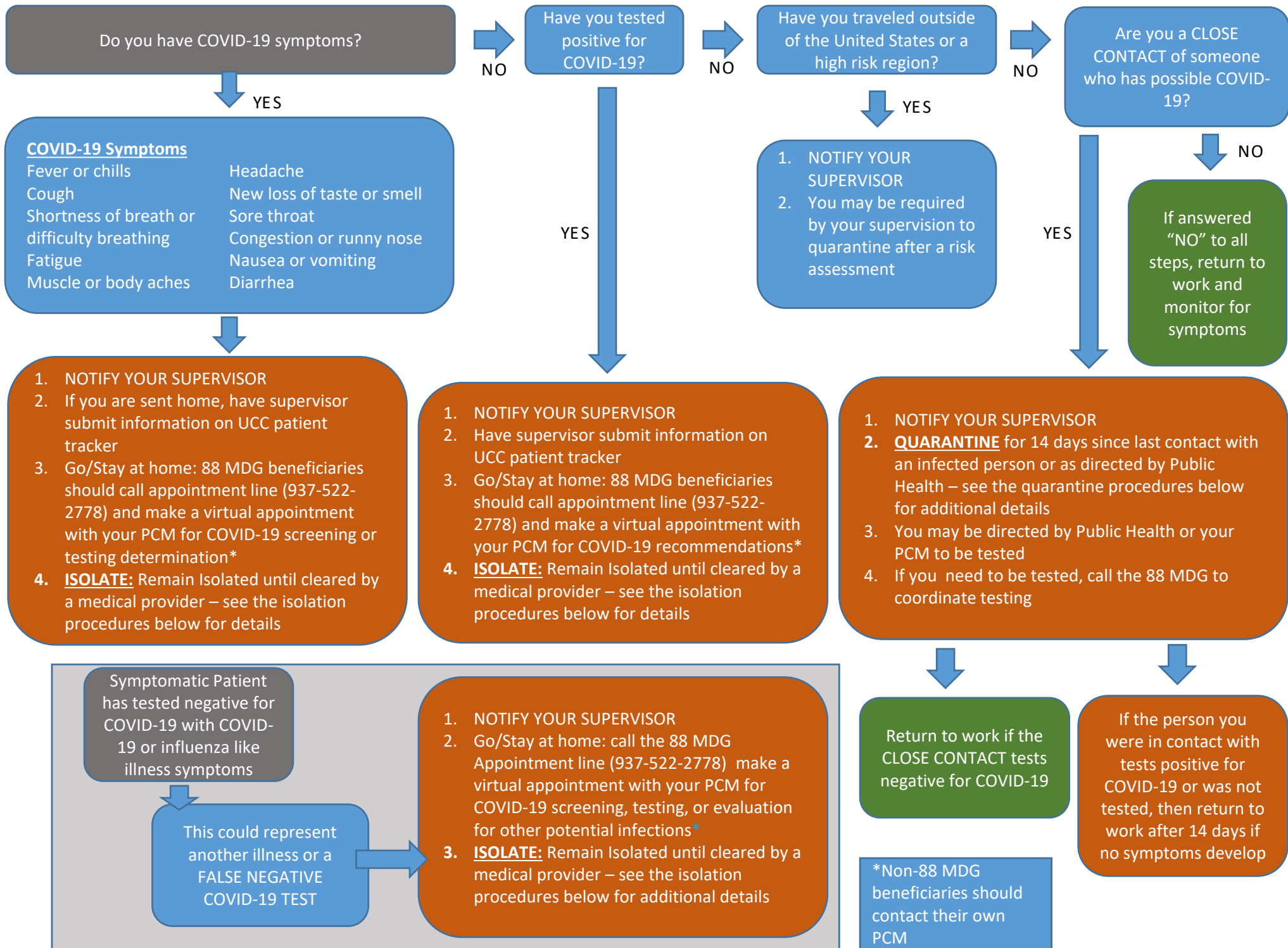


**ANYONE WITH SEVERE OR LIFE THREATENING SYMPTOMS SHOULD GO TO THE EMERGENCY ROOM OR CALL 911 IMMEDIATELY:**

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



## 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

\*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.