



Fairchild AFB COVID-19 Quarantine/Isolation/Travel Return to Work (RTW) Guide

Current as of: 2 Sep 2021

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

Does the individual have COVID-19 symptoms? (REGARDLESS OF IMMUNIZATION STATUS)

YES

- COVID-19 Symptoms**
- Fever (100.4 or greater) or chills
 - New loss of taste or smell
 - Cough
 - Shortness of breath
 - Difficulty breathing
 - Sore Throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - Body Aches
 - Headache
 - Fatigue

NOTIFY SUPERVISOR

GO/STAY HOME

Call the 92 MDG Appointment Line (509-247-2361) during duty hours and make a virtual appointment or report to sick call depending on your clinic provider for potential COVID-19 testing.

ISOLATE

Remain isolated until cleared by a medical provider.

Symptomatic patient has tested negative for COVID-19

Discuss symptoms with your PCM.

Until you are 24 hours symptom free, unless otherwise directed by your PCM or Quarters form. In certain circumstances 10 days of isolation may be recommended.

Has the individual tested positive for COVID-19?

YES

NOTIFY SUPERVISOR

ISOLATE

Remain isolated for at least 10 days unless cleared by your PCM.

Public Health will contact patient to begin contact tracing. If tested off base, inform Public Health of results as soon as possible.

Has the individual traveled outside the United States?

YES

NOTIFY SUPERVISOR

ALL PERSONS must get a COVID-19 test 3-5 days after travel, whether vaccinated or not.

RESTRICTION OF MOVEMENT (ROM)
10 days (7 days w/ NEG COVID test) Contact Public Health (247-5757).

Note: FULLY vaccinated & asymptomatic = NO ROM.

NOTIFY SUPERVISOR

ISOLATE

Is the individual a **CLOSE CONTACT*** of someone who has ***probable*** COVID-19 or has tested positive for COVID-19?

If "NO" then no current COVID-19 concerns. RTW and continue mitigation strategies

YES

1) NOTIFY SUPERVISOR
2) QUARANTINE!
UNIMMUNIZED PATIENTS (Including children):

Call Appointment Line (247-2361) to arrange an immediate test (<24 hours). You must also obtain a COVID test at day 5-7. If negative, you may RTW after the 7th day. If unable to test, you should quarantine for 10 days.

IMMUNIZED PATIENTS:

Fully immunized close contacts may return to work if asymptomatic but must get tested 3-5 days after exposure and continue mask until a negative test.

If a contact is quarantined because of exposure to a **probable** COVID case and that probable case tests negative, the contact may return to work if they don't have symptoms.

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.
- **SELF MONITOR** for symptoms as described in "COVID-19 Symptoms" on reverse. Please contact the Appointment Line 509-247-2361 if you develop symptoms.
- Dorm Residents -- The Quarantine/Isolation Dorm has closed. Contact Public Health at 509-247-5757 if diagnosed with COVID for education. Your suite-mates may be recommended for quarantine/isolation/testing as well. Notify your 1st Sgt immediately. Your unit will be responsible for ensuring you have all essentials.
- **QUARANTINE** lasts 10 days from the possible exposure (**you can return after day 7 if you are asymptomatic and have a negative COVID test on or after day 5**). In rare circumstances, critical duties may be performed while in a quarantine status. Squadron (or equivalent) leadership must discuss these requests directly with Public Health or the PHEO, and may require Installation/CC approval. The timer "resets" to **ISOLATION** timing if symptoms develop or you test positive for COVID-19.
- All quarantined individuals are expected to telework as able and as their occupation permits.
- **Vaccinated** close contacts of **household** members with COVID-19, may be recommended to quarantine by PH based on risk of workplace transmission.
- Because **QUARANTINE** lasts for 10 days from last exposure to an infected person, a caregiver or spouse who is unable to separate from an infected person will not be able to start their "quarantine timer" until the original infected person is no longer infectious, which is usually 10 days from symptoms onset or positive test.

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

- All of the above **QUARANTINE PROCEDURES** plus:
- If unable to isolate or you will have to share your bedroom or food preparation area, then the other members of the home may have to be on quarantine IAW **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 positive test collection date or symptom onset, whichever is shorter.

DEFINITIONS AND OTHER CLARIFYING INFORMATION

- ***CLOSE CONTACT** as defined by the CDC is: "Someone (immunized or not) 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."
- If a **CLOSE CONTACT** has no symptoms and 1) has had lab confirmed COVID within the last 90 days, or 2) is more than 14 days after completing the COVID vaccine series as defined by the CDC, they can return to work. If vaccinated, they still must still be tested at 3-5 days after exposure and should wear a mask indoors until a negative test result. This person should **IMMEDIATELY ISOLATE** if they develop symptoms.
- **PROBABLE COVID** -- Any of the primary **bolded** (first column in the symptom box) symptoms of any duration **or** 2 or more of the secondary (second column) of any duration **or** 1 or more of the secondary symptoms lasting more than 24 hours without another obvious cause (example, muscle pains after a hard workout at the gym). Any listed symptom that develops after contact with a confirmed COVID case should be treated as COVID until ruled in/out by testing.
- ****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.**
- **Civilians** not empaneled at the 92 MDG may be entitled to COVID testing due to their position or mechanism of exposure. Care at the MDG will be coordinated through Public Health (509-247-5757) and Occupational Medicine.
- Testing can take anywhere from 1 hour to 2 days depending on supplies/staffing. Any unimmunized contact or symptomatic patient awaiting test results should be in either **ISOLATION** or **QUARANTINE**. Immunized asymptomatic patients and those only getting tested for official travel may continue to work while awaiting results.

Note: The above guidance is based on the current CDC guidance and DOD FHP Supplements. It will change when these sources are updated or rescinded.