



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

Updated as of: 21 Jul 2021

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

Does the individual have any COVID-19 symptoms?

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, please inform Public Health of results.

Has the individual traveled outside the United States?

YES

NOTIFY SUPERVISOR

ALL PERSONS should get a COVID-19 test at day 5, whether vaccinated or not.

ROM

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

Note: FULLY vaccinated = NO ROM.

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

Note: If answered "NO" to all steps, then no current COVID-19 concerns. RTW and continue mitigation strategies

YES

NOTIFY SUPERVISOR

QUARANTINE

Call Appointment Line (247-2361) to coordinate testing as soon as practical (<24 hours). You should obtain a repeat COVID test at day 5-7. If negative, you may RTW at day 7. If unable to test, you should quarantine for 10 days.

Note: You are not considered a close contact if you have completed the COVID vaccination series or have had COVID recently (see details on back).

RTW if the person you were in close contact with tests negative for COVID-19.

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 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. Your unit will be responsible for ensuring you have all essentials.
- **QUARANTINE** lasts 10 days from the possible exposure (7 days if negative COVID test at day 5-7). 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.
- 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 bathroom, bedroom, or food preparation area, then the other members of the home will 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 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 person 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 are not considered at risk if identified as a **CLOSE CONTACT** and can return to work.
- **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 4 days depending on supplies/staffing. Any patient awaiting test results should be in either **ISOLATION** or **QUARANTINE**.

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 It may change, as these sources are updated or rescinded.