

ISOLATION INSTRUCTIONS DAYS 0-5

If you test positive for COVID-19, stay home and isolate for 5 days from when your symptoms began (if having symptoms) OR your test date (if you are not having symptoms). You may return to normal activity and work on day 6 if improving and without a fever for at least 24 hours without medication.

To calculate your dates of isolation and mask wear please use the link below.

<https://doh.sd.gov/COVID/Calculator/default.aspx>

Arizona Department of Health Services and CDC strongly recommends that people who are isolated take the following actions due to COVID being a very contagious infectious disease:

- Keep your distance. Stay in your bedroom and use a separate bathroom from the one used by other members of your household, if possible. Wear a face mask when around others and try to stay at least 6 feet apart. Have someone else in the home prepare meals and leave them outside your bedroom door. Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- Do not leave your home unless necessary for medical care (NO restaurants, social gatherings, shopping, etc.). Ask family, friends, or community groups to help with needs by leaving supplies outside your door.
- Limit visitors to those who are necessary. Have them wash their hands when they enter and leave; wear a face mask and stay 6 feet away. If they have symptoms of fever, cough or difficulty breathing, have them not come.
- Wipe down surfaces with disinfectant to include door knobs, switches, phones, countertops and additional high-touch areas like appliances, remote controls, sinks, toilet, cabinet handles etc.

Limit contact with pets. If you do interact with pets, wear a facemask, and wash your hands before and after.

ISOLATION RELEASE DAY 6

If you meet the two criteria below you can release from isolation on day 6 and then follow mask use instructions

- If you have been fever free (meaning no fever of 100.4 or higher without taking any fever reducing medications such as Tylenol/Motrin/Naprosyn) for 24 hours
- Your respiratory symptoms are showing improvement

*Please note: after appropriate isolation, patients may return to normal activities even with unresolved symptoms such as cough, congestion, sore throat, loss of taste/smell, mild shortness of breath

**If you have a fever or your symptoms are not improving, continue to stay home until your fever resolves.

ACTIVE DUTY – please see section below for further instructions if you do not meet isolation release criteria on day 6

MASK USE DAYS 6-10

- You should maintain physical distancing of 6 feet or more.
- You are not to remove your mask to eat and drink around others.
- You are to remain eating and drinking independently for the remaining 5 days until a total of 10 days from symptom onset has passed.
- During your lunch break it is recommended you eat at home, in your vehicle or outdoors away from others.
- Avoid people who are immunocompromised at high risk for severe disease, and nursing homes and other high-risk settings.

- Do not travel.
- Do not go to any place where you are not able to wear a mask, such as restaurants and some gyms.

HOME CARE INSTRUCTIONS ADULTS

- Make sure you are drinking enough fluids with a minimum goal of urinating every 2 hours. To prevent dehydration, it is recommended adding a sports drink intermittently with your fluid intake.
- Treatment of symptoms is similar to a cold and you may take over the counter medications such as nasal decongestants, cough drops, cough syrups, throat lozenges, and pain and fever medicines. Be sure to read the bottles and/or boxes and follow the directions for dosages on the box. Please be advised several medications have multiple medications mixed together. So if a cold medicine like Nyquil has Acetaminophen/Tylenol then you want to make sure you are not taking too much Tylenol.
- If you have high blood pressure Coricidin over the counter products are safe.
- Supplemental things that you could do that may help your comfort are using a Neti Pot, steam showers, cool-mist humidifier, sucking on hard candy, drinking tea with honey, warm chicken broth, cold drinks, milk shakes and placing menthol in you humidifier or in your steam shower.
- If you actively have a cough or sneeze cover your cough or sneeze with a tissue or the crook of your elbow.

HOME CARE INSTRUCTIONS PEDIATRICS

- Children who can wear a mask may stop isolating after 5 days if symptoms are improving and they do not have fever. If your child cannot wear a mask or attends the CDC on base, then 10 days of isolation is required.
- Children should be treated symptomatically. Tylenol or Ibuprofen may be used as needed. Fluids should be encouraged and let them eat as desired. Questions may be directed to the child's PCM team or for serious or possible life threatening concerns, call 911 or take your child to the Emergency Department right away.

ACTIVE DUTY MEMBERS

If on your "RETURN TO DUTY DATE/DAY 6" you have not been fever free for 24 hours, your symptoms are not improving or you are continuing to develop new symptoms you are to send your PCM team a portal message or call the appointment line at (623) 856 - 2273 for a nurse triage and an updated plan of care.

QUARTERS

Air Force members: your quarters have been placed in ASIMS and are sent to your Commander designees. Please make sure to notify your immediate supervisor immediately regarding your return to duty date, if unsure you may check with your UHM. Sister services, GS and contract employees you may access your results via MHS Genesis patient portal for your chain of command if needed.

FLYERS

- You will be placed in DNIF status for the full 10 days
- You should not be placed on the flight schedule until after you have been seen for a return to fly appointment
- A "Return to Fly" visit on day 11 following your symptom onset date is **required**.
- You must report to the Military Medicine Clinic @ 0730 on day 11 following your symptom onset date (if this day falls on a weekend/holiday/down day, report the next duty day)
- Return to fly hours Mon, Tue, Thur and Friday @ 0730
- If you come to the clinic during any other times/days you will be redirected to the next "Return to Fly" clinic session.

CONTROLLERS

- You will be placed in DNIC status for 5 days

- A “Return to Control” visit on day 6 following your symptom onset date is **required**.
- You must report to the Military Medicine Clinic @ 0730 on day 6 following your symptom onset date (if this day falls on a weekend/holiday report the next duty day)
- Return to control hours Mon, Tue, Thur and Friday @ 0730
- If you come to the clinic during any other times/days you will be redirected to the next “Return to Control” clinic session.

TRAVELING TO KOREA or NORFOLK NAVAL BASE

- Based on current guidance, you require a negative COVID test to enter the country of Korea
- Travel to Norfolk Naval Base for pre-deployment processing/quarantine requires a negative COVID test
- You will need to be tested once a week until you receive a negative test
- Immediately notify your UHM/UDM and airline of your positive test/isolation & change your travel itinerary

TRAVELING OUT OF THE COUNTRY WITHIN THE NEXT 90 DAYS

- Prior to your travel starting verify your destination country and current US guidance on returning to country.
- If you need a travel memorandum to accompany your positive test results please contact your PCM team.
- Please contact us 1-2 weeks prior to your travel date in order to appropriately process your request.

QUESTIONS/CONERNS

- For any NON-EMERGENT questions/concerns, please message your PCM team using MHS Genesis Patient Portal <https://patientportal.mhsgenesis.health.mil> or call the appointment line 623-856-2273.
- If you have not received your results you can access them using MHS Genesis Patient Portal <https://patientportal.mhsgenesis.health.mil> or by calling the appointment line 623-856-2273

HOUSEHOLD MEMBERS

If you have an Active Duty household member and they are unsure if they need to isolate/quarantine or test they may call Public Health at 623-856-6174 to inquire. If isolation/quarantine is needed they will place your quarters for you.

*All **symptomatic** Tricare beneficiaries will be permitted to test on base restarting 7 Feb, 2022. Additionally testing is available off base. Please log into CVS, Walgreens, or Embry Women’s Health to schedule their test. Due to high demand of testing it is recommended you do schedule immediately upon this notification.

TESTING LOCATIONS no-cost COVID-19 testing

- CVS - <https://www.cvs.com/minuteclinic/covid-19-testing>
- Walgreens - <https://www.walgreens.com/findcare/covid19/testing>
- Embry Women’s Health no-cost COVID-19 testing - <https://embrywomenshealth.com/testing-blitz/>