



07 Jan 2022

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Subj: WHAT TO DO IF YOU ARE POSITIVE FOR COVID-19, or TESTED FOR COVID-19 AND AWAITING RESULTS or QUARANTINED AFTER BEING TOLD YOU WERE A CLOSE CONTACT TO POSITIVE COVID-19 – NAVAL POSTGRADUATE SCHOOL COVID-19 RESPONSE

Purpose: Promulgate information on what to do if you were diagnosed with COVID-19.

If someone becomes COVID-19 positive, is a CLOSE CONTACT, Awaiting Results or has been diagnosed by a medical professional as likely COVID-19 positive (absent a test):

- **Individual:**
 - If **positive for COVID**, immediately commence Isolation.
 - If a **close contact**, immediately commence quarantine.
 - **Notify your supervisor.**
 - If Active Duty (AD) or AD Dependent: As well, Call the Presidio of Monterey Department of Public Health at **831-242-4826**.
 - DOD Civilian personnel or Civilian Spouse: Notify your supervisor of results or of close contact.
 - Provide information* below to your supervisor, and ajcolon@nps.edu, christopher.r.miller@nps.edu, and andrea.edie@nps.edu. Encrypt or send via teams chat
 - **The below information needs to be provided for all in your immediate household if active duty.**

* **Information Needed:** (as applicable, to Isolation or quarantine) Send via encrypted email or teams chat.

1. Name/s:
2. DOD # for each case:
3. Rank/Rate: (or spouse)
4. Rank (CIV): GS ___ or AD ___ (or spouse)
5. Age:
5.A Gender: M/F
6. Date of Diagnosis:
7. Date of exposure and location/activities:
8. Testing done/scheduled/awaiting results:
9. Date of Testing:
 - a. Type of test; Antigen/PCR:
 - b. Location of test:
10. Location of Isolation/Quarantine (city, state/home or barracks):
11. Isolation Start Date: (date of testing, for the infected)
12. Quarantine Start Date: (if Close Contact)
13. Date of onset and Description of Symptoms:
14. Date Admitted to Hospital:
15. ICU treatment Needed:
 - a. If yes release date:
 - b. Was Ventilator used:
 - i. If yes date put on:
 - ii. and removed from:
16. Date Discharged from Hospital:
17. 14 Day Travel history:
 - a. If local; where?
18. Last Date on base and where.
19. VACCINATION STATUS: [e.g. Unknown (only a valid entry for civilians), None, Vaccinated (final shot in sequence 2 weeks ago), or Inoculated (1 shot administered in a 2 shot sequence). 10APR20 (effective date of status change, if applicable)]
Received Booster: Y/N

What to do Next:

- **Isolation:** (Infected)
 - COVID-19 case and must be **isolated**.
 - The individual will stay **isolated for 5 days** (day 0 is the day of specimen collection).
 - The individual may leave isolation after 5 days, if no symptoms are present or if they are afebrile for more than 24 hours and any remaining symptoms are resolving.
 - Mask wearing must continue for 5 days after leaving isolation when around others, even if mask wearing is not otherwise required by DoD guidance.
 - If fever, shortness of breath, or severe fatigue start or persist, the individual will stay isolated until these symptoms resolve.

- **Quarantine:** (Close Contacts)
 - **Vaccinated:**
 - **Quarantine is required unless** the individual has:
 - received an FDA licensed or authorized COVID-19 **booster** dose; or
 - it has been **less than 6 months** since completion of the primary series with an **mRNA vaccine** (i.e., Pfizer-BioNTech/Comirnaty or Moderna); or
 - it has been **less than 2 months since receiving a Johnson and Johnson** COVID-19 vaccine dose as a primary vaccination.
 - **Regardless of vaccination status, close contacts must wear a mask around others for 10 days**, even if mask wearing is not otherwise required by DoD guidance, and if practical, test on day 3-5 following exposure. If symptoms develop, then the individual must get tested and isolate until test results are complete.
 - **Unvaccinated:**
 - Must quarantine for 5 days. The individual should wear a mask at all times when around other individuals, regardless of those individuals' vaccination status, and even if mask wearing is not otherwise required by DoD guidance. Testing should occur on day 3-5 after exposure, if practical. If no symptoms develop, quarantine may end after 5 days, but the individual must continue to wear a mask around others for an additional 5 days (i.e., masks must be worn for a total of 10 days after exposure, to include the time in quarantine). Civilian (non-Tricare): Follow-up with your medical provider.
- AD or Tricare: Follow up as directed by POM or Gourley clinic
- Let Chain of Command and ajcolon@nps.edu know of any changes in your status.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- Stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

****Close Contact**

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.

Got to ER or call 911. If you develop emergency warning signs for COVID-19 get medical attention immediately or you feel your life is at risk. Emergency warning signs include: (This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning) • Trouble breathing • Persistent pain or pressure in the chest • New confusion or inability to arouse • Bluish lips or face

Testing: - Contact your medical Provider -

- **For Servicemembers**, below is the following protocol for testing:
 - 1) Walk-in testing is available for symptomatic patients only at POM daily from 0700-0800.
 - 2) All asymptomatic testing must be coordinated ahead of time via MAJ Patton.
- **For Veterans**: go to <https://www.publichealth.va.gov/n-coronavirus/> also Veterans can sign into My HealtheVet (<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthvet/secure-messaging-spotlight>) to send a secure message to VA or use **telehealth options** (<https://telehealth.va.gov/type/home>) to explain their condition and receive a prompt diagnosis. Or **1-800-455-0057 (select #4)**
- **For Tricare Beneficiary**:
 - Call the Military Health System **Nurse Advice Line (MHS NAL)** at **1-800-874-2273, Option 1** or
 - Web or video **chat with a nurse**: <https://www.mhsnurseadvice.com/home>
 - VA/DOD GOURLEY CLINIC contact 866-957-2256
- **For Others**: Contact you Primary Care provider, or **E-Consult**; CHOMP, Montage Medical Group **831-622-8001** Montage Health free coronavirus E-Visit (virtual) available 24 hrs online <https://evisit.montagehealth.org/>
<https://www.chomp.org/coronavirus/if-you-have-symptoms/#.X8cHPGhKjIU>
 - **Free testing sites in Monterey County**
 - There are **options for free testing** in Monterey County and you do not need to have symptoms.
 - Planned Parenthood offers free testing at Monterey Peninsula College. Up-to-date testing days and times
 - Monterey County residents can also get free tests in Salinas, Greenfield, Watsonville, and Hollister. Appointments: (888) 634-1123 or <https://lhi.care/covidtesting>

See the following link for more information: <https://www.chomp.org/coronavirus/>