



16 Dec 2020

Action POC: Antolino Colon

**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**

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**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 Spouse: As well, Call the Presidio of Monterey Department of Public Health at **831-242-4826** or **831-234-9510**.
    - DOD Civilian personnel or Civilian Spouse: Notify your supervisor of results or of close contact.
  - Provide information\* below to your supervisor.
  - **The below information needs to be provided for all in your immediate household**
- **Supervisor\*:** Notify your chain of command
- **Chain of Command:**
  - Chain of command Chair/Staff member Dean/Director Provost/COS, as well:
    - Send e-mail ([christopher.r.miller@nps.edu](mailto:christopher.r.miller@nps.edu) and [ajcolon@nps.edu](mailto:ajcolon@nps.edu) ).
- See NPS Procedures for details on reporting and investigation

**\*Information Needed:** (as applicable, to Isolation or quarantine)

1. Name/s:
2. DOD # for each case:
3. Rank/Rate: (or spouse)
4. Rank (CIV): GS \_\_ or AD \_\_ (or spouse)
5. Age:
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:
11. Isolation Start Date: *(date of symptom onset or date of testing is asymptomatic)*
12. Quarantine Start Date: *(14 days after last 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.

**What to do Next:**

Quarantine

- Remain in quarantine until 14 days after your last contact, after which if you do not have symptoms you are good for RTW.
- Monitor your symptoms with this form Symptoms Tracking
- 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](mailto:ajcolon@nps.edu) know of any changes in your status.

Isolation

- Remain in Isolation until 10 or 21 days after your symptom onset or test date if asymptomatic, follow RTW procedures.
- Monitor your symptoms with this form Symptoms Tracking
- 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](mailto:ajcolon@nps.edu) know of any changes in your status

### Stay home and monitor your health Symptoms Tracking

- **Quarantine:** Stay home for 14 days after your last contact with a person who has COVID-19. (cannot test out of Quarantine)
- **Isolation:** Stay home until it is safe to be around others, 10 days, 21 if severe (hospital).
  - In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).
- 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

### **\*\*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 0630-0800.
  - 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/>