01 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

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

If someone becomes COVID-19 positive or is a Close Contact, 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.

- **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 and ajcolon@nps.edu).

- See NPS Procedures for details on reporting and investigation
*Information Needed:*
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. Date of Testing:
   a. Type of test; Antigen/PCR:
   b. Location of test:
9. Location of Isolation:
10. Isolation Start Date: *(date of symptom onset or date of testing is asymptomatic)*
11. Date of onset and Description of Symptoms:
12. Date Admitted to Hospital:
13. ICU treatment Needed:
   a. If yes release date:
   b. Was Ventilator used:
      i. If yes date put on:
      ii. and removed from:
14. Date Discharged from Hospital:
15. 14 Day Travel history:
   a. If local; where?
16. Last Date on base and where.

Names of personnel (NPS MIL or AD) you had **close contact** with 48 hrs prior to either onset of symptoms or day of testing.

**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