

Action POC: Antolino Colon

**Subj: WHAT TO DO IF SICK – NAVAL POSTGRADUATE SCHOOL COVID-19 RESPONSE**

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**Purpose:** Promulgate information on what to do if you are sick during COVID-19 Pandemic

**Actions:**

- If you are sick with a fever, cough or other symptoms, you might have COVID-19. If you think you may have been exposed to COVID-19, contact your healthcare provider.
  - **If you have an emergency warning sign (including trouble breathing),** get emergency medical care immediately
- The Defense Digital Service designed an online tool for the DoD community to assess potential COVID-19 symptoms. Called **MySymptoms.mil**, <https://mysymptoms.mil/> the anonymous tool does not diagnose disease but assesses the likelihood someone may have COVID-19 based on a series of simple health-related questions and then provides information on how to seek further advice. Though designed with DoD personnel in mind, the public may also use it.

**Procedure:**

- First step is to rule out other Acute Respiratory illness (like the flu) – contact medical provider and let your supervisor know. DON'T COME INTO WORK
- **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 HealthVet (<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/>

### **Flu vs. COVID-19**

Both flu and COVID-19 can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

#### [See similarities and differences](#)

- Differences:
  - **Flu**
    - Flu viruses can cause mild to severe illness, including common signs and symptoms, Flu Symptoms
  - **COVID-19**
    - COVID-19 seems to cause more serious illnesses in some people. Other signs and symptoms of COVID-19, different from flu, **may include change in or loss of taste or smell.**
    - COVID-19 Symptoms