



Kirtland AFB COVID-19 Quarantine/Isolation/Return to Work (RTW) Guide

Updated as of: 12 August 2021 *See second page for more information

ANYONE WITH SEVERE OR LIFE-THREATENING SYMPTOMS SHOULD GO TO THE EMERGENCY ROOM OR CALL 911 IMMEDIATELY

Does the individual have any COVID-19 symptoms?

YES



COVID-19 Symptoms

- Fever (100.4 or greater) or chills
- New loss of taste or smell
- Cough
- Shortness of breath
- Difficulty breathing
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Body Aches
- Headache
- Fatigue



NOTIFY YOUR SUPERVISOR

GO/STAY HOME IF NOT FULLY VACCINATED: Call the 377th MDG appointment line (505)846-3200 during duty hours and make an appointment for COVID-19 testing. After duty hours call the Nurse Advice Line (505)846-3200

FULLY VACCINATED: Supervisors are authorized to give 24 hr quarters. If symptoms persist or worsen, call the 377th MDG appointment line (505)846-3200 for COVID-19 testing appointment

Symptomatic patient has tested negative for COVID-19

Notify your supervisor of the negative COVID-19 test, if required supervisors are authorized to give 24 hr quarters, return to work and ensure proper mask wear OR schedule a visit with your PCM

If requesting an appointment, please call the appointment line (505) 846-3200 to schedule a visit with your PCM for any concerning symptoms or if wanting a follow up visit

Has the individual tested positive for COVID-19?

NO

NO

Is the individual a **CLOSE CONTACT*** of someone who has tested positive for COVID-19?

YES

Note: If answered "NO" to all steps, then no current COVID-19 concerns. RTW and continue mitigation strategies



YES

ALL MEMBERS are expected to report ALL close contacts and positive tests to their Medical Team & Public Health

NOTIFY YOUR SUPERVISOR

ISOLATE (ROM)

PCM will notify the member of the positive result and give instructions.

Remain isolated for 10 days from the first date of symptom onset. If improved symptoms and no fever (without fever lowering medication) after 10 days, member can return to duty vs contact PCM for follow up the following day

Public Health will contact the patient. If tested off base, please inform Public Health of results (505)846-3461



NOTIFY YOUR SUPERVISOR

QUARANTINE (NOT FULLY VACCINATED):

Call Appointment Line: (505)846-3200

Quarantine/Restriction of Movement (ROM) at home for 14 days after **LAST** contact with a person who is COVID-19 positive.

OPTION 2: with the **approval and guidance** of the member's leadership, the member may return to duty:

- **10 days** after last exposure **without** testing, if the member has remained asymptomatic **THROUGHOUT** their quarantine. The member is to continue to monitor for symptoms.

- On **day 7**, after receiving a negative test result (test must occur on day 5 or later) if the member has remained asymptomatic **THROUGHOUT** their quarantine. The member is to continue wearing a mask at all times in public and continue to monitor for symptoms.

FULLY VACCINATED: Do not require ROM.

Persons who have known exposure to someone with suspected or confirmed COVID-19 should test 3-5 days after exposure and wear a mask indoors on the installation and public settings off-installation for 14 days or until they receive a negative test.

QUARANTINE PROCEDURES

(for people who are possibly exposed to see if they will get sick)

- **STAY HOME** except to get emergent medical care. **DO NOT** go to work, school, or public areas. **DO NOT** use public transportation, ride-sharing, or taxis.
- **SEPARATE YOURSELF** from other people in your home. **DO NOT** share personal items. Stay in a separate room and use a separate bathroom.
- **SELF MONITOR** for symptoms as described in “COVID-19 Symptoms” on reverse. Please contact the Appointment Line 505-846-3200 if you develop symptoms.
- **SELF REPORT** any and all **CLOSE CONTACT** to COVID positive individuals and **any positive** COVID tests obtained off base to Public Health and your PCM

- **QUARANTINE** lasts 14 days from the possible exposure (7 days if negative COVID test at day 5-7). In rare circumstances, critical duties may be performed while in a quarantine status. Squadron (or equivalent) leadership must discuss these requests directly with Public Health or the PHEO, and may require **Installation/CC** approval. The timer “resets” to **ISOLATION** timing if symptoms develop or you test positive for COVID-19.
- All quarantined individuals are expected to telework as able and as their occupation permits.
- Because **QUARANTINE** lasts for 14 days from last exposure to an infected person, a caregiver or spouse who is unable to separate from an infected person will not be able to start their “quarantine timer” until the original infected person is no longer infectious, which is usually 10 days from symptoms onset or positive test.

ISOLATION PROCEDURES (for symptomatic or confirmed POSITIVE COVID-19 cases)

- All of the above **QUARANTINE PROCEDURES** plus:
- If unable to isolate or you will have to share your bathroom, bedroom, or food preparation area, then the other members of the home will have to be on quarantine IAW **CLOSE CONTACT**.
- **ISOLATION** lasts until **ALL** of the following criteria are met: Cleared by PCM, no fever for 24 hours (without meds), symptoms improving, 10 days from positive test collection date or symptom onset, whichever is shorter.

DEFINITIONS AND OTHER CLARIFYING INFORMATION

- ***CLOSE CONTACT** as defined by the CDC is: “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.”
- If a person has **NO SYMPTOMS** and 1) has had lab confirmed COVID within the last 90 days, or 2) is more than 14 days after completing the COVID vaccine series as defined by the CDC, they are not considered at risk if identified as a **CLOSE CONTACT** and can return to work.
- Testing can take anywhere from 1 hour to 4 days depending on supplies/staffing. Any patient awaiting test results should be in either **ISOLATION** or **QUARANTINE**.

Dorm Residents -- Contact Public Health at 505-846-3461 if diagnosed with COVID for education. Units will be responsible for ensuring residents have necessary items for quarantine. Suite-mates without direct prolonged contact do not need to ROM or test. If shared bathroom, keep vent on throughout quarantine/isolation.

Note: The above guidance is based on the current CDC guidance and DOD FHP Supplements. It may change, as these sources are updated or rescinded.

Note: Special duty Airmen are to follow additional procedures as normal (eg utilize Flight Med/PRAP resources in place of appointment line)