



USSOUTHCOM Guidance for Close Contacts of COVID Positive Individuals

25 FEB 2021

This guidance applies to all personnel with duty at HQ, USSOUTHCOM.

- U.S. military personnel **MUST** follow this and Center for Disease Control (CDC) guidance.
- DoD Civilians, DoD Contractors, and all other non-U.S. military personnel are **ENCOURAGED** to follow these and all other CDC guidelines.
- **COVID Positive (COVID+)** individuals are restricted from returning to the workplace until the 10-day isolation period is complete. Individuals will work with their supervisor regarding maximizing telework and ensuring they properly account for their time.

When an individual is instructed to enter quarantine:

- Stay home for the period of time instructed (except to get medical care).
 - o If you were in close contact with a COVID-19 positive individual, **quarantine is 14 days** from date of when you were last exposed.
 - The CDC defines close contact as being within approximately 6 feet of a COVID-19 positive individual, for 15 cumulative minutes or more (over a 24-hour period) starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to testing) until the time the positive individual is isolated.
- **A negative COVID-19 test does NOT shorten your quarantine period.**
 - o If you receive a positive test for COVID-19, follow your medical provider's guidance for self-isolation. See USSOUTHCOM guidance for COVID Positive Individuals on ending isolation.
- Do **NOT** go to work or other locations outside your home. Do **NOT** run errands (i.e. no grocery store visits) or attend events.
- Keep contact to persons in household at a bare minimum. If possible, stay in a separate bedroom and use a separate bathroom. Wear a cloth covering over your nose and mouth at home if other persons live in household. Stay 6 feet away from members of your household.
 - o Avoid sharing household items e.g. bedding, eating utensils, dishes etc.
 - o If you have pets, you should remain separate from them just as you would with other household members.
- Check your temperature twice a day. Call your provider for a temperature at/above 100.4° F.

- Monitor for symptoms of COVID-19 to include cough, shortness of breath, congestion, sneezing, loss of sense of taste or smell, nausea, vomiting, diarrhea, headache or fatigue. Notify your health care provider if you develop symptoms.
- Report in with your supervisor daily (including weekends/nonduty days).
- Identify others to assist with daily life activities during quarantine (grocery shopping, picking up medication, caring for children, etc.). Contact your supervisor for assistance as needed.
- Routinely clean frequently touched surfaces e.g. doorknobs, light switches, countertops, phones, keyboards, toilets, sinks, etc. with soap and water, then use disinfectant. This is for the bedroom, the bathroom and common areas.
- Notify the COVID-19 org box southcom.miami.sc-cc.mbx.covid19@mail.mil if you develop a fever or any symptoms during your quarantine period.

If you DO NOT develop any symptoms during your 14-day quarantine, you may return to your duty section on the release date provided by your Contact Tracing specialist.

- Please send an email to COVID-19 org box southcom.miami.sc-cc.mbx.covid19@mail.mil stating you have remained symptom-free and will be returning to the office as directed.

RESOURCES:

SOUTHCOM Chaplains Office Line: (305) 437-1024

SOUTHCOM HQ COVID-19 Resource Page
<https://www.southcom.mil/coronavirus/>

Centers for Disease and Control Prevention COVID-19 *If You Are Sick If You Are Sick or caring for someone* <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

Centers for Disease and Control Prevention COVID-19 Daily Activities and Going Out
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Centers for Disease and Control Prevention Interim Recommendations for U.S. Households with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

Centers for Disease and Control Prevention Treatments Your Healthcare Provider Might Recommend if You Are Sick <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

Environmental Protection Agency List N: Disinfectant for Coronavirus (COVID-19)
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

Centers for Disease and Control Prevention COVID-19: Quarantine vs. Isolation Infographic
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>