



HQ Return to Work Guidelines Coronavirus Disease (COVID-19) Revised 24 AUG 2023

To help prevent the spread of 2019 Coronavirus Disease (COVID-19) the Department of Defense (DoD), in coordination with the Centers for Disease Control (CDC), have instituted the following transmission-based precautions:

Personnel who have COVID-19 related symptoms should notify their supervisor and begin isolation procedures, within unit policy guidance, while determining need for medical assessment. If at work, notify supervisor, leave work to begin isolation. Seek medical advise if disposition is in question.

Regardless of vaccination status, personnel who test positive for COVID-19 will isolate for a minimum of 5 days (symptomatic determination for length of time after). Additionally, regardless of vaccination status, **close contacts of a COVID-19 positive individual should wear a mask for 10 days, social distance, and self-monitor for symptoms.** Individuals who have tested positive for COVID-19 in the last 90 days are not required to test nor is testing required if close contacts remain asymptomatic.

Positive Covid Test

If you test positive (valid and approved COVID-19 test), isolate immediately and follow isolation procedures in SC COVID-19 Policy Guidance. Contact your leadership who will notify SC Command Surgeon's Office of status.

- **Regardless of vaccination status, all COVID-19 positive cases will stay home at least 5 days after the date of specimen collection.**
- The date of specimen collection is considered day 0; day 1 of isolation begins on the next calendar day. If you are asymptomatic or your symptoms have improved after 5 days (individual is fever-free for 24 hours without the use of fever-reducing medication), you can discontinue isolation. All COVID-19 positive cases will isolate for at least 5 days and separate from others in your home, as much as possible. COVID positive individuals will continue to isolate until fever-free (without the use of fever-reducing medication) for 24 hours and symptoms have improved. For more information, refer to [CDC's guidance for Isolation and Precautions for People with COVID-19](#).

Confirmed or Probable Case of COVID-19

Directors and Leadership

The Command Surgeon's Office will collect the reporting on all confirmed or suspected COVID-19 cases.

Reporting process:

Please send an email to the Command Surgeons office or COL Surrett, Lt Col Sickler, or CPT Newsome. Include:

1. Email the Surgeon's Office with the below information:
 - a. Member's Name
 - b. Member's Email
 - c. POC's Phone #
 - d. Office or Directorate
 - e. Date Tested Positive

***Org box will specifically be set up to receive in the future.**

If there are specific questions about recommendations, please contact any of the above providers, or the Miami Garrison Clinic for assistance.

Other Acute Respiratory Illness

Personnel (including fully vaccinated and previously recovered COVID+ persons) who have moderate or severe respiratory illness or have a weakened immune system need to isolate through day 5 and consult your physician before ending isolation (in severe cases). Individuals may end isolation if: fever-free (temperature of 100 degrees Fahrenheit or 37.8 Celsius or higher) for 24 hours without medications and symptoms are improving. These precautions can help minimize the spread of other infectious respiratory pathogens, not just COVID-19.