



HQ Return to Work Guidelines Coronavirus Disease (COVID-19) Revised 8 August 2024

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 as much as possible, stay home and away from others, while determining need for medical assessment. If at work, notify supervisor and immediately leave work. Seek medical advice if disposition is in question.

If You Get Sick

This updated Guidance includes strategies to protect people at highest risk of getting seriously ill and provides actionable recommendations for people with common viral respiratory illnesses, including COVID-19, influenza, and RSV.

Even if you practice these core prevention strategies, you may still catch a virus and develop respiratory symptoms. If that happens, the updated Guidance recommends two actions:

- **Step 1:** Stay at home. As much as possible, you should stay home and away from others until at least 24 hours after both:
 1. Symptoms are getting better overall, and
 2. Have not had a fever (and are not using fever-reducing medication).

If your symptoms are getting better, and remain better for 24 hours, you are less likely to pass your infection to others and you can start getting back to your daily routine and move on to step 2.

- **Step 2:** Resume normal activities, and use added prevention strategies over the next five days, such as enhancing your hand washing practices, wearing well-fitting mask, and maintaining distance from others. People can choose to use these prevention strategies at any time. Since some people remain contagious beyond the “stay-at-home” period, taking added precautions can lower the chance of spreading respiratory viruses to others.

For more information, refer to <https://www.cdc.gov/ncird/whats-new/updated-respiratory-virus-guidance.html>

If You Test Positive

Directors and Leadership

Regardless of vaccination status, personnel who test positive for COVID-19 can return to work once they are fever-free (without the use of fever-reducing medication) and symptom improvement for at least 24 hours. Close contacts of a COVID-19 positive individual should follow the same updated COVID-19 guidance outlined above if displaying COVID-19 like symptoms.

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

Other Acute Respiratory Illness Guidance

Individuals who are at higher risk for severe illness who start to feel sick should seek health care right away so that they can access testing and/or treatment. Individuals may return to normal activities 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.