



Returning to HQ After Flu-like Illness

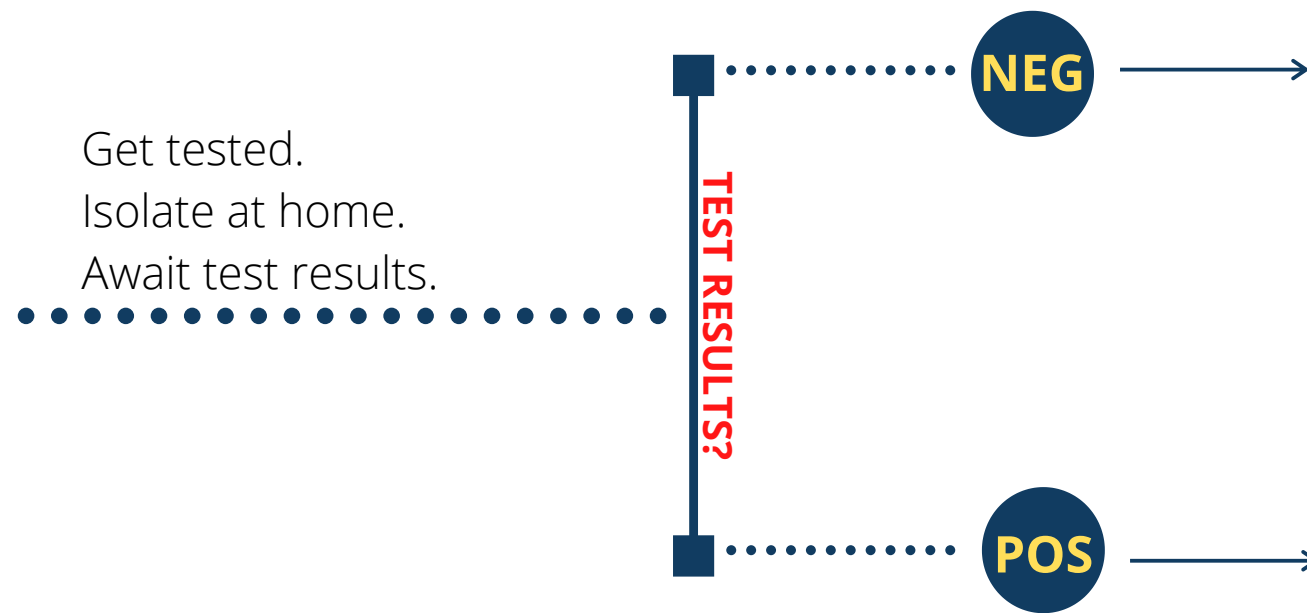
COVID-19 SOUTHCOM HQ GUIDELINES

AS OF 14 APRIL 2021 V1

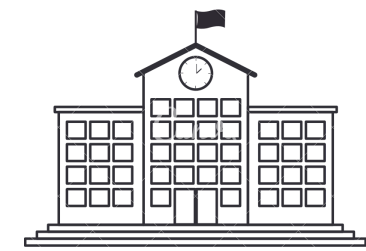


- Stay home.
- Do self care.

Get tested.
Isolate at home.
Await test results.



Stay at home for at least 7 days after symptoms 1st appeared AND 24 hours after fever stops. Then return to work.
**If symptoms persist, contact your doctor and consider retesting.*

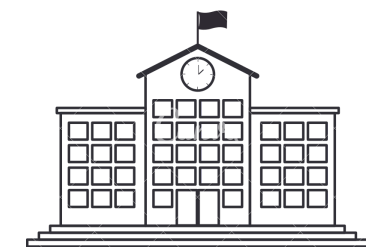


RETURN TO WORK

Continue to isolate at home.
Follow Doctor's orders.



May return to work at least 10 days after symptoms 1st appeared AND 24 hours after fever stops.



RETURN TO WORK

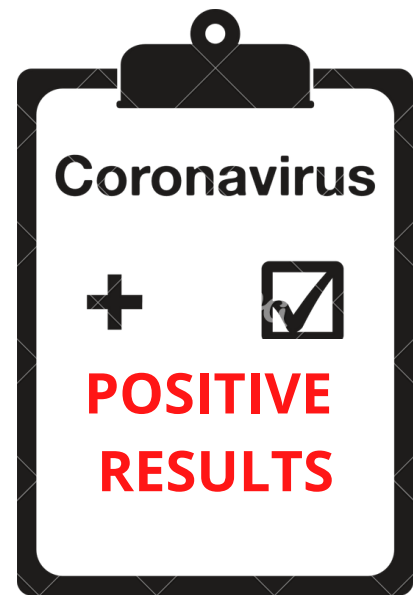
NO CHANGE TO PROCESS IF FULLY VACCINATED



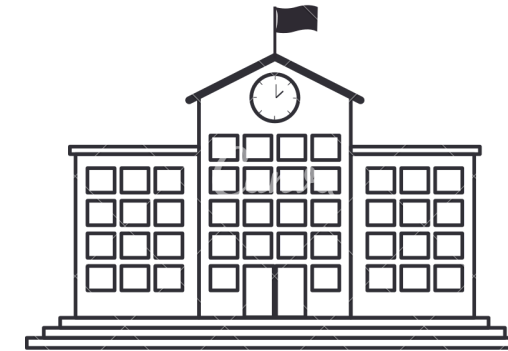
Returning to HQ After Testing Positive for COVID-19

COVID-19 SOUTHCOM HQ GUIDELINES

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**ISOLATE AT HOME
DO SELF CARE**



RETURN TO WORK

Stay at home for at least 10 days after symptoms 1st appeared AND 24 hours after fever stops AND symptoms are improving. If symptoms worsen, contact your Doctor.

Asymptomatic persons who never develop symptoms may return to work 10 days after positive test.

NO CHANGE TO PROCESS IF FULLY VACCINATED

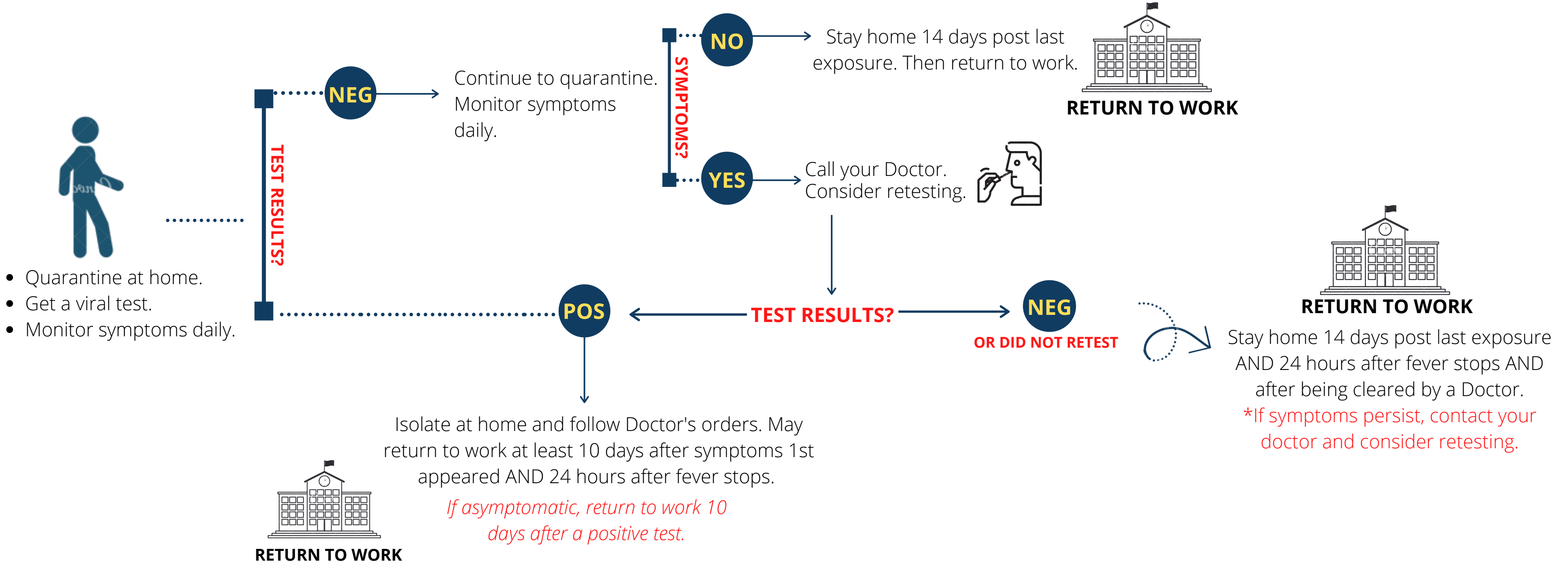
A test-based strategy is NOT recommended to determine when to discontinue home isolation. Retesting is not recommended within the first 3 months after diagnosis, unless new COVID-19 symptoms develop without alternative diagnosis identified.



Returning to HQ After Exposure to COVID-19 IF NOT FULLY VACCINATED

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*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.



Returning to HQ After Exposure to COVID-19 **IF FULLY VACCINATED**

COVID-19 SOUTHCOM HQ GUIDELINES

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FULLY VACCINATED PEOPLE DO NOT HAVE TO QUARANTINE OR TEST IF THEY MEET ALL OF THE FOLLOWING CRITERIA:

1

ARE FULLY VACCINATED WITH AT LEAST 2 WEEKS SINCE THEIR FINAL DOSE.

2

HAVE REMAINED ASYMPTOMATIC SINCE THEIR LAST EXPOSURE.

*If you do not meet ALL the following criteria, follow return to work guidelines after exposure to COVID-19 for not fully vaccinated individuals.

*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.



Returning to HQ After Travel FROM WITHIN THE U.S.

IF NOT FULLY VACCINATED

COVID-19 SOUTHCOM HQ GUIDELINES

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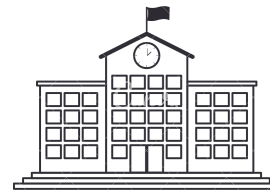


LOW RISK

ASSESS YOUR RISK*



MOD/HIGH RISK



RETURN TO WORK

May return to work immediately if asymptomatic.

Get tested at day 5 after travel.

*If test (+), follow "Returning to HQ After Testing Positive for COVID-19".

*If test (-) but symptoms appear, isolate immediately. May return to work after getting evaluated and cleared by your doctor.

- Complete post-travel risk assessment.
- Reduce non-essential activities for 7 days.
- Consider teleworking.
- Monitor temp/symptoms daily.

Quarantine for 7 days after travel
Get tested at day 5 or later.

TEST RESULTS?

NEG

POS

SYMPTOMS?

NO

YES

Self-monitor for symptoms daily and return to work 7 days after travel.

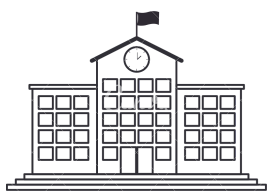
Call your Doctor. Consider retesting.

TEST RESULTS?

NEG

OR DID NOT RETEST

Continue isolation until evaluated and cleared by your Doctor. Then return to work.



RETURN TO WORK

Isolate at home and follow Doctor's orders. May return to work at least 10 days after symptoms 1st appeared AND 24 hours after fever stops.

If asymptomatic, return to work 10 days after positive test.



RETURN TO WORK

*Directors make decision on risk assessment

People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.



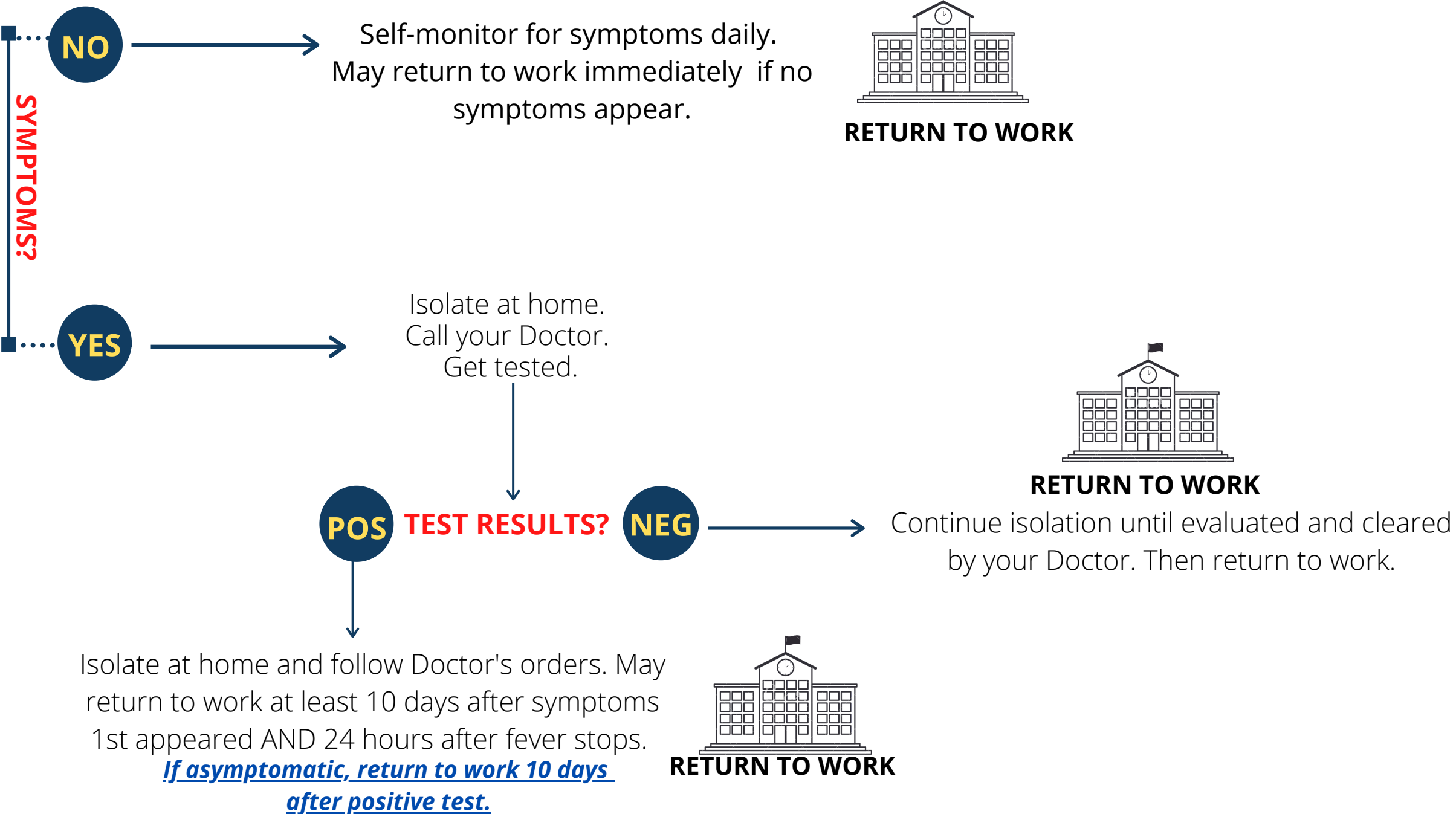
Returning to HQ After Travel

FROM WITHIN THE U.S.

IF FULLY VACCINATED

COVID-19 SOUTHCOM HQ GUIDELINES

AS OF 14 APRIL 2021 V1



- Complete post-travel risk assessment.
- Monitor temp/symptoms daily.

*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.



Returning to HQ After Travel

FROM A FOREIGN COUNTRY

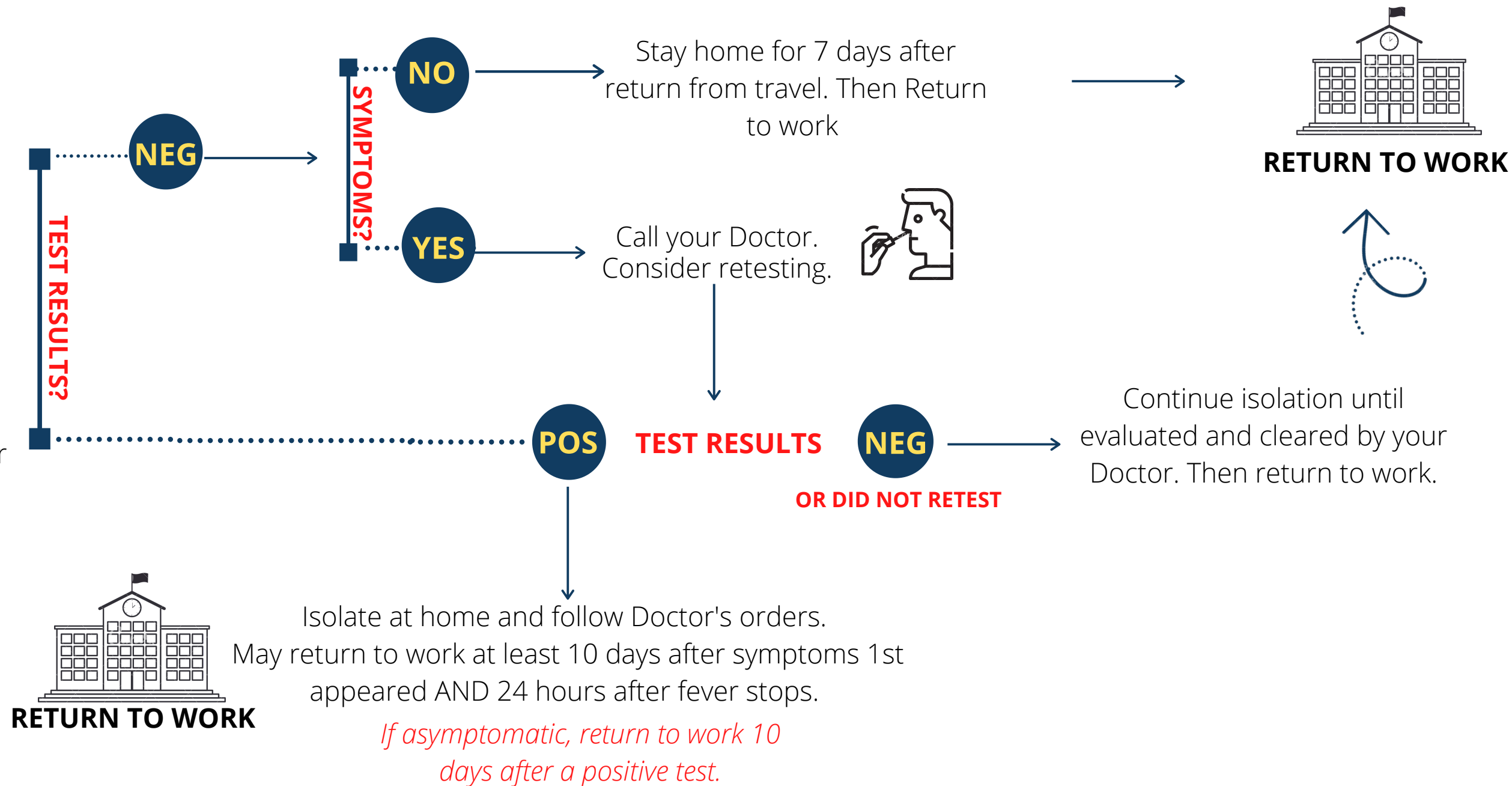
IF NOT FULLY VACCINATED

COVID-19 SOUTHCOM HQ GUIDELINES

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- Complete post-travel risk assessment.
- Quarantine at home.
- Monitor symptoms/temp daily.
- Get a viral test 5 days after you return.



*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.



Returning to HQ After Travel

FROM A FOREIGN COUNTRY

IF FULLY VACCINATED

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FULLY VACCINATED ASYMPTOMATIC TRAVELERS DO NOT NEED TO QUARANTINE AND MAY RETURN TO WORK IMMEDIATELY BUT MUST COMPLETE THE FOLLOWING:



COMPLETE POST-TRAVEL RISK ASSESSMENT



MONITOR SYMPTOMS/TEMPERATURE DAILY



GET A VIRAL TEST 5 DAYS AFTER YOU RETURN*



*If test (+), follow "Returning to HQ After Testing Positive for COVID-19".

*If test (-) but symptoms appear, isolate immediately. May return to work after getting evaluated and cleared by your Doctor.

*People are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as J&J vaccine.