



USSOUTHCOM Guidance for 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 isolation:

- Stay home (except to get medical care). Remain in touch with your Primary Care Provider (PCP).
- Isolate for 10 days and separate yourself from others as much as possible. Stay in a separate bedroom. Use a separate bathroom. Avoid contact with other household members and pets. Don't share personal/household items like cups, towels and utensils. Wear a mask if you have to be around another person.
- Report in with your supervisor daily (including weekends/nonduty days).
- Inform any potential close contacts that they were exposed to COVID-19 & should test/self-isolate.
 - o 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.
- Monitor your symptoms daily to include cough, shortness of breath, congestion, sneezing, loss of senses (taste or smell), nausea, vomiting, diarrhea, headache or fatigue. Check your temperature at least twice per day.
 - o Call your medical provider for any concerning symptoms.
 - o Seek immediate medical attention for severe symptoms, like trouble breathing.
 - o COVID-19 symptoms as described by the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- Do **NOT** go to work or other locations outside your home. Do **NOT** run errands (i.e. no grocery store visits) or attend events.
- 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 touched surfaces e.g. doorknobs, light switches, countertops, phones, keyboards, toilets, sinks, etc. with soap and water, then use disinfectant.

When an individual is ready to end isolation:

- **A test-based strategy is NOT recommended to determine when to discontinue home isolation.** The CDC recommends NOT retesting for COVID-19 for 90 days after initial diagnosis. Some people will repeatedly test positive for weeks/months but they are NOT infectious. If you have questions about COVID-19 testing, please contact your PCP.
- After being diagnosed as having COVID-19 by a medical provider, personnel who were directed to care for themselves at home **may discontinue isolation and return to work based upon EACH of the following clearance criteria:**
 - o At least 10 days since symptoms first appeared **and**
 - o At least 24 hours with no fever (subjective or measured) without the use of fever-reducing medications (Tylenol, ibuprofen, etc.) **and**
 - o Improvement of symptoms (e.g., cough, shortness of breath, etc.).
 - o For asymptomatic persons, isolation and other precautions may be discontinued 10 days after the date of their first positive viral test.
- Some people with COVID-19 may have mild symptoms for weeks or months after infection. You do NOT need to continue isolation until ALL symptoms are completely resolved. Studies have shown you are NOT contagious after 10 days despite these continued symptoms. Thus, you may return to work with symptoms if you have met the criteria above.
 - o If you have continued symptoms after 10 days, contact your PCP or stop by the COVID trailer prior to return to get a medical clearance note. You will then show that to the entry screeners upon arrival to the HQ building. If your tested positive at a civilian lab, please bring a copy of the positive test result with you to the COVID trailer.

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>