



United States Army Hawaii (USARHAW) Guidelines for Sick Individuals or Contact with Sick Individuals

Definitions

- Isolation: separates sick people with a contagious disease from people who are not sick.
- Quarantine: separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. In the case of COVID-19, quarantine applies to individuals who have been in close contact with a confirmed case. Increased protective measures, hygiene practices, and physical contact limits are the same as those under Restriction of Movement.
- Restriction of movement (ROM): is a 14 day restriction to home or quarters during which time you will increase protective measures, hygiene practices, and limit physical contact. This restriction meets requirements outlined by the Department of Defense for travelers returning from overseas.
- Self Monitoring: The process of individuals monitoring themselves for fever by taking their temperature twice a day and remaining alert for cough or difficulty breathing. This is a practice that all individuals under quarantine and ROM are required to do. Asymptomatic individuals not under quarantine or ROM are encouraged to Self Monitor when practicable.
- Social Distance: avoiding close contact with people who are sick and putting distance (recommended 6 feet) between yourself and other people in the community.
- Close contact: being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time or having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

What do I do if I feel sick but **DO NOT** have COVID-19?

- If possible, stay home when you are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
- Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- Monitor your symptoms carefully. If your symptoms get worse, Service members should call their unit medical provider to request guidance. Family members and dependents should call their healthcare provider or the TAMC nurse line 1-800-874-2273 <https://mhsnurseadvice.com/home> to request guidance. Healthcare providers will screen you over the phone or via live chat and tell you if you need to come to the clinic or receive testing for COVID-19.
- If you DID NOT have a confirmed COVID-19 diagnosis, you can expect to return to normal activities and work 72 hours after your fever, sore throat, difficulty breathing, or shortness of breath stops. A mild and improving cough is normal and will not stop you from returning to normal activities and work.

What do I do if a close contact/family member is sick but **DOES NOT** have COVID-19?

- Your family member should stay home if they are sick.
- Follow the guidance under the question above regarding increased protective measures, hygiene practices, and physical contact limits.
- Monitor symptoms carefully. If symptoms get worse, family members and dependents should call their healthcare provider or the TAMC nurse line 1-800-874-2273 to request guidance. Healthcare providers will screen you over the phone and tell you if you need to come to the clinic or receive testing for COVID-19.

What do I do if I am on Restriction of Movement and I feel sick?

- Personnel under ROM will check their temperature twice daily and contact medical personnel and their chain of command if they have a reading of 100.4 degrees or greater or experience respiratory symptoms (cough, sore throat, difficulty breathing, shortness of breath). Healthcare providers will screen you over the phone and tell you if you need to come to the clinic or receive testing for COVID-19.



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What do I do if I am sick and have a confirmed case of COVID-19?

- If you have confirmed COVID-19 you are now in isolation. Anyone you have had close contact with including family/roommates will be in quarantine and required to stay in the home.
- People who are mildly ill with COVID-19 are able to isolate at home during their illness.
- Stay away from others as much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Limit contact with pets & animals. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- After using these items, they should be washed thoroughly with soap and water.
- Practice routine cleaning of high touch surfaces. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that may have blood, stool, or body fluids on them
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Monitor your symptoms carefully and seek prompt medical attention if your illness is worsening. If your symptoms get worse, Service members should call their unit medical provider to request guidance. Family members and dependents should call their healthcare provider or the TAMC nurse line 1-800-874-2273 <https://mhsnurseadvice.com/home> to request guidance. Tell the healthcare provider that you have a confirmed case of COVID-19 and they will screen you over the phone or via live chat and tell you if you need to come to the clinic or emergency room.
- For more information on recommended precautions when you are ill with COVID-19 visit that CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>
- If you DID have a confirmed COVID-19 diagnosis, you will remain in isolation for 14 days after the onset of your symptoms or 5 days after your fever, sore throat, difficulty breathing, or shortness of breath stops, whichever is later.



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What do I do if a close contact/family member has confirmed COVID-19?

- When a close contact or family member is mildly ill with COVID-19 they are able to isolate at home during their illness. Household members, intimate partners, and caregivers may have close contact with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation but should remain quarantined to their home during this time. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19.
- Close contacts should also follow these recommendations:
 - Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
 - Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
 - Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
 - Prohibit visitors who do not have an essential need to be in the home.
 - Household members should care for any pets in the home. Do not handle pets or other animals while sick.
 - Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
 - Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
 - Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
 - Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
 - Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
 - Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves. Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
 - Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
 - Monitor your symptoms carefully and seek prompt medical attention if your illness is worsening. If your symptoms get worse, Service members should call their unit medical provider to request guidance. Family members and dependents should call their healthcare provider or the TAMC nurse line 1-800-874-2273 <https://mhsnurseadvice.com/home> to request guidance. Tell the healthcare provider that you have a confirmed case of COVID-19 and they will screen you over the phone or via live chat and tell you if you need to come to the clinic or emergency room.
 - For more information on recommended precautions for household members visit that CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
 - If you DID have a confirmed COVID-19 diagnosis, you will remain in isolation for 14 days after the onset of your symptoms or 5 days after your fever, sore throat, difficulty breathing, or shortness of breath stops, whichever is later.