



# EIELSON AFB MEDICAL ISOLATION GUIDANCE

21 Jan 2022

## ***Stop the Spread – Remain Fully Mission Capable***

**What:** Mandatory Procedures for Individuals Placed in Medical Isolation

**Who:** Any person diagnosed with COVID-19

**When:** Immediately upon direction of command or medical personnel

### **MEDICAL ISOLATION PROCEDURES:**

- **This applies to anyone diagnosed with COVID-19:**

- You must remain physically isolated until you are **released** by Public Health.
  - You must remain in your domicile/designated isolation location, except to seek medical care.
  - You must avoid contact with anybody else, including family members.
  - Do not share common living spaces or personal items (i.e. bedroom, bathroom, etc.).
  - Dorm residents or others that cannot physically isolate in their domicile will be directed to alternate lodging by their unit.
  - Food and other necessities will be coordinated through your unit using contactless delivery.
  - You are required to follow any additional guidance given by Public Health.
  - **Visitors are not allowed into an isolation room/home.**
- If you develop new or worsening symptoms of fever of greater than 100.4°F, a cough, or difficulty breathing, call 354 MDG at 907-377-1847 to receive further guidance. ***For emergencies call 911.***
  - One of the following set of criteria **must** be met before Public Health will release you from isolation:
    1. Symptomatic Release: Those with symptoms are eligible to leave isolation when:
      - a. It has been a full 5 days since the onset of symptoms (day 0 is the day symptoms started); **AND**
      - b. You have been fever-free for at least 24 hours without the use of fever-reducing medications; **AND**
      - c. Your symptoms are improving.
    2. Asymptomatic Release: Those without symptoms are eligible to exit when:
      - a. It has been a full 5 days after your positive result (day 0 is the day of your positive result)
      - b. If you develop symptoms, follow the Symptomatic Release criteria above.
    3. Regardless of whether originally symptomatic, individuals must wear a well fitted face mask and practice social distancing *for 5 days after isolation ends.*

***NOTE: You cannot “test out” of or shorten a medical isolation.  
Modifications to the above guidance are not authorized.***

*If you develop any COVID-19 symptoms (fever, cough, loss of taste or smell, or other flu-like symptoms), **DO NOT GO TO WORK.** Isolate yourself from others, inform your chain of command, and contact the 354 MDG at (907) 377-1847.*

***NOTE: For all emergency situations call 911***

For the latest Air Force Guidance: <https://www.af.mil/News/Coronavirus-Disease-2019/>

For the latest CDC Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For the latest State of Alaska Health Mandates: <https://covid19.alaska.gov/health-mandates>