



EIELSON AFB MEDICAL QUARANTINE GUIDANCE

21 Jan 2022

Stop the Spread – Remain Fully Mission Capable

What: Mandatory Procedures for Individuals Placed in Medical Quarantine

Who: Any person having contact with a diagnosed COVID-19 person, as identified by contact tracers

When: Immediately upon direction of command or medical personnel

MEDICAL QUARANTINE PROCEDURES:

- You are **fully vaccinated** 2 weeks after the second dose in a 2 shot series or 2 weeks after the first dose in a 1 shot series. You are **up to date** when you have received all recommended COVID-19 vaccines, including any boosters when eligible in the last 6 months (J&J in last 2 months).
- **This applies to any healthy person identified by contact tracing to have been exposed to a person diagnosed with COVID-19 and NOT up to date on COVID-19 vaccinations/boosters:**
 - You must physically separate from others for 5 days, including unexposed household members.
 - Your **5 full days** of quarantine start from the date of last exposure (day 0) to a diagnosed COVID-19 person.
 - You must remain in your domicile/designated quarantine location, except to seek medical care.
 - If you become symptomatic at any point of your quarantine, please return to be tested again or call the appointment line: 907-377-1847
 - If you are well at the end of your 5 full day quarantine period, you may exit quarantine, **wear a well fitted mask, and practice social distancing for an additional 5 days.**
 - Dorm residents or others that cannot physically separate 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.
 - **Visitors are not allowed to enter a quarantine room/home.**
 - ***This is your alternate duty location. You are not on leave.***
- **This applies to any healthy person identified by contact tracing to have been exposed to a person diagnosed with COVID-19 and who ARE up to date on COVID-19 vaccinations/boosters:**
 - **NO** quarantine required, observe for symptoms and wear a well fitted mask in public for 10 days (day 0 is date of last exposure to a diagnosed COVID-19 person)
 - Follow any COVID testing requirements as directed by Public Health
 - If you develop symptoms, isolate yourself and seek COVID testing
- **This applies to any healthy person identified by contact tracing to have been exposed to a person diagnosed with COVID-19 and who were diagnosed with COVID-19 in the previous 90 days:**
 - **NO** quarantine required, observe for symptoms and wear a well fitted mask in public for 10 days (day 0 is date of last exposure to a diagnosed COVID-19 person)
 - If you develop symptoms, isolate yourself and seek COVID testing
- **Prevent the potential spread of COVID-19 during your quarantine.**
 - Avoid close contact with others, including family members (being within 6 feet).

*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>



- Do not share common living spaces or personal items (i.e. bedroom, bathroom, etc.). Practice enhanced hand hygiene and home sanitation practices.
- If you develop any flu-like symptoms, fever of greater than 100.4°F, a cough, or difficulty breathing you will immediately isolate yourself and call 907-377-1847 to receive further guidance. ***For emergencies call 911.***

NOTE: You cannot “test out” of or shorten a medical quarantine!

Return to work modifications for asymptomatic, mission essential personnel may only be granted by the first General Officer in the chain of command per Force Health Protection Guidance.

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