

## EIELSON AFB MEDICAL ISOLATION GUIDANCE

17 Feb 2023

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

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

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

**When:** Immediately upon a positive COVID-19 test and direction of command and medical personnel

### MEDICAL ISOLATION PROCEDURES:

- **This applies to anyone diagnosed with COVID-19:**
  - You **must** remain physically isolated until the end of your isolation period.
  - Isolation period is **5 days** of isolation from symptom onset, with the first day being day 0.
  - Remain in your designated isolation location, except to seek medical care.
  - Do not travel.
  - Avoid in-person contact with anyone else, including family members.
  - Do not share common living spaces or items (i.e. bedroom, bathroom, etc.).
  - **Visitors are not allowed into any isolation area.**
  - After completing the 5-day isolation period, you may leave isolation if your symptoms are improving **and** you are fever free for 24 hours (without the use of fever-reducing medications). If you do not meet these criteria, call the 354 MDG at 907-377-1847.
  - Once isolation is complete, regardless of if you are asymptomatic, **masking is required** for an additional **5 days**.
  - Additionally, you are **required** to follow guidance given by Public Health.
- If you are experiencing chest pains or have difficulty breathing, please seek emergency care or call 911.

***NOTE: You cannot “test out” of or shorten a medical isolation.***

***Modifications to the above guidance is not authorized.***

***DO NOT GO TO WORK*** if you develop any COVID-19 symptoms (fever, cough, loss of taste or smell, etc.)  
*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***

If needing more information, check the links below for the most up to date guidance.

Air Force Guidance: <https://www.eielson.af.mil/coronavirus/>

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

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