



EIELSON AFB MEDICAL ISOLATION GUIDANCE

26 Mar 21

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:
 1. It has been at least 10 days since the onset of symptoms;
 2. You have been fever-free for at least 24 hours without the use of fever-reducing medications; **AND**
 3. Your symptoms are improving.
2. Asymptomatic Release: Those without symptoms are eligible to exit when:
 - a. It has been 10 days from the date of your positive COVID-19 test; **OR**
 - b. If you develop symptoms, follow the Symptomatic Release criteria above.

***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, 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 Policies: https://mypers.af.mil/app/answers/detail/a_id/46605

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>