



# EIELSON AFB MEDICAL QUARANTINE GUIDANCE

9 Nov 20

## ***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:**

- **This applies to any healthy person identified by contact tracing to have been exposed to a person diagnosed with COVID-19:**
  - You must physically separate from others for 14 days, including unexposed household members.
  - This virus has an incubation period of up to 14 days. During that time, you may never develop symptoms of illness but could still carry and transmit the virus!
- Your 14-day quarantine starts from the date of last exposure to a diagnosed COVID-19 person.
  - You must remain in your domicile/designated quarantine location, except to seek medical care.
  - 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.***
- Prevent the potential spread of COVID-19 during your 14 day quarantine.
  - Avoid close contact with others, including family members (being within 6 feet).
  - 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 (Supplement 8).**

*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 DoD Policies: <https://www.defense.gov/Explore/Spotlight/Coronavirus/Latest-DOD-Guidance>

For the latest Air Force Policies: [https://mypers.af.mil/app/answers/detail/a\\_id/46605](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>