

USNH Guantanamo Bay, COVID-19, ROM Medical Fact Sheet (15 Jan 2021)

You are being placed in 14 days of restriction of movement (ROM) as per the NAVSTA GB CO memo. You are restricted to your designated location (home, hotel room, etc) and should monitor yourself for any signs or symptoms of illness. **“For emergencies only”** Limit close contact with others and wear your cloth face coverings when in contact with others.

What is Coronavirus Disease (COVID-19)?

COVID-19 is a new coronavirus disease that causes a respiratory illness and is spread from person-to-person. It originated in Asia and is now spreading across the world to include the United States. In order to minimize the spread to others and prevent compromise to the Navy/Marine Corps mission, the Fleet has ordered that individuals stay home and self-quarantine for 14 days if deemed to be at risk for COVID-19 exposure.

What are the symptoms of COVID-19?

People who have COVID-19 have reported symptoms between 2 and 14 days after exposure. Some people have no symptoms, a mild cold or flu-like illness, or severe illness like pneumonia and death. Symptoms frequently include:

- Fever / Chills
- Headache
- Body aches
- Fatigue
- Sore throat
- Cough
- Difficulty breathing / shortness of breath
- Nausea / Vomiting
- Diarrhea
- Abdominal pain
- Loss of smell or Taste

How does COVID-19 spread?

Human coronaviruses are most commonly spread from an infected person to others by:

- **Respiratory droplets** produced when an infected person coughs or sneezes.
- **Respiratory secretions** contacted through shared utensils, kissing, or other similar contact.
- **Close personal contact** with others (within 6 feet), such as touching or shaking hands.
- **Touching a contaminated surface** or object that has the virus on it, then touching your face.

It is important to note that someone is infectious with COVID-19 for 2-3 days **PRIOR** to showing symptoms. We implement ROM procedures to ensure that any potential case has limited community contact.

COVID-19 Self-Monitoring ROM instructions:

1. **Monitor your symptoms** every day for COVID-19 symptoms. If you can, take your temperature twice a day. Look out for flu-like symptoms, especially fever, sore throat, cough, and difficulty breathing. Track the symptoms using the chart on page 2 and alert medical immediately at 7-2670 if you have these symptoms.
2. **Avoid Tylenol®, Motrin®, and aspirin products** which could mask a fever. Also, avoid cold and flu medications that mask other symptoms. It's important to know if/when you become sick so you can get the necessary medical attention and lab testing.
3. **Restriction of Movement** after 14 days will be discontinued **only** after cleared by a designated member of your command.

I need medical care during ROM, what should I do?

1. Using your T-Mobile cell or landline, call 7-2670. Tell them that you've been placed on a restriction of movement status for potential exposure to COVID-19. This will help the healthcare team take steps to keep other people from getting infected. Additionally, it allows us to provide you care by way of telephone.
2. *For TRICARE Beneficiaries* You can call the Tricare Nurse Advice Line at 1-800-TRICARE, and choose option one for additional triage advice. If directed to medical, please call ahead to 7-2670.
3. If it is an emergency and you develop emergency warning signs such as difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face, call 911 and get medical attention immediately.

How do you protect yourself or others from COVID-19?

There currently are no medications to prevent coronavirus infection. To reduce your risk of infection or transmitting the virus to others:

- **Wash your hands often** with soap and water for at least 20 seconds—especially after blowing your nose, coughing, sneezing, going to the bathroom and before eating or preparing food. If soap and water is not available, clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol. Be sure to cover all surfaces of your hands and rub your hands together until they feel dry. Always wash with soap and water if your hands are visibly dirty.
- **Avoid touching** your eyes, nose or mouth with unwashed hands.
- **Avoid contact** with people who are sick.
- **Maintain social distances** of 6 feet or more. Avoid handshakes and close contact with others. Do not prepare food for others. Wear cloth face coverings when 6 feet is not possible.
- **Cover your mouth and nose** with a tissue or sleeve when coughing or sneezing. If using a tissue, throw the tissue into a lined trashcan and immediately wash your hands.
- **Clean and disinfect frequently** touched objects and surfaces. These high-touched surfaces include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, and bedside tables. Use household cleaning spray or wipes, according to the product label instructions.

Further guidance for your quarantine:

- **Have a plan** for meals, entertainment, at-home exercise, and social support while you are quarantined.
- **Arrange** with your supervisor or support network if you need food, medication, or other supplies during your 14-day quarantine.
- **Stay informed.** CDC updates its website daily with the latest information and advice for the public. (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>)

Optional Tracker	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Suspected Fever														
Chills														
Headache														
Sore throat														
Cough														
Difficulty Breathing														
Nausea / Vomiting														
Diarrhea														
Abdominal Pain														
Muscle aches														
Fatigue														
Temperature - AM														
Temperature - PM														

***IMPORTANT:** Call 7-2670 if you suspect you have a fever or develop any of the symptoms above.*

ROM Release Guidelines

- As of 08 Sept 2020, ROM Releases are coordinated by NAVSTA Emergency Management LCPO and Naval Hospital and are typically completed by the tenant command.
- You will be released from ROM, typically in the afternoon, 14 days after arrival. For example, if you arrived on island on 01 August 2020, you will be released on 15 August 2020 between 1300 and 1700.
- Please remember that you may not recognize the phone number the day of the ROM release, please answer your phone or call back.
- If you have any ROM questions or concerns, please follow-up first with your command POC.
- If you have any medical questions or concerns, please contact COVID-19 Hotline at 7-2670.