

USNH Guantanamo Bay, COVID-19

Travel, Restriction of Movement, Isolation, and Quarantine Medical Fact Sheet (08 Apr 2022)

To minimize the spread of COVID-19, unvaccinated individuals over the age of 12 are required to enter a restriction of movement (ROM) period. Fully vaccinated individuals regardless of vaccine booster administration or primary series timeframe are exempt. Unvaccinated individuals will ROM for **5 days**. All arrivals who have previously tested positive for COVID within the last 90 days will be NOT be tested and will not ROM.

See ROM Release Guidance for specifics, page 3. Please use this medical fact sheet for general questions. If you have concerns, other questions, or need medical assistance, **call the 24/7 COVID-19 Hotline at 7-2670 or (757) 458-2998 Option '1' extension 7-2670.**

Arrival on this day: _____

If unvaccinated, you may drive yourself with a mask or have your sponsor drive you to the Hospital from 0900-0930 on your testing day. _____
You may NOT use public transportation. Upon completion of testing, you are to return to your ROM location. You will be released after 0700 on this day: _____.

ONLY IF:

1. Not contacted by medical

IMPORTANT: If you develop any symptom(s) as below or suspect you have a fever, call the 24/7 COVID-19 Hotline at 7-2670. If you cannot connect, please try (757) 458-2998 Option '1' extension 7-2670.

General Information about COVID-19

What is Coronavirus Disease (COVID-19) ? What are the symptoms of COVID-19?

COVID-19 is a new coronavirus disease that causes a respiratory illness and is spread from person-to-person.

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 | • Sore throat | • Cough | • Diarrhea |
| • Headache | • Nasal congestion | • Difficulty breathing/ shortness of breath | • Abdominal pain |
| • Body aches | • Fatigue | • Nausea / Vomiting | • 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 restriction of movement (ROM) procedures to ensure that any potential case has limited community contact.

COVID-19 Self-Monitoring instructions:

- **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. Tell them that you're in a restriction of movement status.
- **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.

I need medical care during ROM, Isolation, or Quarantine. What should I do?

- Using your T-Mobile cell or landline, call the **24/7 COVID-19 Hotline at 7-2670**. If you cannot reach on short dial, call (757) 458-2998 Option '1' extension 7-2670. Tell them that you've been placed on a restriction of movement, isolation or quarantine status for potential exposure to COVID-19 or COVID-19 positive result. 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.
- *For TRICARE Beneficiaries*, 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**.
- 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 and tell them that you're in on a restriction of movement, isolation or quarantine.

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, after using 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 masks 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 ROM, isolation, or quarantine:

- **Have a plan** for meals, entertainment, at-home exercise, and social support while you are in ROM, isolation, or quarantine.
- **Arrange** with your supervisor or support network if you need food, medication, or other supplies during your ROM, isolation, or 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/Nasal congestion														
Cough														
Difficulty Breathing														
Nausea / Vomiting														
Diarrhea														
Abdominal Pain														
Muscle aches														
Fatigue														
Temperature - AM														
Temperature - PM														

IMPORTANT: If you suspect you have a fever or develop any of the symptoms above, **contact the 24/7 COVID-19 Hotline at 7-2670**. If you cannot reach on short dial, call (757) 458-2998 Option '1' extension 7-2670.

Please check our hospital website for additional information at <https://guantanamo.tricare.mil/patient-resources/covid-19>

You are being placed in isolation because you are COVID-19 positive:

You are in isolation for **at least 5 days** regardless of vaccination status (See Isolation Release Guidelines for specifics on pages 3 and 4).

Please use this medical fact sheet** if you have concerns, questions, or need medical assistance or call **The COVID-19 Hotline at 7-2670 or (757) 458-2998 Option '1' extension 7-2670**.

Placed in isolation on this day: _____

You will be contacted by phone contact for review of symptoms, typically in the afternoon, 5 days after positive test, on this day: _____.

You are being placed in quarantine because you are a close contact of a COVID-19 positive person:

Fully vaccinated individuals but have not received a vaccine booster and is eligible to receive one OR unvaccinated individuals must quarantine for **5 days**. (See Quarantine Release Guidelines on pages 3 and 4).

Please use this medical fact sheet for general questions. If you have concerns, other questions, or need medical assistance or call the **24/7 COVID-19 Hotline at 7-2670**. If you cannot reach on short dial, call (757) 458-2998 Option '1' extension 72670).

Placed in quarantine on this day: _____

COVID-19 test on this day: _____.

You may drive yourself with a mask or have your sponsor drive you to the Hospital from 0900-0930 on your testing day. You may NOT use public transportation. Upon completion of testing, you are to return to your quarantine location. You can be released after 0700, on this day _____ – ONLY IF:

1. Not contacted by medical - and -
2. Not having symptoms in the last 24 hours

Inbound Travelers upon arrival to NSGB:

Unvaccinated individuals over the age of 12: You are being placed in **5 days** of restriction of movement (ROM) as per the NAVSTA GB CO guidance. You are restricted to your designated location (home, hotel room, etc.) and should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear a mask at all times when in contact with others for 10 days. You will need to be tested on Day 5 of ROM. Testing site is in front of the hospital. Testing time is 0900-0930. Please drive yourself if possible. If not possible, have your sponsor drive you and wear a mask at all times. After you are tested, proceed back to your ROM location. You are to remain at your designated location (home, hotel room, etc.) until 0700, the morning following your COVID-19 test. If you receive your results by Tricare Online notification, you are still required to remain at your designated location. You will **ONLY** be contacted by telephone if further testing or information is required. If you are not contacted by the next morning, you are automatically released at 0700.

Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe: You are not required to ROM or test..

Previously positive (with in the last 90 days) individuals: You will not be required to ROM or to be tested.

Specifics inbound if traveling together with entire family or housemates

- **Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe** and live alone or traveling with other Fully Vaccinated Individuals who reside at same residence: ROM is not required.

- **Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe** traveling with unvaccinated Minor over the age of 12 in their NSGB residence: Minor(s) Will complete 5-day ROM with testing requirement and the **Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe** may leave the home. However the following restrictions apply: The Vaccinated Individuals must wear a mask at ALL Times and to the Maximum Extent Possible go to and from work (Or telework if able) avoid crowds, order food to go, etc, to reduce potential exposure risk.

- **Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe** traveling with Unvaccinated Individuals over the age of 12: Unvaccinated Individuals will complete 5-day ROM with testing requirement and Vaccinated Individuals may leave the home. However the following restrictions apply: The Vaccinated Individuals Must wear a mask at ALL times and to the Maximum Extent Possible go to and from work (Or telework if able) avoid crowds, order food to go, etc, to reduce potential exposure risk.

ROM Release Guidelines

- Your day of arrival is considered Day 0 and DOES NOT count as Day 1.
- You **SHOULD** ROM alone. If you do not ROM alone, everyone **MUST** wear a mask at **ALL TIMES** and to the Maximum Extent Possible go to and from work (Or telework if able) avoid crowds, order food to go, etc, to reduce potential exposure risk.
- Unvaccinated individuals over the age of 12, you will be released from ROM if your COVID-19 test (Day 5) is negative and you should continue to wear a mask at ALL times around others for 10 days. For example, if you arrived on island on Tuesday 01 August (Day 0), you will be tested on Sunday, 06 August (Day 5). You will **ONLY** be contacted if further testing or information is needed.
- Fully Vaccinated individuals regardless of vaccine booster administration or primary series timeframe and Unvaccinated Minors age 12 or under, you are not required to ROM.
- Please remember that you may not recognize the phone number if additional information is required.
- If you have any ROM questions or concerns, please follow-up first with your command point of contact.
- If you have any medical questions or concerns, contact **24/7 COVID-19 Hotline at 7-2670 or (757) 458-2998** Option '1' extension 7-2670 and tell them that you are in a restriction of movement status.

If your COVID-19 test out is positive or if you are identified as a close contact to a COVID-19 positive member:

COVID-19 positive, Fully Vaccinated individuals regardless of vaccine booster status and Unvaccinated individuals: You must isolate for at least **5 days** from day of your positive test. You are restricted to your designated location (home, hotel room, etc.) and should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask when in contact with others for 10 days. Provided you are symptom free on Day 5, you will be released.

Close Contact, Fully Vaccinated individuals but have not received a vaccine booster and are eligible to receive a vaccine booster OR Unvaccinated individuals: You must quarantine for **5 days**. You are restricted to your designated location (home, hotel room, etc.) and should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear a mask at all times when in contact with others for 10 days. You will need to be tested on Day 5 of quarantine. Testing site is in front of the hospital. Testing time is 0900-0930. Please drive yourself if possible. If not possible, have your sponsor drive you and wear a mask at all times. After you are tested, proceed back to your quarantine location. You are to remain at your designated location (home, hotel room, etc.) until 0700, the morning following your COVID-19 test. If you receive your results by Tricare Online notification, you are still required to remain at your designated location. You will **ONLY** be contacted by telephone if further testing or information is required. If you are not contacted by the next morning, you are automatically released at 0700.

Close Contact, Fully Vaccinated individuals but have received a vaccine booster, or completed the primary series of Pfizer or Moderna vaccine within the last 6 months or completed the primary series of J&J vaccine within the last 2 months: You are not required to quarantine. You should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask at all times when in contact with others for 10 days. You will need to be tested on Day 5 from when you were notified as a close contact of a COVID-19 positive member. Testing site is Testing site is in front of the hospital. Testing time is 0900-0930. Please drive yourself if possible. If not possible, have your sponsor drive you and wear a mask at all times. You will **ONLY** be contacted by telephone if further testing or information is needed.

Close Contact, Previously positive (with in the last 90 days) individuals: You are not required to quarantine. You should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask at all times when in contact with others for 10 days. If you develop symptoms, call the COVID Hotline.

Isolation and Quarantine Release Guidelines

- Your day of arrival is considered Day 0 and DOES NOT count as Day 1.
- If placed on Isolation, you **MUST** isolate **ALONE**. You may not share a household or room with other family members and/or housemates. You **MUST** not use shared bathrooms, or common areas.
- You **SHOULD** quarantine alone. If you do not quarantine alone, other family members/housemates **MUST** wear a mask at **ALL TIMES** and to the Maximum Extent Possible go to and from work (Or telework if able) avoid crowds, order food to go, etc, to reduce potential exposure risk.
- If you were COVID-19 positive and you are a Fully Vaccinated individual regardless of vaccine booster status or unvaccinated, you will be contacted in Isolation by phone contact for review of symptoms, typically in the afternoon, 5 days after arrival, and provided you are symptom free on Day 5, you will be released. Continue to wear a mask at ALL times around others for 10 days.
- If you were a close contact of a COVID-19 positive and you are a Fully Vaccinated individual but have not received a vaccine booster and are eligible to receive a vaccine booster OR Unvaccinated individuals, you will be released from quarantine on the morning of Day 6 if your COVID-19 test (Day 5) is

negative. For example, if you arrived on island on Tuesday 01 August (Day 0), you will be tested on Sunday, 06 August (Day 5), and released on Monday, 07 August (Day 6) at 0700. Continue to wear a mask at ALL times around others for 10 days.

- If you were a close contact of a COVID-19 positive and you are a Fully Vaccinated individual but have received a vaccine booster, or completed the primary series of Pfizer or Moderna vaccine within the last 6 months or completed the primary series of J&J vaccine within the last 2 months OR previous positive, you are not required to quarantine but are required to test on Day 5 from when you were notified as a close contact of a COVID-19 positive member. If your COVID-19 test (Day 5) is negative, continue to wear a mask at ALL times around others for 10 days. For example, if you arrived on island on Tuesday 01 August (Day 0), you will be tested on Sunday, 06 August (Day 5). You will ONLY be contacted if further testing or information is needed.
- If you were a close contact of a COVID-19 positive and you are previous positive with in the last 90 days, you are not required to quarantine or be tested. Continue to wear a mask at ALL times around others for 10 days. If you develop symptoms, call the COVID Hotline.
- Please remember that you may not recognize the phone number the day of the Isolation or Quarantine release.
- If you have any Isolation or Quarantine questions or concerns, please follow-up first with your command POC.
- If you have any medical questions or concerns, contact COVID-19 hotline at **7-2670** and tell them that you are in isolation or quarantine.

Non-Travelers guidelines:

If you test positive for COVID-19 regardless of travel or you are identified as a close contact of a positive member:

COVID-19 positive, Fully Vaccinated individuals regardless of vaccine booster status OR Unvaccinated individuals: You must isolate for at least 5 days. You are restricted to your designated location (home, hotel room, etc.) and should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask when in contact with others for 10 days. Provided you are symptom free on Day 5, you will be released.

Close Contact, Fully Vaccinated individuals but have not received a vaccine booster and are eligible to receive a vaccine booster OR Unvaccinated individuals: You must quarantine for 5 days. You are restricted to your designated location (home, hotel room, etc.) and should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear a mask at all times when in contact with others for 10 days. You will need to be tested on Day 5 of quarantine. Testing site is in front of the hospital. Testing time is 0900-0930. Please drive yourself if possible. If not possible, have your sponsor drive you and wear a mask at all times. After you are tested, proceed back to your quarantine location. You are to remain at your designated location (home, hotel room, etc.) until 0700, the morning following your COVID-19 test. If you receive your results by Tricare Online notification, you are still required to remain at your designated location. You will ONLY be contacted by telephone if further testing or information is required. If you are not contacted by the next morning, you are automatically released at 0700.

Close Contact, Fully Vaccinated individuals but have received a vaccine booster, or completed the primary series of Pfizer or Moderna vaccine within the last 6 months or completed the primary series of J&J vaccine within the last 2 months: You are not required to quarantine. You should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask at all times when in contact with others for 10 days. You will need to be tested on Day 5 from when you were notified as a close contact of a COVID-19 positive member. Testing site is in front of the hospital. Testing time is 0900-0930. Please drive yourself if possible. If not possible, have your sponsor drive you and wear a mask at all times. You will ONLY be contacted by telephone if further testing or information is needed.

Close Contact, Previously positive (with in the last 90 days) individuals: You are not required to quarantine. You should monitor yourself for any signs or symptoms of illness. Limit close contact with others and wear your mask at all times when in contact with others for 10 days. If you develop symptoms, call the COVID Hotline.

Isolation and Quarantine Release Guidelines

- Your day of positive or day placed in quarantine is considered Day 0 and DOES NOT count as Day 1.
- If placed on Isolation, you MUST isolate ALONE. You may not share a household or room with other family members/housemates. You MUST not use shared bathrooms, or common areas.
- You SHOULD quarantine alone. If you do not quarantine alone, other family members/housemates MUST wear a mask at ALL TIMES and to the Maximum Extent Possible go to and from work (Or telework if able) avoid crowds, order food to go, etc, to reduce potential exposure risk.
- If you were COVID-19 positive and you are a Fully Vaccinated individual regardless of vaccine booster status OR Unvaccinated individual, you will be contacted in Isolation by phone contact for review of symptoms, typically in the afternoon, 5 days after positive test, and provided you are symptom free on Day 5, you will be released. Continue to wear a mask at ALL times around others for 10 days.
- If you were a close contact of a COVID-19 positive and you are a Fully Vaccinated individual but have not received a vaccine booster and are eligible to receive a vaccine booster OR Unvaccinated individuals, you will be released from quarantine on the morning of Day 6 if your COVID-19 test (Day 5) is negative. For example, if you arrived on island on Tuesday 01 August (Day 0), you will be tested on Sunday, 06 August (Day 5), and released on Monday, 07 August (Day 6) at 0700. Continue to wear a mask at ALL times around others for 10 days.
- If you were a close contact of a COVID-19 positive and you are a Fully Vaccinated individual but have received a vaccine booster, or completed the primary series of Pfizer or Moderna vaccine within the last 6 months or completed the primary series of J&J vaccine within the last 2 months OR previous positive, you are not required to quarantine but are required to test on Day 5 from when you were notified as a close contact of a COVID-19 positive member. If your COVID-19 test (Day 5) is negative, continue to wear a mask at ALL times around others for 10 days. For example, if you arrived on island on Tuesday 01 August (Day 0), you will be tested on Sunday, 06 August (Day 5). You will ONLY be contacted if further testing or information is needed.
- If you were a close contact of a COVID-19 positive and you are previous positive with in the last 90 days, you are not required to quarantine or be tested. Continue to wear a mask at ALL times around others for 10 days. If you develop symptoms, call the COVID Hotline.
- Please remember that you may not recognize the phone number the day of the Isolation or quarantine release.
- If you have any Isolation or Quarantine questions or concerns, please follow-up first with your command POC.
- If you have any medical questions or concerns, contact COVID-19 hotline at **7-2670** and tell them that you are in isolation or quarantine.