

## Please follow the below instructions if your COVID-19 HOSPITAL test result is positive.

- 1) Upon confirmation from hospital staff, you must isolate for the next 5 full days and wear a well-fitting mask for the next 10 days.
- 2) Notify your Chain of Command / Supervisor of your positive result.
  - a. Isolate from family members/room-mates.
  - b. If in multi-member living quarters/barracks your Chain of Command/Supervisor may modify your living arrangements to isolate from roommates.
- 3) See below Close Contact Notification Instruction for notifying people with whom you have been within 6 feet for more than 15 minutes during the 3 days prior to your COVID-19 positive test result.

## Please follow the below Close Contact Notification Instruction if you test positive for COVID-19.

- 1) You are encouraged to contact people with whom, over the last 3 days, you have been in close contact: 6 feet or closer for more than 15 minutes.
- 2) Inform Close Contacts of the following protocol for Close Contacts:
  - a. Regardless of vaccine status, when near people, wear a well-fitting mask for the next 10 days.
  - b. Monitor for symptoms: headache, sore throat, body aches, chills, fever.
  - c. If you develop symptoms, call the COVID-19 Hotline 7-2670.
  - d. After 5 days from close contact with a COVID-19 positive person, non-symptomatic individuals are not required to receive a COVID-19 test, but should continue to wear a mask for the remaining 5 days.
  - e. If non-symptomatic individuals desire to test 5 days after exposure to COVID-19 positive person, testing is offered on Monday and Thursday from 9 – 9:30 a.m. in front of the hospital.
  - f. Close contacts who want to see these instructions, or who have additional questions, may visit the hospital website: <https://guantanamo.tricare.mil/patient-resources-Covid-19>

**If you have questions, call the COVID-19 Hotline at 7-2670 or (757) 458-2998 Opt. '1', 7-2670**

**Anyone experiencing serious symptoms should call  
the Emergency Department at 7-2670 or dial 911.**