



COVID-19 RECOMMENDATIONS

Dyess Air Force Base Public Health

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To schedule a COVID-19 test:

- During 0700-1600 hours, Monday - Friday, (Except Holidays and Readiness training days) contact the appointment line at **325-696-4677, option 6**, follow the prompts to reach the COVID Clinic.
- After hours, Monday - Friday, weekend, Holidays, and Readiness training days, contact the Nurse Advice Line (NAL) at **800-874-2273** for an off base referral.

To report a **POSITIVE** COVID-19 test:

- During duty hours 0730-1630, Monday - Friday, (Except Holidays and Readiness training days) contact the Dyess Public Health Office at **325-696-5478**.
- After hours, Monday - Friday, weekends, Holidays, and Readiness training days, contact the On-Call Public Health phone at **325-307-9890**.

To avoid the spread of illness to others, you should follow these guidelines.

If You Test Positive for COVID-19 (Isolate)

- Everyone, regardless of vaccination status:
 - Remain at home for 5 days from positive lab test; **AND**
 - If you have no symptoms or your symptoms are resolving after 5 days (without fever for 24 hours), you can leave your house; **AND**
 - Follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

Avoid using any kind of public transportation, ridesharing, or taxis

Separate yourself from other people in your home

- Stay in a specific "sick room"
- Use a separate bathroom
- If you need to be around other people in or outside of the home, wear a facemask
- Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
- Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions

- Avoid direct contact with pets**, including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
 - If possible, a household member should be designated to care for pets/service animals and should follow standard handwashing practices before and after interacting with the household animal

- Make a list of everyone you have had recent close contact with starting 2 days before your first symptoms; if you have had no symptoms, starting two days before your positive test.**
 - Public Health staff will be calling you for this information
 - Close contact is defined as any of the following:
 - Living in the same household with a person with COVID-19
 - Being within 6 feet of a person with COVID-19 over a 24-hour period for a combined total of 15 minutes or more
 - Caring for a person with COVID-19
 - Being in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.)

- Get rest and stay hydrated**

- Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately

- Respond immediately when Public Health staff calls to monitor you while you are in isolation**

- Cover your cough and sneezes**

- Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

- For medical emergencies, call 911 and notify the dispatch personnel that you have COVID-19.**
 - **Emergency warning signs for COVID-19 may include:**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Newly developed confusion
 - Inability to wake or stay awake
 - Bluish lips or face

 - **After being evaluated in the ER or after being admitted to the hospital, please contact Public Health the next day or when medically able to do so.**