



COVID-19 RECOMMENDATIONS

Dyess Air Force Base Public Health

INSTRUCTIONS FOR CLOSE CONTACTS OF A PERSON WITH COVID-19

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.)

BLUF: If close contacts have no symptoms and are up-to-date on their COVID vaccines (including a booster shot if applicable), no ROM is required; otherwise, a 5 day ROM is required with return to work on Day 6; if symptoms develop in any close contacts, schedule a COVID test. See detailed guidance below.

If you are a Close Contact:

• **Call Dyess Public Health:**

- 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**.

• * **If you received a booster shot OR your 2nd shot of Pfizer/Moderna within the last 6 months OR your 1st shot of J&J within the last 2 months** then individuals should do the following after their last exposure:

- Wear a mask and socially distance (6 ft) around others at home and work for 10 days.
- **If you develop symptoms, do not come to work and schedule a COVID test.**

• * **If you are unvaccinated OR received your 2nd shot of Pfizer/Moderna over 6 months ago and are not boosted OR completed the received your 1st shot of J&J over 2 months ago and are not boosted** then individuals should do the following after their last exposure:

- Quarantine (i.e. ROM) at home for 5 days
- If you have no symptoms after 5 days, you may return to work on Day 6 wearing a mask and socially distancing (6 ft) for at least 5 more days
- **If you develop symptoms, do not come to work and schedule a COVID test.**

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.

□ **For anyone placed into quarantine (ROM) YOU MUST:**

- **Leave home ONLY to receive medical care (call your healthcare provider first and inform them you have been in close contact with a person with COVID-19).**
- **Not use any kind of public transportation, ridesharing, or taxis.**
- Not allow any visitors.
- Stay in a separate part of the house from others who live with you, preferably in a bedroom by yourself.
- If you must be around others in your household, wear a cloth face covering and stay at least 6 feet apart.
- Monitor your health daily for symptoms of COVID-19 (e.g., fever, cough, difficulty breathing, headache, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, tiredness, body aches, etc.).
- Prevent the spread of germs
 - Do not share personal household items (e.g., dishes, towels, bedding, etc.).
 - Clean all frequently touched surfaces (e.g., tables, doorknobs, handles, phones, keyboards, faucets, etc.).
 - Wash hands often with soap and water for 20 seconds or hand sanitizer that contains at least 60% alcohol.
 - Always wash immediately after removing gloves and after contact with a sick person.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- **If you develop symptoms of COVID-19, schedule a COVID test.**
- **If you develop severe or life-threatening symptoms or illness, go to the nearest Emergency Room or dial 911 and inform the dispatcher you are a close contact of a COVID positive person.**
 - **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.**