

COVID-19 Guidance and Recommendations For Quarantine and Isolation

QUARANTINE: What you should do if exposed (close contact) to someone with COVID-19:

Regardless of Vaccination Status

- There is no need to quarantine.
- Wear a mask around others indoors for 10 days from date of last contact, even if mask wearing is not otherwise required by DoD guidance.
- Service members in the workplace must test at least once after 5 full days following exposure.

If symptoms develop isolate immediately and get tested

ISOLATE: What you should do if you are sick or test positive (regardless of vaccination status):

Stay out of the workplace for at least 5 days

- Isolate from others in your home.
- Wear a mask if around others in your home.
- Don't share personal household items like cups, towels, and utensils.
- Take steps to improve ventilation at home, if possible.
- Do not travel.

Ending Isolation

- If you had symptoms, end isolation after 5 full days if you are fever-free for 24 hours (without the use of medications) and your symptoms are improving.
- If you DID NOT have symptoms, end isolation at least 5 full days after positive test.
- Take precautions until day 10:
 - Wear a well-fitting mask when indoors around others at home and in public.
 - Avoid being around people who are more likely to get very sick from COVID-19.
 - Avoid official travel until 10 calendar days after start of symptoms or date of positive test if asymptomatic.
 - If you must travel, wear a high-quality mask or respirator when around others indoors for the full duration of your trip.
 - Do not travel if, in the past 10 days, you have been exposed to someone who has tested positive for, and/or been symptomatic of, COVID-19.

CDC Quarantine and Isolation Calculator:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

If you have any questions, please call Tinker AFB Public Health at (405) 582-6542, 0600-1800, 7 days a week.