

Quarantine Protocol for Incoming Students, Faculty & Staff



Overview



- Coronavirus disease 2019 (COVID-19) is a viral respiratory illness caused by a new coronavirus. Different parts of the country are seeing different levels of COVID-19 activity. However, all 50 states have reported cases of COVID-19 to the Centers for Disease Control and Prevention (CDC).
- On 17 April 2020, the 42 ABW/CC issued a memorandum outlining a **14-day quarantine for all incoming personnel** in order to protect the Maxwell AFB community.
- These slides outline quarantine protocol and also provide additional information about COVID-19.
- Quarantine in general means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.



14-day Quarantine Procedures



- Member will remain in his/her residence (Lodging, TLF/TLE, on-base or off-base housing, etc.) to the maximum extent possible.
- Member may attend medical appointments and/or treatment.
- Member may purchase **essential** food/care items from on-base or off-base facilities (AAFES BX/Shoppette, Commissary, local grocery stores, etc.).
- Member may use food facilities to pick up “to-go” meals. Member may also purchase meals online and have it delivered to his/her residence.
- Member may transition from temporary to permanent billeting as applicable.
- Member may go outside for individual PT; no group PT or contact sports allowed.
- In all cases, member will **wear a cloth mask** when he/she cannot maintain 6’ distancing.
- Member will **self-monitor for COVID-19 symptoms throughout quarantine.**
- Any members showing symptoms will contact the 42d Medical Group or his/her healthcare provider for medical screening and evaluation.



Self-Monitoring for COVID-19



COVID-19 Symptoms

- Fever
- Chills
- Muscle pain
- Sore throat
- Cough
- Difficulty breathing
- Loss of smell or taste

Procedures

- Self-monitor for COVID-19 symptoms.
- Check for fever twice a day (either subjective – meaning “feeling feverish” – or measured at/above **100.4°F / 38°C**).
NOTE: fever may be intermittent, or not present in some people (such as those who are elderly, immunosuppressed, or taking certain medications like NSAIDS, etc.)
- Symptoms? **CALL YOUR HEALTHCARE PROVIDER.**
For 42 MDG beneficiaries:
During duty hours (M-F, 0700-1600L), call Appt Line: (334) 953-3368
After duty hours, call Nurse Advice Line: 1-800-TRICARE, option 1



Self-Monitoring for COVID-19



COVID-19 Emergency Signs

- Extreme difficulty breathing
- Persistent chest pain/pressure
- Confusion
- Inability to rouse
- Bluish lips/face

Actions

- If experiencing any of these emergency signs, **SEEK IMMEDIATE MEDICAL ATTENTION.**
Go to your local emergency room, or call 911.
- This list is not all-inclusive; if you have concerns about any other symptoms, severe or otherwise, consult the 42 MDG, the Nurse Advice Line, or your healthcare provider.



COVID-19 Related Resources



- Maxwell AFB facility closures/openings

<https://www.maxwell.af.mil/News/Display/Article/2114097/base-services-reductions-and-closures/>

- Centers For Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

- Alabama Department of Public Health

<https://www.alabamapublichealth.gov/covid19/index.html>