



10TH MEDICAL GROUP COVID-19 GUIDE TO CARE

CORONAVIRUS DISEASE 2019

COVID-19

Information you need to keep your family safe and healthy.

Check Your SYMPTOMS

- CHILLS
- HEADACHE
- COUGH
- SORE THROAT
- FEVER
- MUSCLE PAIN
- SHORTNESS OF BREATH
- DIFFICULTY BREATHING
- NEW LOSS OF TASTE OR SMELL
- REPEATED SHAKING WITH CHILLS



EVEN IF VACCINATED, **DO NOT PHYSICALLY REPORT TO THE CLINIC WITH THESE SYMPTOMS.** SELF-QUARANTINE AND CALL THE ACCESS TO CARE LINE, THE NURSE ADVICE LINE OR SEND A SECURE MESSAGE TO YOUR PRIMARY CARE MANAGER.

Best Ways to Access Care

If You Have Symptoms (See Diagram)

- 1 Access to Care Line: **719-524-2273**
- 2 MHS GENESIS Patient Portal Messaging:
<https://patientportal.mhsgenesis.health.mil>
- 3 Nurse Advice Line: **1-800-874-2273**

Exposure w/No Symptoms

- 1 MHS GENESIS Patient Portal Messaging:
<https://patientportal.mhsgenesis.health.mil>
- 2 Access to Care Line: **719-524-2273**

Key Resources

Book Your COVID-19 Vaccine at an MTF: <https://informatics-stage.health.mil/COVAX/>

Book Your COVID-19 Vaccine in the local community: <https://vaccines.gov/search/>

CDC/Symptom Checker: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

El Paso County Testing Sites: <https://www.elpasocountyhealth.org/covid-19-testing-information>

<h2>SCENARIOS</h2>	<p>If you have been boosted OR Completed the primary series of Pfizer vaccine within the last 5 months or Moderna vaccine within the last 6 months OR Completed the primary series of J&J vaccine within the last 2 months</p>	<p>If you completed the primary series of Pfizer vaccine more than 5 months ago or Moderna vaccine more than 6 months ago and are not boosted OR Completed the primary series of J&J vaccine more than 2 months ago and are not boosted OR Are unvaccinated</p>
<p>Experiencing COVID-19 signs/symptoms</p>	<p>Get tested. Regardless of vaccination status, self-isolate and call Access to Care Line, Nurse Advice Line or secure message PCM.</p>	
<p>Came into close contact (within 6 feet for a cumulative 15 minutes within a 24 hour period) of a confirmed positive case of COVID-19</p>	<p>Self-isolation is not required unless symptoms develop.</p> <p>Wear a mask around others for 10 days</p> <p>Recommended/not required test day 5 after exposure</p> <p>If symptoms develop, self-isolate and call the Access to Care Line, Nurse Advice Line or secure message PCM.</p> <p>All U.S. Air Force Academy employees are eligible for COVID-19 testing at the 10th Medical Group regardless of their TRICARE eligibility. Remember to notify your supervisor.</p>	<p>You are REQUIRED to self-isolate at home for 5 days following close contact.</p> <p>Wear a mask around others an additional 5 days</p> <p>Recommended/not required test day 5 after exposure</p> <p>If symptoms develop, self-isolate and call the Access to Care Line, Nurse Advice Line or secure message PCM.</p> <p>All U.S. Air Force Academy employees are eligible for COVID-19 testing at the 10th Medical Group regardless of their TRICARE eligibility. Remember to self-quarantine and notify your supervisor.</p>
<p>PCS/TDY/ Deployment and Restriction of Movement</p>	<p>Varies based on location of originating travel. Check with your Unit for current guidance and myPers for COVID-19 Guidance. If you have questions, contact us at usaf.usafa.10-mdg.mbx.public-health@mail.mil. If a COVID-19 test is required, contact your PCM via the MHS GENESIS Patient Portal or Access to Care Line. If you traveling internationally, be sure to check country specific testing and vaccine requirements before departure and during travel.</p>	
<p>Is close contact to a close contact to a confirmed case of COVID-19</p>	<p>Regardless of vaccination status, you may still go to work, but monitor daily for COVID-19 signs/symptoms. If symptoms develop, follow above guidance. Telework at your work center's discretion.</p>	
<p>Works in high risk area or is >65 and/or has serious chronic medical conditions</p>	<p>Regardless of vaccination status, monitor daily for COVID-19 signs/symptoms. If symptoms develop, follow above guidance for access to care and stay home until told otherwise. Telework at your work center's discretion.</p>	

Questions & Answers

What does it mean if I'm instructed to self-isolate for 5 days from symptom onset (symptomatic) or test date (if asymptomatic)?

If you are already sick and highly suspected of having COVID-19, you should be in isolation. Stay away from others until:

- You have had no fever for at least 24 hours (that is one full day of no fever without using medicine that reduces fevers) AND
- Your symptoms have improved (for example, when your cough or shortness of breath have improved) AND
- At least 5 days have passed since your symptoms first appeared or if asymptomatic since your test date.

If someone in my household is COVID+, does the entire household have to quarantine?

- If you've been fully vaccinated and received the booster when eligible then you are not required to quarantine, unless symptoms develop.
- Any member of the household who has not been vaccinated or who is eligible for a booster and has not received one should quarantine for 5 days after their last exposure and wear a mask for 10 days
- If family members cannot stay isolated from the COVID-positive family member, they should plan to quarantine for an additional 5 days after the initial quarantine period ends

What if a member of my household came in close contact with a COVID+ person who is not a member of my household?

Only the family member(s) who came into close contact with a COVID-positive person should quarantine, unless they are fully vaccinated and not yet eligible for a booster or boosted. All others should self-monitor symptoms closely. If symptoms arise, follow the guidance above to contact your PCM.

