

# **USAFA ROM & Q&I Guide for COVID-19 Pandemic 2 September 2020**

**A GUIDE FOR USAFA LEADERS  
PREPARED BY THE 10 ABW**



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## Introduction

This guide will help you determine whether a member in your unit is likely to need ROM, isolation, quarantine, or none of the above. And it will tell you when to expect the member to be released from one of these categories. Start with the Flowcharts on the next page. But if you need a refresher on the definitions of restriction of movement (ROM), quarantine, or isolation, please go the Definitions section on page 11. If you need a one-page summary of the ROM and Q&I processes, see page 10.

A frequently asked question about ROM'ing in-place (at home or in dorm room) is whether a newcomer can leave their ROM status to accomplish important tasks such as house-hunting and reporting for duty at the orderly room. Our recommendation for this is that, before the newcomer's arrival, leaders should go through their unit and installation in-processing checklist and identify those items that need to be done as soon as possible. Then they should determine if those items can be accomplished by the newcomer's sponsor, online, by phone, or by email. If not, then it is acceptable for the member to go in-person to do those necessary items, but it must be done by adhering to current public health measures (e.g., wear cloth face covering, six feet distance) and they must keep the visits as short as possible. This ROM process does not apply to those in quarantine or isolation. Those individuals cannot leave their designated Q&I room unless it is an emergency.

Due to frequent updates, please make sure you have the latest version of this guide. For questions or for suggestions on this guide, contact Col Ramon Yambo-Arias, Public Health Emergency Officer (PHEO), at [ramon.yamboarias.mil@mail.mil](mailto:ramon.yamboarias.mil@mail.mil).

## Changes in this Edition

The 1st edition of this guide was published on 22 June 2020. The 2nd edition was published on 1 July 2020. Major changes to this 3rd edition include:

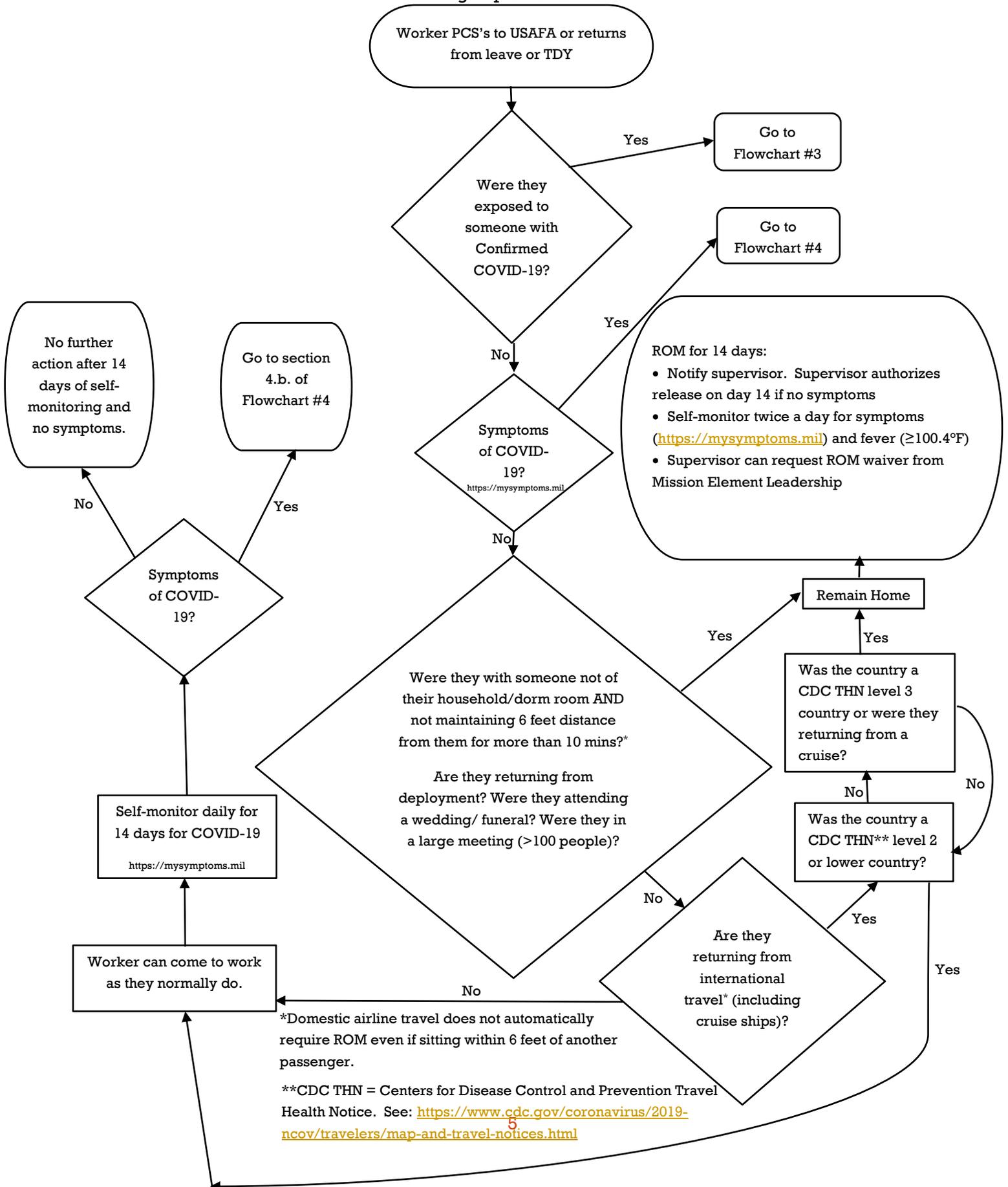
1. Flowchart 1: Deleted. This flowchart was rescinded. Contents were incorporated into Flowchart 2.
2. Flowchart 2: This Flowchart now also applies to newcomers PCS'ing to USAFA.
  - a. Added three more high-risk activities that may require ROM upon return: weddings, funerals, and large gatherings >100. (Ref: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/funeral-guidance.html> and <https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/considerations-for-events-gatherings.html>)
  - b. Added a clarification that commercial domestic air travel does not automatically require ROM even if sitting within six feet of someone else. There is a lack of confirmed outbreaks arising from domestic air travel. Also "Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes" (CDC). (Ref: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>)
  - c. Added CDC THN levels as decision points for ROM'ing. (Ref: FHP 12)
  - d. Removed need to call PH; not necessary if worker is ROM'ing after travel and is asymptomatic.
  - e. Added daily self-monitoring of symptoms and temp check for those ROM'ing.
3. Flowchart 3:
  - a. Added new decision point for recovering COVID-19 individuals that are asymptomatic, but who came into contact with another COVID-19 positive individual.
  - b. Removed need to call PH and added provider contact because if worker is having symptoms, they should be calling their provider team and the provider team will then notify PH as needed.
  - c. Removed cadet-specific testing information, because no longer testing them on day 7 and 10.
4. Flowchart 4:
  - a. Role of provider emphasized and role of PH de-emphasized
  - b. Added comment that if symptomatic worker has a negative COVID-19 test result, they will likely be instructed to stay home until symptoms improve. COVID-19 test result could be false negative, so releasing too early may increase chances of spreading the virus.
  - c. Changed "have their respiratory symptoms improved" to "have their symptoms improved" per CDC recommendations. This guidance does not "apply to persons with severe COVID-19 or with severely weakened immune systems." (Ref: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>)
  - d. Changed "have they been without fever for 72 hours" to "have they been without fever for ≥24 hours" per CDC recommendations (Ref: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>)
  - e. Deleted the decision point asking if the worker has "negative COVID-19 test results on at least 2 consecutive respiratory specimens collected ≥24 hours apart". CDC no longer requires this.
5. Flowchart 5: Removed the need to call Public Health and added provider contact information because if worker is having symptoms, they should be calling their provider team.
6. Flowchart 6:
  - a. Added that this Flowchart is implemented upon discretion of CW.
  - b. Removed mention of day 7 and 10 testing. No longer required.

## Flowchart 1: [Rescinded]

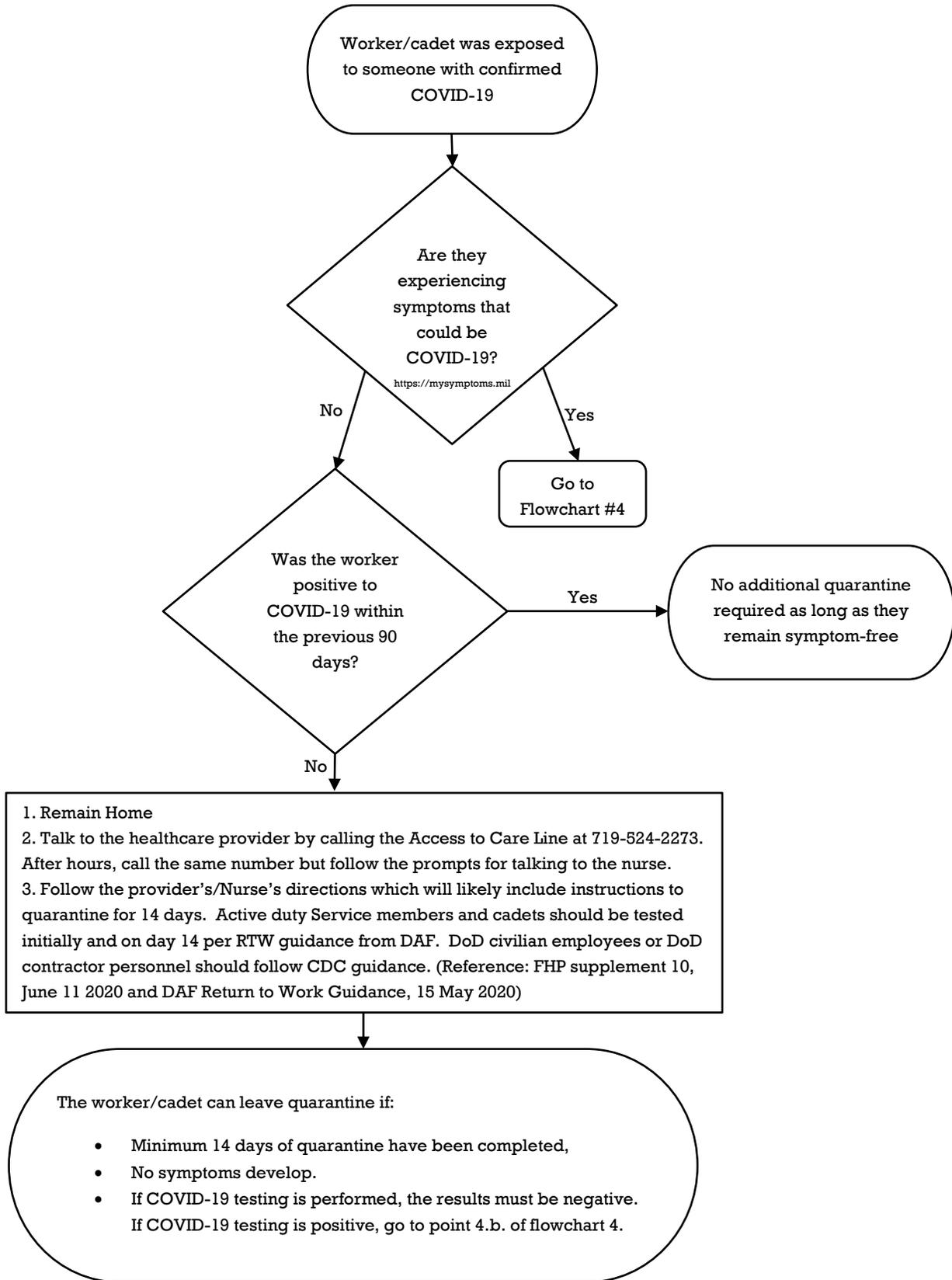
This flowchart, formerly titled “PCS Inbound AD/Civilian Workers Flowchart”, has been rescinded. Inbound PCS members are now included in Flowchart #2.

## Flowchart 2: PCS to USAFA or Leave/TDY Return for AD/Cadets/Civilian Workers

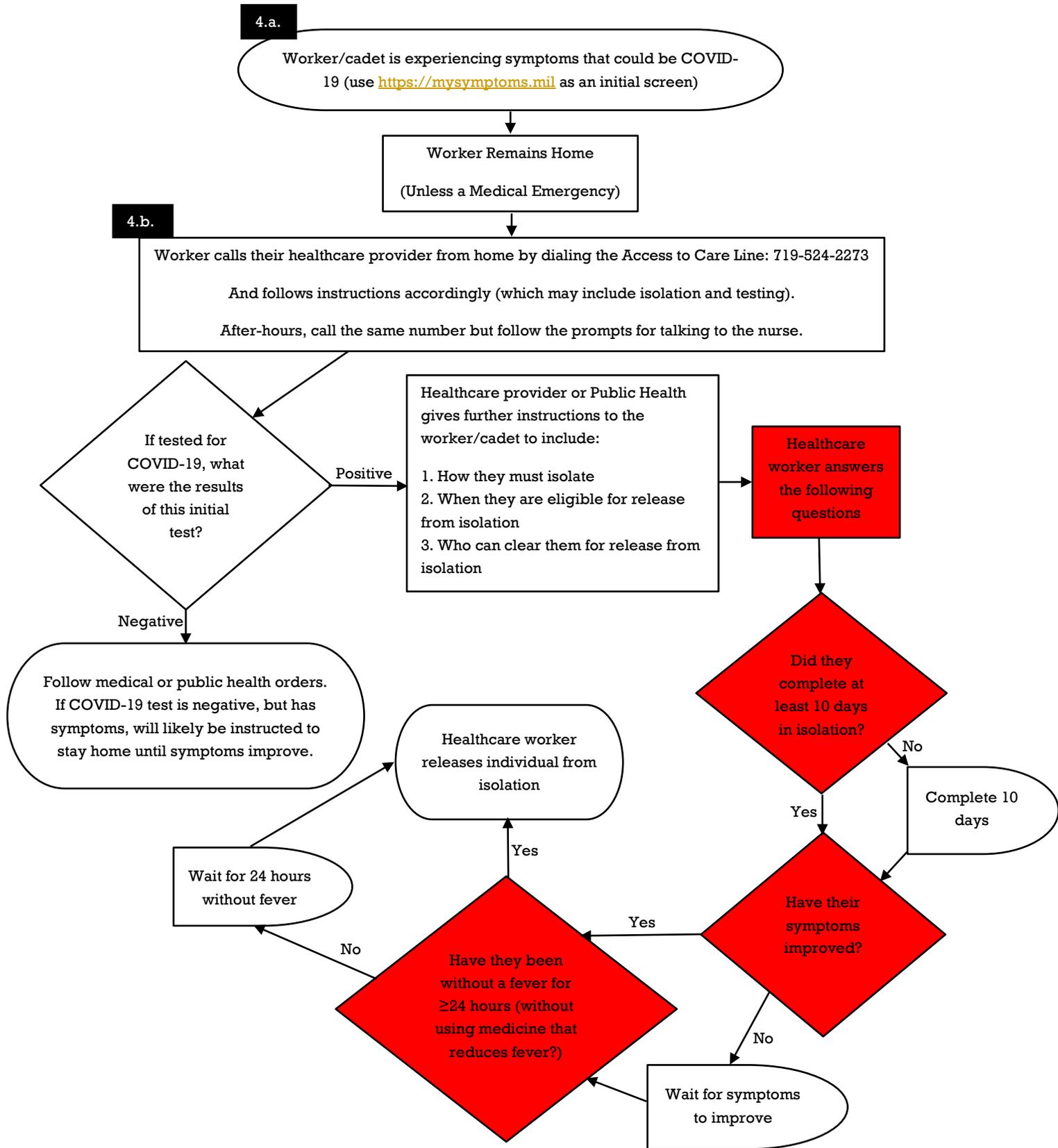
Supervisors must conduct the screening in this Flowchart. Contact Public Health if you have any questions. Cadets fall under this flowchart unless Cadet Wing implements Flowchart 6.



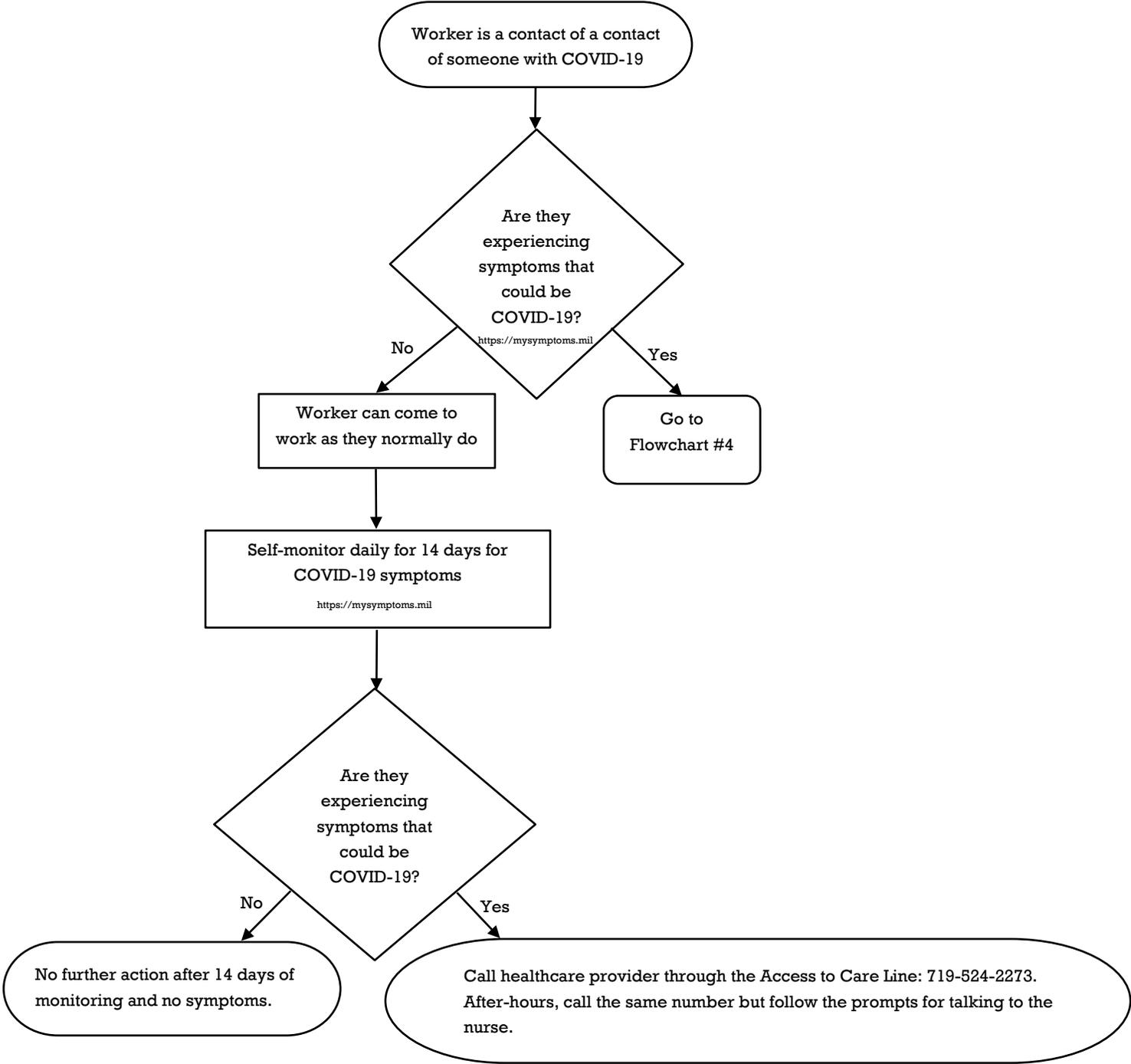
### Flowchart 3: Worker Exposed to Someone with Confirmed COVID-19



# Flowchart 4: Worker/Cadet is Experiencing Symptoms that could be COVID-19 (start at 4.a.) or They Test Positive for COVID-19 (start at 4.b.)

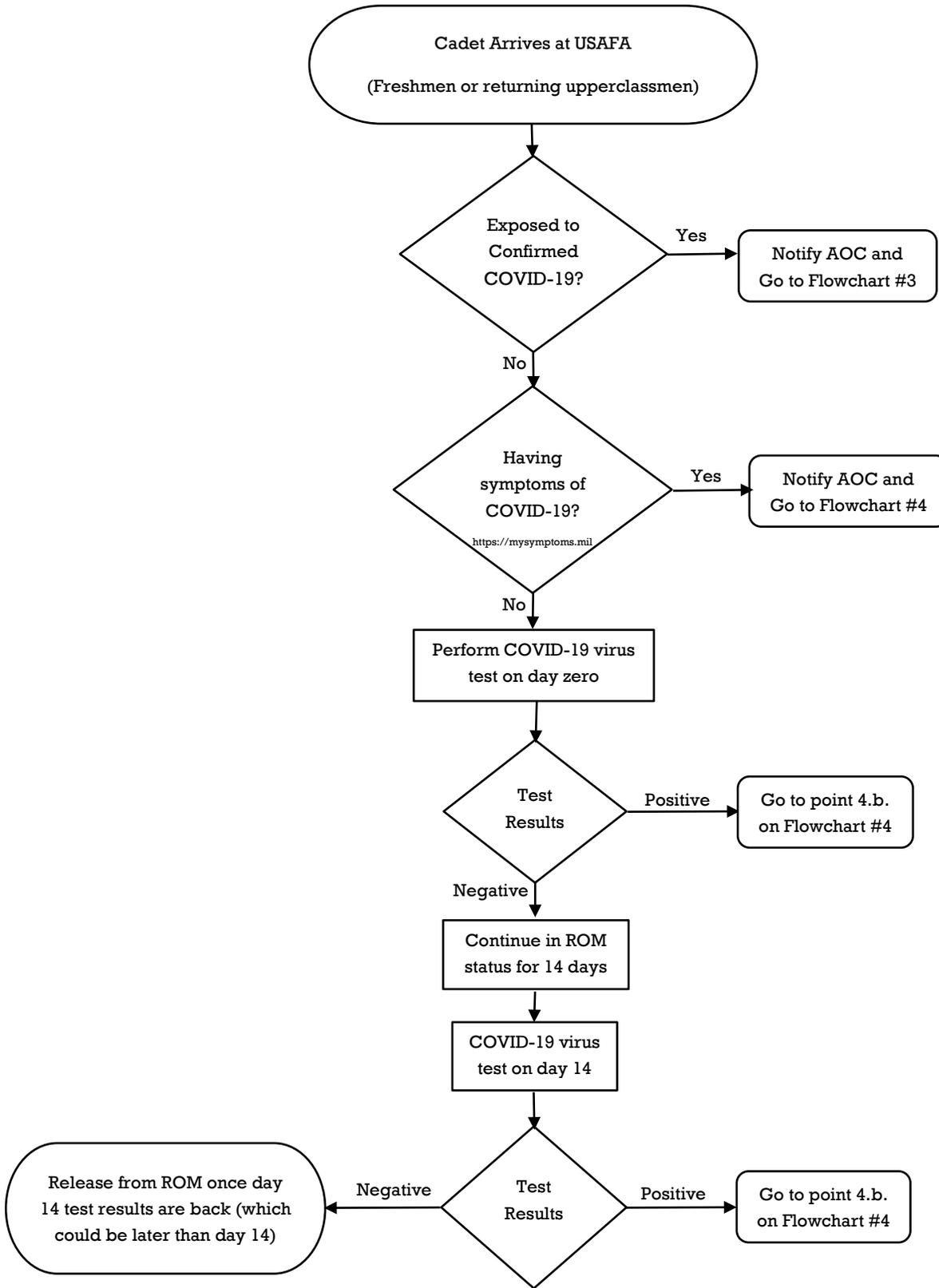


# Flowchart 5: Worker is a Contact of a Contact of Someone with COVID-19



# Flowchart 6: Cadet Arrives at USAFA

CW implements this process as needed



## Summary of the ROM and Q&I Process

1. Rescinded. Formerly titled “PCS inbound AD/Civilian Worker”, now integrated into paragraph #2
2. PCS to USAFA or Leave/TDY Return for AD/Cadet/Civilian Workers:
  - a. If cadet, did CW implement a ROM process for new or returning cadets after a summer or Holiday break? If so, go to paragraph 6.
  - b. If COVID-19 symptoms/positive test or exposed to COVID-19, go to para 4 and 3, respectively.
  - c. If they were with someone not of their household/dorm room AND did not maintain 6 feet for more than 15 minutes, or if they attended a funeral or large event/gathering (>100 people), they will need to ROM at home for 14 days. Domestic airline travel is not an automatic requirement for ROM even if they were sitting within 6 feet of another passenger.
  - d. If returning from a CDC THN level 3 country or from a cruise ship, worker will need to ROM.
  - e. But if none of the above, they can return to work but must self-monitor x14d by answering the questions on <https://mysymptoms.mil> 1x/day. The stop monitoring on day 14 if no symptoms.
3. Worker exposed to someone with confirmed COVID-19:
  - a. If they are experiencing symptoms of COVID-19, go to paragraph 4 below.
  - b. If not experiencing symptoms, but is an asymptomatic, recovering COVID-19 positive individual, then additional quarantine is not required if symptom onset of COVID-19 occurred within the previous 90 days.
  - c. they should stay home, call their healthcare provider by calling the Access to Care Line at 719-524-2273 (after hours, call the same number but follow the prompts for talking to the nurse), and quarantine x14d. They can leave quarantine on day 14 as long as they are not having symptoms and, if performed, COVID-19 testing must be negative.
4. Worker/Cadet has symptoms that could be COVID-19 (or comes up positive on a COVID-19 test):
  - a. If an emergency, such as difficulty breathing, call 911.
  - b. If not an emergency, remain home and call the Access To Care Line (719-524-2273) to talk to your healthcare provider. If afterhours, call that same number but follow prompts to “talk to a nurse”.
  - c. They will receive instructions to isolate at home, in Sijan/Vandenberg Halls, or in designated isolation facilities on the installation. They will get tested for COVID-19 if not already done.
  - d. If COVID-19 test is negative, they will likely stay home until symptoms improve.
  - e. If COVID-19 test is positive, the healthcare worker releases them from isolation if they: complete a minimum of 10 days in isolation, are fever-free for ≥24 hours, and symptoms are resolving.
5. Worker is a contact of a contact of someone with COVID-19:
  - a. If not having symptoms of COVID-19, they can come to work, but they will monitor themselves for symptoms every day before work for 14 days by using <https://mysymptoms.mil>.
  - b. If the worker completes the 14 days without developing symptoms, self-monitoring can stop.
6. Cadet ROM Process: Implemented as needed upon discretion of CW. If not implemented, go to paragraph #1. In this process, incoming cadets ROM for 14 days. They get tested for the virus on day 0 and 14. If all the tests are negative, they can be released from ROM.

## Definitions

We define Isolation, Quarantine, and Restriction of Movement (ROM) in the following paragraphs, but in a nutshell: sick people go to Isolation; healthy people exposed to someone that was sick go to Quarantine; and people who don't fit either of these criteria, but meet specific risk criteria are (such as PCS'ing from out-of-State) are placed in ROM.

**Isolation:** The separation of an individual from other people because the individual either has symptoms that could be COVID-19 or they have had a positive COVID-19 test. During a public health emergency, individuals on the installation who meet this criteria are compelled to go into isolation by order of the installation commander.

**Quarantine:** The separation of an individual from other people because that individual was near someone with a contagious disease of concern such as COVID-19 and could get the disease themselves. The concern here is that this individual will unwittingly spread it to even more people. So we keep these individuals in quarantine for 14 days. Why 14 days and not seven or 21? Because a person that catches the virus will generally have about 2-14 days before symptoms begin. This is called the incubation period. During this period, the individual will not have symptoms but could be spreading the virus. So to be safe, we go with the longer end of the incubation period, 14 days, for the quarantine.

**Restriction of Movement (ROM):** ROM is actually a general term that refers to all limitations of movement during an epidemic or pandemic, and it includes quarantine, isolation, social distancing, and road blocks. But at USAFA we use this phrase to refer to the 14-day sequestering of healthy workers/cadets when they return from a summer break or meet a high-risk activity such as traveling from overseas. If they did have symptoms or if they were exposed, they would instead be in isolation or quarantine, respectively. But for travel-related ROM, the newcomer is placed in a 14-day ROM before returning to their assigned unit in order to decrease the chance of spreading the virus to the general population. It is important to note that there are no shortcuts to ROM such as performing a lab test at day 10, for example, and releasing them once the results come back on, say, day 11. The reason for this is that the virus may not have achieved high enough levels in bodily fluids for the COVID-19 test to detect it. If the ROM'ing individual has reached day 14 without symptoms, then they are about 98% likely to be COVID-19 free.