

Common COVID-19 Related Terms and Procedures

Reach out to your local chain of command and med team for specific questions and concerns

Self-Monitoring – For anyone who has transitioned through a Threat Level 2 Area is mandated to self-monitor. 14-day at home self-monitoring includes social distancing (6 ft) and taking/reporting Oral-Temp 2x/daily, anything sustained over 100.4 to local unit med team/Flight Surgeon.

Note: globally we are currently at a global Threat Level 2, basically ANYONE (MIL/Civ/Contractor or Dependent) traveling back from anywhere overseas is mandated to 14-day self-monitor.

Self-Quarantine – You have traveled through a known Threat Level 3 Area (Wide-spread/"on-going" transmission) and are currently **asymptomatic** (Free of Cough, Fever & Shortness of Breath). Stay home for 14 days – starting from the day you departed the known threat area. Definition consists of the following:

- Monitor: take, document & report your temperature 2x/daily with a thermometer.
 - (24 SOW Recommendation) Only report temps >100.4 to your (local) unit medical teams
- Stay home and avoid contact with others. Do not go to work or school before the end of the 14-day period
- Do not use public transportation, taxis, or ride-shares during this 14-day period
- Maintain social distancing, MIN. of 6 feet or 2 meters
- Avoid crowded places (shopping centers & movie theaters) and limit activities in public
 - (24 SOW Recommendation) Only navigate areas publically & socially for items required to maintain/support Activities of Daily Living (ADL) Food, Groceries, Toilet Paper

Isolation – Known travel to Threat Level 3 Area, known exposure and clinically symptomatic (Fever >100.4/uncontrolled by medication, Cough and Shortness of Breath)

- These members should have a positive screening and a pending (COVID-19) test result. Members should either be tracked & monitored locally (Local Med Team & Installation) or by the CDC (pending test results)