I've been *exposed* to someone...

... who has tested positive for COVID-19

... who is being tested for COVID-19

... who might have been exposed*...

... who has been in close contact with someone ELSE who might have been exposed*

... and IS experiencing symptoms

Self Quarantine, Self Monitor, notify your CoC, AND your provider for more information

Page 9 & 11

... but IS NOT experiencing symptoms

Self Monitor AND practice Social Distancing

Page 3

Practice Social Distancing

Page 3

*EXPOSURE
While each case must be considered individually, you can generally consider yourself exposed if you meet the following criteria:
1. Prolonged contact (>greater 10 minutes) to someone believed to have COVID-19
   OR
2. Close, intimate contact (working or interacting in a way that did not allow you to maintain 6 ft of separation) to someone believed to have COVID-19.
   OR
3. You did not practice proper hygiene (failure to wash hands, cover cough, etc.) following an interaction with someone believed to have COVID-19 or someone with COVID-19 did not practice good hygiene (i.e. coughed on you)
How to report that you feel sick

*DO NOT leave your home if you feel sick or exhibit symptoms. If sick – self report. ACP screenings are used as a secondary method for identifying potential risks to the community. They are not a place to purposefully be screened by medical personnel (i.e. have your temperature checked because you don’t have a thermometer at home).

(Self Report)
Call Your Primary Care Physician

Your Provider will ask you a series of questions to identify your level of risk

Your Provider will advise you:
- No action needed
- Evaluated in person
- Self Quarantine

If you are showing symptoms you will be escorted to:
- KACH screening site
- On post quarters
- denied access and referred to your provider

(ACP Screening)*
Driving through Stony Lonesome or Thayer Gates

You will receive secondary screening on site

Notify your Chain of Command / Supervisor

COVID-19 Screening Form

Point of Contact: EOC 1-845-938-6909
Self Quarantine Guidance

**IF YOU:**
1) Are feeling sick or displaying any symptom
2) Have concerns specific to your recent travel history
3) Have been in contact with a person who tested positive for COVID

- Call KACH Appointment Center x7992 or Nurse Advice Line 1-800-TRICARE
- Immediately notify your supervisor / Chain of Command
- Immediately Quarantine yourself and your family in your on-post home. You will be assigned a sponsor by your Chain of Command to assist with any needs
- Continue to monitor your health. Read the CDC Information sheet. If you experience any difficulty breathing, fever, or life-threatening conditions, please call 911 or proceed to the Keller Emergency Room

**Service Member or Family Member living ON West Point**

- Call KACH Appointment Center x7992 or Nurse Advice Line 1-800-TRICARE
- Immediately notify your supervisor / Chain of Command
- Immediately Quarantine yourself and your family in your on-post home. You will be assigned a sponsor by your Chain of Command to assist with any needs
- Continue to monitor your health. Read the CDC Information sheet. If you experience any difficulty breathing, fever, or life-threatening conditions, please call 911 or proceed to the Keller Emergency Room

**Service Member or Family Member OFF West Point**

- Immediately notify your supervisor
- Seek medical attention through primary care or emergency room
- Follow local, state, federal guidelines for quarantine
- Continue to monitor your health. Read the CDC Information sheet. If you experience any difficulty breathing, fever, or life-threatening conditions, please call 911 or proceed to the nearest Emergency Room

**Civilian living OFF West Point**

- Immediately notify your supervisor
- Seek medical attention through primary care or emergency room
- Follow local, state, federal guidelines for quarantine
- Continue to monitor your health. Read the CDC Information sheet. If you experience any difficulty breathing, fever, or life-threatening conditions, please call 911 or proceed to the nearest Emergency Room

Point of Contact: EOC 1-845-938-6909
What to expect if you are placed in Quarantine / Isolation?

**You have been directed to Quarantine / Isolation**

You need to notify your Chain of Command or Supervisor of your Quarantine / Isolation Status

Garrison EOC is notified by (CoC, Supervisor, or KACH EOC) and they will track your progress through the entire Quarantine / Isolation duration

A sponsor will be assigned to you either from your Chain of Command (CoC) or from the Garrison EOC if your CoC cannot support the sponsorship. For more information on Sponsorship reference the USMA Sponsorship plan.

During your Quarantine / Isolation:

- Monitor your symptoms
- Maintain daily communication with your COC
- Continually clean your living area
- Maintain personal hygiene
- Do not use your vehicle
- Do not leave post or attempt to access post (if living off)
- For Quarantine follow guidance on: Page 4
- For Isolation follow guidance on: Page 5

If your condition or symptoms worsen, contact your Provider

In order to be released from Quarantine / Isolation refer to the USMA Release plan.
**Tips for Quarantine/Isolation**

1. **Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.

2. **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.

3. **Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.

4. **If you have a medical appointment,** call the healthcare provider ahead of time and tell them that you have been exposed to COVID-19.

5. **For medical emergencies,** call 911 and notify the dispatch personnel that you have been exposed to COVID-19.

6. **Take everyday actions** to prevent the spread of germs.
   - Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol.
   - Cover your cough/sneeze.
   - Avoid touching your eyes, nose, and mouth.

7. **As much as possible, stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.

8. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

9. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

10. **Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising, or other hobbies.
How to clean for COVID-19

How to effectively clean your home after quarantine

- Wear disposable gloves and discard after use.
- Clean surface daily with soap and water first. Then, use an Environmental Protection Agency registered household disinfectant.
- Use diluted household bleach solutions (where appropriate). See chart for more details.
- Focus on frequently touched surfaces, such as tables, doorknobs, light switches, countertops, etc.
- Consider using a designated, lined trash can for all items related to cleaning/disinfecting. Dispose immediately.
- For soft surfaces, such as carpeted floors, use appropriate cleaners and disinfect with EPA-registered disinfectant.
- Wash clothing and bed linens using detergent and warm water. Wear gloves when handling laundry from an ill person and discard after use.
- Do NOT shake dirty laundry- this minimizes dispersing the virus through the air.
- Clean and disinfect hampers after emptying.
- Avoid sharing personal items, such as towels, blankets, etc.

For more information:
https://www.coronavirus.gov

The Army COVID-19 Information Hotline
1-800-984-8523
Resident is Placed into Isolation/Quarantine

EOC validates with CoC that each individual has an assigned sponsor

With Memo Sponsor Can

- Purchase x#* of Additional Rationed Items at the Commissary
- Purchase x#* Additional Rationed Items at the PX

* x# of items is equal to # of families being sponsored.

CoC Assigns Sponsor to Isolation/Quarantine Individual

Sponsor receives the GC PX Commissary Limit Memo

Sponsor shops and provides groceries/essentials to quarantined/isolated resident until the resident is released from Isolation/Quarantine

***Quarantine/Isolated residents are responsible for reimbursing sponsors for food and supplies.

Point of Contact: EOC 1-845-938-6909
UNCLASSIFIED

Quarantine Release

EOC provides KACH EOC with daily list of personnel expected to end quarantine

KACH COVID Provider contacts resident and Issues Quarantine Release Memo then notifies the EOC

Emergency Operation Center

EOC updates the COVID population tracker

EOC Notifies Chain of Command and Housing Office

Return to Duty

Resident has been in quarantine for 14 days

Resident has not had a fever for 3 days (72hrs) without fever-reducing medicine

At least 7 days have passed since symptoms first appeared

Currently asymptomatic

Point of Contact: EOC 1-845-938-6909