



Exposure to COVID-19?

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

***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)

... 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

... but IS NOT experiencing symptoms

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

Page 9 & 11

Self Monitor AND practice Social Distancing

Page 3

Practice Social Distancing

Page 3



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

Page 10

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

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

You will receive secondary screening on site

Page 11



If you are showing symptoms you will be escorted to:

- KACH screening site
 - On post quarters
- OR**
- denied access and referred to your provider

Notify your Chain of Command / Supervisor

 COVID-19 Screening Form



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

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
- Visit <https://www.Tricare.mil/coronavirus> for more information

Service Member
or Family Member
OFF 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 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 nearest Emergency Room
- Visit <https://www.Tricare.mil/coronavirus> for more information

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



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.

Page 16

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.

Page 17-19



UNITED STATES MILITARY ACADEMY
WEST POINT.

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.





UNITED STATES MILITARY ACADEMY
WEST POINT.

How to clean for COVID-19

Coronavirus Disease 2019 (COVID-19) Cleaning and Disinfection

As part of your everyday prevention actions, regularly clean and disinfect frequently touched surfaces and objects. Cleaning of visibly dirty surfaces followed by disinfection is a best practice for the prevention of COVID-19 and other viral respiratory illnesses in community settings.

Always wear appropriate personal protective equipment and use products as specified on the label.



Cleaning

Clean surfaces using soap and water daily. Practice routine cleaning of frequently touched surfaces, especially in common areas.

Frequently touched surfaces include tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfection

Use diluted household bleach solutions if appropriate for the surface.
To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent, if it is dirty. Then, use an Environmental Protection Agency (EPA)-registered household disinfectant*.



Soft Surfaces

For soft surfaces such as **carpeted floors, rugs, and drapes**, remove visible soil with appropriate cleaners, then launder if possible. If not possible to launder, disinfect with an EPA-registered disinfectant*.



Laundry

Wash clothing and bed linens weekly using detergent and warm water. Dry completely. Do not shake dirty laundry. Clean and disinfect hampers after emptying.

More information:

TB MED 531 Facility Sanitation Controls and Inspections

*EPA Registered Disinfectants www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

COVID 19
CORONAVIRUS
DISEASE

For current COVID-19 information:
<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Arm-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



The Army COVID-19 Information Hotline!
1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700

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://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov>

The Army COVID-19 Information Hotline
1-800-984-8523



Sponsorship

Resident is Placed
into
Isolation/Quarantine

CoC Assigns Sponsor to
Isolation/Quarantine
Individual

EOC validates with CoC
that each individual has
an assigned sponsor

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

With Memo Sponsor Can

Purchase x#* of
Additional Rationed
Items at the
Commissary

and

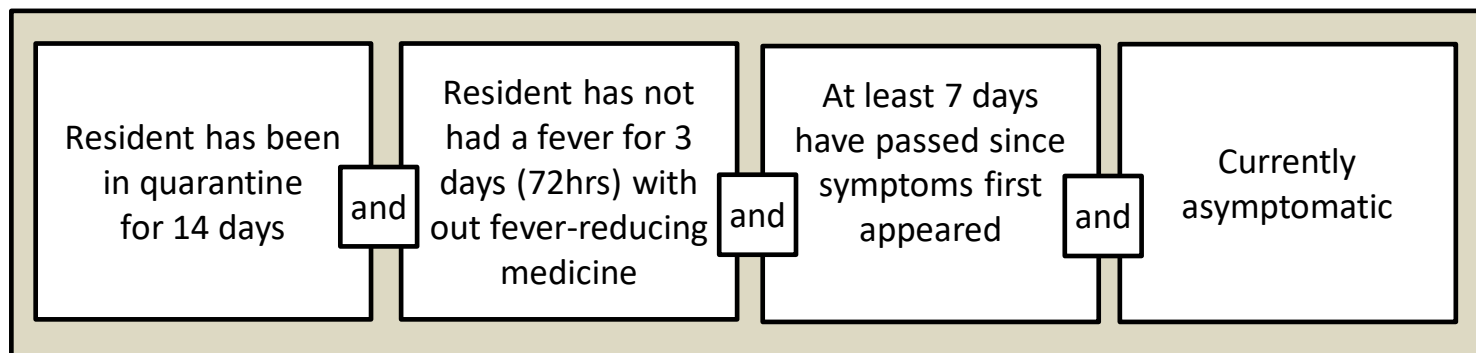
Purchase x#*
Additional Rationed
Items at the PX

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

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



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