



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: <https://informatics-stage.health.mil/COVAX/>

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>

| SCENARIO | IF VACCINATED OR WITHIN 3 MONTHS OF PREVIOUS COVID-19 RECOVERY | IF UNVACCINATED OR BEYOND 3 MONTHS OF PREVIOUS COVID-19 RECOVERY |
|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Experiencing COVID-19 signs/symptoms | Regardless of vaccination status, self-quarantine and call Access to Care Line, Nurse Advice Line or secure message PCM. | |
| 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>Quarantine is not required unless symptoms develop.</p> <p>If symptoms develop:</p> <ul style="list-style-type: none"> • Self-quarantine • Get a COVID-19 test between days 3-5 following contact • Contact your PCM via the MHS GENESIS Patientportal or Access to Care Line • You will be booked an appointment or sent off-base with further guidance <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. Ask your supervisor email us at usaf.usafa.10-mdg.mbx.public-health@mail.mil.</p> | <p>You are REQUIRED to quarantine at home for 10 days following close contact.</p> <ul style="list-style-type: none"> • If testing out, contact your PCM via the MHS GENESIS Patient portal or Access to Care Line • If symptoms develop, self-quarantine and call the Access to Care Line, Nurse Advice Line or send a secure message to your PCM. • You will be booked an appointment or sent off-base with further guidance <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. Ask your supervisor email us at usaf.usafa.10-mdg.mbx.public-health@mail.mil.</p> |
| PCS/TDY/Deployment and Restriction of Movement | 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. | |
| Is close contact to a close contact to a confirmed case of COVID-19 | Regardless of vaccination status, you may still go to work, but monitor daily for COVID-19 signs/symptoms for 14days. If symptoms develop, follow above guidance. Telework at your work center's discretion. | |
| Works in high risk area or is >65 and/or has serious chronic medical conditions | 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. | |

Questions & Answers

What does it mean if I'm instructed to self-quarantine for 10 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 quarantine. 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 10 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 or have tested positive for COVID-19 in the past three months, then you are not required to quarantine, unless symptoms develop.
- Any member of the household who has not been vaccinated or is beyond three months of a previous COVID-19 recovery should quarantine for 10 days.
- If family members cannot stay isolated from the COVID-positive family member, they should plan to quarantine for an additional 10 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 (or have tested positive for COVID-19 in the past three months). All others should self-monitor symptoms closely for 14 days. If symptoms arise, follow the guidance above to contact your PCM.

