

JBPHH COVID-19 SCREENING GUIDE

QUESTION 1: HAVE YOU...

In the past 14 days

Been in close contact¹ with a person known to have COVID-19?



In the past 10 days

Arrived² to the State of Hawaii?

*Aircrew on official travel are exempt from Travel restrictions

QUESTION 2: ARE YOU EXPERIENCING...

Subjective fever, coughing, or difficulty breathing?

If you did not answer yes to BOTH questions, it is unlikely you have COVID-19

1. Close contact is defined as being within 6 feet of or sharing a congregated setting with a confirmed case for prolonged period of time (Greater than 10-15 minutes).
2. Excluding Inter-Island travel so long as origin was from within the State of Hawaii.

IF YOU ANSWERED YES TO QUESTION 1 OR BOTH (1 AND 2):

- Access to facility/event denied. (See Restriction of Movement Guide for further details)

IF YOU ANSWERED YES TO QUESTION 2 ONLY:

- Access to facility/event denied. (See Home Isolation Guide for further details)

IF YOU ANSWERED NO TO BOTH QUESTIONS (1 AND 2):

- Access to facility granted. Continue to exercise good hand hygiene and social distancing guidelines.

JBPHH RESTRICTION OF MOVEMENT GUIDE

IF YOU ANSWERED YES TO QUESTIONS 1 OR BOTH (1 AND 2):

Restriction of Movement (ROM)

- **Stay at home:**
 - People who are mildly ill with COVID-19 (or other respiratory illnesses) are able to isolate at home. You should restrict activities outside your home, except for getting medical care. Ask for family, friends, or coworkers to deliver needed essentials (food, toiletries, etc.), but minimize all direct interaction and contact. If unable to home isolate, contact Chain of Command for further guidance.
- **Notify your supervisor:**
 - Inform your supervisor that you are ill and unable to come into work.
- **Avoid public areas:**
 - Do not go to work, school, or public areas.
- **Avoid public transportation:**
 - Avoid using public transportation, ride-sharing, or taxis.
- **Stay away from others:**
 - Stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Return to Work Guidelines

- Member may Return to Work (RTW) if: Asymptomatic AND 10-days have passed since date of arrival to the State of Hawaii or last date of high risk exposure.
- Member may be directed by their Command to test between days 5-7 and following a negative test result return to work after 7 days of ROM.

ONLY SEEK MEDICAL IF THE FOLLOWING:

- If any onset of symptoms significantly worsen or do not improve within 72 hours of onset. First contact medical per the resources below. It is imperative, for the protection of the general public and healthcare providers, that you contact in advance before traveling to a military treatment facility inform of your COVID-19 infection concern.
 - Hawaii eMSM COVID-19 Hotline: 1(888) 683-2778 option 8
 - Primary Care Manager (PCM) – via secure message email at <https://www.tricareonline.com>
 - Call, Chat or Video Chat - Tricare Nurse Advice Line (1-800-874-2273 Option 1) or (<https://www.mhsnurseadvice.com/home>)
- **Emergency:** If feel you are having a life-threatening emergency call 9-1-1 or proceed to the nearest Emergency Room. If at all possible call ahead and inform them of your COVID-19 infection concern.

JBPHH HOME ISOLATION GUIDE

IF YOU ANSWERED YES TO QUESTION 2 ONLY:

Home Isolation

- **Stay at home:**
 - People who have symptoms of other acute respiratory illnesses are able to isolate at home and are recommended to stay at home and not report to work until meeting criteria listed below. You should restrict activities outside your home, except for getting medical care. Ask for family, friends, or coworkers to deliver needed essentials (food, toiletries, etc.), but minimize all direct interaction and contact. If unable to home isolate, contact Chain of Command for further guidance.
- **Notify your supervisor:**
 - Inform your supervisor that you are ill and unable to come into work.
- **Avoid public areas:**
 - Do not go to work, school, or public areas.
- **Avoid public transportation:**
 - Avoid using public transportation, ride-sharing, or taxis.
- **Stay away from others:**
 - Stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Return to Work Guidelines

- Member may Return to Work (RTW) if: Asymptomatic for at least 72 hours, without the use of fever-reducing or other symptom altering medicines (i.e. cough medicine, etc.) and at least 7 days have passed since symptoms appeared.

ONLY SEEK MEDICAL IF THE FOLLOWING:

- If any onset of symptoms significantly worsen or do not improve within 72 hours of onset. First contact medical per the resources below. It is imperative, for the protection of the general public and healthcare providers, that you contact in advance before traveling to a military treatment facility inform of your COVID-19 infection concern.
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- **Emergency:** If feel you are having a life-threatening emergency call 9-1-1 or proceed to the nearest Emergency Room. If at all possible call ahead and inform them of your COVID-19 infection concern.