

Quarters and ROM Guidelines for Supervisors

The 375th MDG is allowing Supervisors to authorize quarters for their personnel for up to 72 hours if they meet the following criteria. Members may not return to work unless they have been fever free for 24 hours without any antipyretic medication (aka Tylenol, Motrin). Personnel who are ill should call their supervisor. The supervisor should use the outlined protocol below to assess the situation. If you have questions, please do not hesitate to call the **SAFB clinic at 256-WELL (256-9355)** or the Nurse Advice Line. To contact the **NAL, call 1-800-TRICARE (1-800-874-2273) and select Option 1** for help with urgent care questions and needs.

Supervisors please ask the following questions:

1. Is it possible the member was exposed to COVID-19, if yes to any of the following categories go to question 2.
 - a. Travel to CDC Level 2 or 3 country
 - b. Close contact with symptomatic traveler
 - c. Close contact with suspected or confirmed case
 - d. Works in medical facility or lab with COVID-19

2. Do they have any of the following symptoms for COVID-19, if yes call the SAFB Clinic.
 - a. Fever over 100.4F (38C), cough, and difficulty breathing

Report all symptomatic personnel, to Public Health (256-4986)

Care for non-urgent needs in asymptomatic but exposed individuals is deferred until their 14 day Restriction of Movement (ROM) is complete. Any care needed in the meantime will be conducted through secure messaging or virtual visit. Urgent needs can be done face to face and will be treated as a normal encounter.

The COVID-19 outbreak continues to spread globally. In order to decrease the risk of community transmission, the DoD has directed that all Service members who return from travel outside the US on or after 26 Feb 2020 shall be placed under a 14-day Restriction of Movement (ROM).

ROM Guidelines:

- You are restricted to your residence or other appropriate domicile for 14 days (starting from the day of departure from the Level 3 or Level 2 country), and you will limit close contact (within 6 feet) with others during this 14-day period

- Self-monitor by taking your temperature twice a day to check for fever. If you develop a fever (>100.4°F or 38°C) and have a cough or difficulty breathing during the self-monitoring period, you will self-isolate and limit contact with others. Notify your supervisor or chain of command, and seek advice by telephone from the appropriate healthcare provider to determine whether medical evaluation is needed.

- You will separate yourself from other people in the home or dwelling if residing with roommates or family members, and avoid sharing personal items.

- Do not travel, visit public or crowded areas, or use public transportation, and avoid interaction with pets or other animals.

- Call ahead before going to a medical treatment facility, and inform medical staff of your symptoms and travel history.