

Due to high community transmission of COVID-19 and in conjunction with FHP Supplement 15 Rev 3 we have drafted the following:

COVID ISOLATION AND QUARANTINE GUIDANCE

If Close Contact/ Exposed to a Positive Case and NO SYMPTOMS

No testing is indicated.

- 1) **FULLY VACCINATED* AND NO SYMPTOMS: NO QUARANTINE, Go to Work wearing mask.**
- 2) **NOT FULLY VACCINATED AND NO SYMPTOMS:**
 - a. Notify Command
 - b. Wear a mask around others and **QUARANTINE 5 DAYS** (Day 0 is the date of exposure)
 - c. Monitor for symptoms
 - d. Return to work on Day 6 if NO Symptoms and **wear a mask for additional 5 days**
 - e. If symptoms develop, ISOLATE and follow guidelines as below to arrange for testing.

If Mild COVID Symptoms - Regardless of Vaccination Status

Symptoms: shortness of breath, new onset of cough, acute loss of smell/taste, fever (>100.4), chills, muscle aches, headaches, sore throat, and fatigue.

- Notify your command
- Wear a mask when around anyone and ISOLATE for 5 days (Day 0 is the first day that symptoms started)
- Cleared from Isolation after **5 days** (If no fever (>100.4 F) for greater than 24 hours without medications and improving symptoms)
- Continue to wear mask around others for additional **5 days**.
- Testing is NOT REQUIRED to clear from Isolation.
- On **DAY 5** if your symptoms have increased or you still have a fever please call Nurse Advice Line or PSMAC for testing.

Earlier testing or treatment may be indicated if **under age 18 or over 65**, immunocompromised, you have a high risk medical condition, or for people in certain occupations.

Testing may also be coordinated by a command due to mission critical status or deployment.

IF ANY COVID TEST IS POSITIVE (CLINIC OR AT-HOME):

- Notify your command
- **Wear a mask** around others and **ISOLATE for 5 days**
- Cleared from Isolation after **5 days** (If no fever (>100.4 F) for greater than 24 hours without medications and improving symptoms)
- Continue to **wear mask around others for additional 5 days**.
- Testing is NOT REQUIRED to clear from Isolation.
- It is not necessary to confirm a home test with an additional test

**ISOLATION GUIDANCE FOR SCHOOLS AND CONGREGATE SETTINGS:

- Notify your child's school if they test positive

***FULLY VACCINATED IS DEFINED AS:** Within **6 months** of primary COVID Vaccine series - **2 dose** series for Moderna/Pfizer (mRNA) - and/or within **6 months** of receiving a COVID BOOSTER. **OR** Within **2 months** for **single dose COVID Vaccine** (Janssen) and/or within **2 months** of receiving COVID BOOSTER.

COVID TESTING

Naval Health Clinic Oak Harbor

To request an appointment or if you have questions, please call the Puget Sound Military Appointing Center (PSMAC 1-800-404-4506).

Please do NOT enter the clinic if you have been exposed to a positive case or have symptoms

Commands can reach out to the PHEO team to discuss special situations.

Call or test sooner immunocompromised or over age 65 for consideration of medication

COVID Testing in Island and Skagit Counties

Island County COVID testing is available for symptomatic residents. To make an appointment, or for more information, call the Island County COVID Response Call Center at 360-678- 2301 from 8 a.m. to 4:30 p.m. Monday through Friday, or call 360-544-2161 during clinic hours. Visit the Island County COVID-19 webpage for more information.

<https://www.islandcountywa.gov/Health/Pages/COVID-19.aspx>

Schools are offering free COVID testing to students who are symptomatic or who are identified as close contacts. Follow guidance provided by your child's school to coordinate testing.

Home Test Kits: If you test positive using a self-test (also called a home test or at-home test) please notify your healthcare provider, your command or employer or school, and report the result by calling 1-800- 525-0127. See the WA DOH self-testing guidance for more information. (Confirmatory testing is not required.)

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/420-360-SARSCoV2SelfTesting.pdf>

Skagit County Testing Locations for symptomatic or exposed residents:

<https://www.skagitcounty.net/Departments/HealthDiseases/coronavirusTESTsites.htm>

For a full list of regional testing options, go to [DOH's Testing Locations webpage](#).


<https://www.doh.wa.gov/Emergencies/COVID19/TestingforCOVID19/TestingLocations>

COVID VACCINATIONS

Naval Health Clinic Oak Harbor To request an appointment for a COVID Vaccine or Booster, please call the Puget Sound Military Appointing Center (PSMAC 1-800-404-4506). We have Moderna and Pfizer vaccines.

To find additional vaccine providers near you, go to: Vaccinate WA: Find COVID-19 Vaccine Appointments Near You at <https://vaccinelocator.doh.wa.gov> Need help? Call the Hotline at 1-833-VAX-HELP (833-829-4357), then press #. You can also text your zip code to 438-829 (GET VAX) or 822-862 (VACUNA) for vaccine locations near you.

***If you are experiencing severe symptoms such as shortness of breath or chest tightness, consider going to an emergency department nearby (WhidbeyHealth in Coupeville; Island Hospital in Anacortes).



11 Jan 2022

Public Health COVID-19 (islandcountywa.gov) <https://islandcountywa.gov/Health/Pages/COVID-19.aspx>
<https://www.skagitcounty.net/Departments/HealthDiseases/coronavirusvaccine.htm>

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