PRESS RELEASE

BLANCHFIELD ARMY COMMUNITY HOSPITAL

FOR IMMEDIATE RELEASE

PR2207

Jan. 21, 2022

BACH, Fort Campbell adopt CDC 5 day quarantine/isolation timeline

From Blanchfield Army Community Hospital Public Affairs

FORT CAMPBELL, Ky. -- Blanchfield Army Community Hospital and Fort Campbell revised COVID-19 guidance, aligning their policies with the newest CDC and Department of Defense Force Health Protection guidance.

The updated guidelines reduced the time for individuals who are COVID-19 symptomatic or test positive to quarantine or isolate for 5 days, with Day 0 being the day symptoms began. Following the 5 day quarantine or isolation, individuals who have been fever free without fever-reducing medications for 24 hours and experienced an improvement of symptoms, may resume daily activities wearing a face mask for an additional 5 days when around others.

Beneficiaries and personnel who are symptomatic should isolate, particularly if symptoms developed within 10 days after a close contact with an individual who has contracted COVID-19.

If COVID-19 infection is confirmed or suspected, remain under the recommended COVID-19 isolation until the criteria for discontinuation of precautions are met:

• 5 days after the onset of symptoms (for most people),

• Resolution of fever for at least 24 hours, without the use of fever-reducing medications,

• Improvement of other symptoms, and

• Following isolation, masks should continue to be worn when around others for an additional 5 days.

COVID-19 retesting is not advised for beneficiaries previously diagnosed with COVID-19 within the past 90 days. Additional quarantine (including post-travel quarantine) is not necessary or recommended. If you have additional questions, reach out to your primary care team or call the Military Health System Nurse Advice Line at 1-800-TRICARE.

Beneficiaries with a close contact to a confirmed COVID-19 positive individual and are symptom-free do not require testing. COVID testing is recommended for the following individuals:

- Have two or more symptoms (fever, cough, shortness of breath, loss of taste and/or smell, nausea, vomiting, body aches).

- Have a high risk condition and an exposure to a confirmed COVID positive. This exposure was greater than 24 hours ago. Conditions include (but are not limited to) high blood pressure, immunocompromised conditions, diabetes, congestive heart failure, obesity, chronic lung disease, or age greater than 65.

People who have difficulty breathing, oxygen levels drop or experience life-threatening medical situations should seek emergency care by going to the nearest Emergency Room or call 911.

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