**Self-Quarantine/ROM until \_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Quarantine**

**Isolation Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

YES NO

1. Have you traveled or been OCONUS in the past 10 days? (Alaska, Hawaii and U.S. Territories **DO NOT** count, they are considered CONUS in regards to COVID 19.) **If the SM has already been in the US for 10 days or more they may continue with in-processing and do not require quarantine/ROM.**
2. **IN THE PAST 14 DAYS,** have you had close contact with someone with confirmed COVID-19? (“I don’t know” is a presumptive “No”)
3. *If “YES” to number 2, do you have a letter of clearance from a Provider or a Public Health Official?*
4. **IN THE PAST 14 DAYS**, have you been diagnosed with COVID 19?
5. *If “YES” to number 4, do you have your letter of clearance from a Provider or a Public Health Official?*
6. Have you experienced any of the following symptoms in the past 48 hours:

fever or chills fatigue

cough new loss of taste or smell

headache congestion or runny nose

muscle or body aches sore throat

nausea / vomiting diarrhea

shortness of breath or difficulty breathing

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rank: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Status: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Unit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

stamp only after cleared

Cleared Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SD Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cleared Time:­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SD Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If **“NO”** to all, the Service member (SM) may continue with mission

1. If **“YES”** to question 1:
2. IAW HQDA and SECDEF guidance, the Soldier requires **EITHER** a 7 day ROM/quarantine with a negative COVID 19 test on day 5, 6 or 7 **OR** a 10 day quarantine without the need for a test as long as there are no symptoms. Civilians are recommended to follow ROM/quarantine based upon their local State or Command guidance but cannot be forced. **If they have been vaccinated, they NO LONGER require ROM, however, they MUST be tested at day 3-5 and must coordinate this through their Units.**

2/3. If **“YES”** to question 2 and **“YES”** to question 3:

* The Service member (SM) may continue with mission

2/3. If **“YES”** to question 2 and **“NO”** to question 3:

* IAW HQDA and CDC guidance, the Soldier and Civilians should be under quarantine through their respective Public Health Departments and should not be allowed to continue until quarantine complete and the SM cleared officially. ***Place in Quarantine and contact Public Health.***

4/5. If **“YES”** to question 4 and **“YES”** to question 5:

* The Service member (SM) may continue with mission

4/5. If **“YES”** to question 4 and **“NO”** to question 5:

* Remove the individual to an isolated area
* IAW HQDA and CDC guidance, Soldiers and Civilians should be under isolation through their respective Public Health Departments and should not be allowed to continue until isolation has been complete and the SM has been cleared officially. They should contact their PCM or their Public Health for clearance.
* If they CANNOT obtain that clearance, the SM should not be allowed to continue. ***Place in isolation and Contact Public Health.***

6. If “YES” then immediately isolate the Service member and contact Public Health

and the Service Member’s Unit. **The Service Member’s Unit** will need to

coordinate with MEDDAC, Ireland Army Health Clinic, for registration and health

evaluation to include testing for COVID 19 prior to being allowed to in-process.

**GENERAL FOR ALL**

1. **Wear a Mask:** The employee/SM will wear a face mask at all times while on a Federal Installation IAW the applicable Executive order.
2. **Social Distance:** Individuals should maintain 6 feet and practice social distancing.
3. **Disinfect and Clean work spaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely. All organizations must have the Trace Clean training through FKKY Public Health.
4. Cough or sneeze into tissue or crook of elbow.
5. Stay home if sick and encourage others to do the same.
6. Wash hands frequently with soap and water or use hand gel with at least 60% alcohol.