

FOR AUGMENTEES

WHAT DO I DO IF I'M SYMPTOMATIC OR I TEST POSITIVE FOR COVID-19?

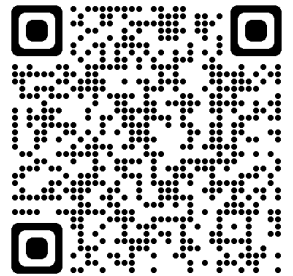
What to do if you test positive for COVID (Day 0 is day symptoms start or date of test if asymptomatic)

	Stay Home & Isolate	Can Return to Work if Improving Symptoms & No Fever 24 hours	Wear Well-Fitted Mask. Avoid Travel. Avoid being around high-risk people
NOT Vaccinated	5 days	Day 6	10 days
Eligible for booster (finished initial series of Pfizer/Moderna 5 months ago or J&J 2 months ago)	5 days	Day 6	10 days
Received booster	5 days	Day 6	10 days

ACTION

If symptomatic or receive a positive COVID-19 test:

1. If symptomatic, contact Maj Jean-Louis, 15 MDG between the hours of 0700-1800. Call or text 808-465-5475, or email youseline.jeanlouis.mil@mail.mil.
2. Complete and submit the MHS Genesis Registration Form to Maj Jean-Louis (text or email); this form is required for medical support and medical record updates.
3. If testing via the 15 MDG is unavailable, Battlestaff Director or AOC Directors may authorize use of an HQ PACAF antigen test.
4. If test is positive, notify sponsor or, if unavailable, notify Real World PAFWC OPSO:
 - a. Until 1800 on 25 Jan: 808-449-0525
 - b. After 1800 on 25 Jan: 808-448-8500
5. For positives on days 0-5: Remain isolated in your hotel room following guidance in table above. See QR code for CDC guidance. Meals must be via contact-less delivery to your hotel room.
6. Remain in contact with your sponsor during your isolation period. Notify sponsor if needing medical supplies, self-care items, food, water, etc.
7. You may depart your hotel room only for medical care – please contact your sponsor if such care is needed.



RETURN TO WORK

Authorized after Day 5 (return on Day 6) if the following conditions are met:

1. You have been without a fever for 24 hours without the use of fever-reducing medication
2. Your symptoms are gone or are improving
3. No negative test required to leave isolation
4. Must continue to practice strict mask wear for additional 5 days
5. Notify your sponsor

ISOLATION RESTRICTIONS (Days 6-10)

1. If you have a fever after 5 days, continue to isolate until your fever resolves (notify your sponsor)
2. Wear a well-fitted mask for 10 full days anytime you are around others, inside your home, or in public
3. Do not go to places where you are unable to wear a mask (Restaurants, Bars, Luau's, Beaches, Events)
4. Avoid travel
5. Avoid being around people who are at high risk

MONITOR FOR THESE SYMPTOMS

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If showing any of the signs below, seek emergency medical care immediately and call 911.

*Trouble breathing

*Persistent pain or pressure in the chest

*New confusion

*Inability to wake or stay awake

*Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list does not show all possible symptoms.

KEY PHONE NUMBERS

Nurse Advice Line

1-888-683-2778, option #5

15th Med Group

Appointment Line: 1-877-791-5867

Public Health: 808-448-6272

Main Outpatient Pharmacy

Automated Refill Phone: (808) 433-6962

Phone Number(s): (808) 433-7880/7882

Monday thru Friday: 8:00 a.m. to 6:00 p.m.

Saturday, Sunday, Federal Holidays: Closed

COVID testing open from 0800 to 1200. NOT a walk-in service. Lab Order required in advance.

- Augmentees contact POC Maj Jean-Louis at youseline.jeanlouis.mil@mail.mil as noted earlier

COVID results available via Patient Portal at <https://patientportal.mhsgenesis.health.mil>

Links to Community Test Sites

<https://www.oneoahu.org/covid19-testing>

<https://alohaclear.com/home/department/doh>

FOR AUGMENTEES

WHAT DO I DO IF I'M IDENTIFIED AS A CLOSE CONTACT?

Close Contact: Within 6 feet of an infected person for at least 15 minutes (cumulative total over a 24-hour period) starting 2 days before illness onset (or for asymptomatic individuals, 2 days prior to positive test collection), or anyone deemed a close contact by 15 MDG Public Health or Civilian Public Health.

What to do if you're exposed to COVID-19 (Day 0 is date of last exposure)

	Stay Home & Quarantine	Can Return to Work if No Symptoms	Wear Well-Fitted Mask for 10 Days. Watch for Symptoms & Test if Any Symptoms. Avoid Travel.	Get Tested at Day 5
NOT Vaccinated	5 days	Day 6	Yes	Yes
Eligible for booster (finished initial series of Pfizer/Moderna 5 months ago or J&J 2 months ago)	5 days	Day 6	Yes	Yes
Received booster	Not required*	Day 0	Yes	Yes

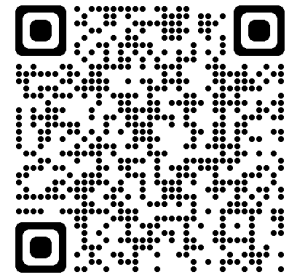
*Note that unit leadership can opt for close contacts to quarantine based upon msn rqmts & risks

If you are a close contact, do NOT wait for Public Health to identify you. Rather, begin quarantine if required based upon the chart above as soon as you are notified of a coworker's positive result.

ACTION

If identified as a close contact and required to quarantine per the above matrix:

1. Notify your sponsor.
2. If sponsor unavailable, notify Real World PAFWC OPSO:
 - a. Until 1800 on 25 Jan: 808-449-0525
 - b. After 1800 on 25 Jan: 808-448-8500
3. Remain quarantined in your hotel room following guidance above. See QR code for CDC guidance. Meals must be contact-less delivery to your hotel room or via contact-less pickup from to-go locations (see attached ROM Support options guide). Do not leave room except for medical care or food/water.
4. Remain in contact with your sponsor during your quarantine period. Notify sponsor if needing medical supplies, self-care items, food, water, etc.
8. Testing required at Day 5; contact Maj Jean-Louis, 15 MDG between the hours of 0700-1800 to schedule a test. Call or text 808-465-5475, or email youseline.jeanlouis.mil@mail.mil.
5. Complete and submit the MHS Genesis Registration Form to Maj Jean-Louis (text or email); this form is required for medical support and medical record updates.
6. If testing via 15 MDG is unavailable, Battlestaff Director or AOC Directors may authorize use of an HQ PACAF antigen test; coordinate to take the test prior to entering the workplace.



RETURN TO WORK

You are authorized to return to work after Day 5 if the following conditions are met:

1. You have been symptom-free.
2. Have a negative test on/after Day 5.
 - a. Coordinate with your sponsor to obtain this test
 - b. Testing will be conducted via antigen tests available from the PAFWC or AOC; if test result is positive, see COVID-Positive Info Sheet for guidance
3. Must continue to practice strict mask wear for additional 5 days.

QUARANTINE RESTRICTIONS (DOs and DON'Ts for the full 10 days)

1. Wear a well-fitted mask any time you are around others, inside your home, or in public.
2. Once released from quarantine, do not go to places where you are unable to wear a mask (Restaurants, Bars, Luaus, Beaches, Events)
3. Avoid travel once released from quarantine
4. Avoid being around people who are at high risk
5. Monitor for these symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If showing any of the signs below, seek emergency medical care immediately and call 911.

- *Trouble breathing
- *Persistent pain or pressure in the chest
- *New confusion
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**DEPARTMENT OF THE AIR FORCE
15TH WING
JOINT BASE PEARL HARBOR HICKAM HAWAII**

DATE: _____

MEMORANDUM FOR: WHOM IT MAY CONCERN

FROM: 15 MDG

SUBJECT: MHS GENESIS REGISTRATION INFORMATION

Please Complete the following form tinformation inorder to be placed into MHS Genesis Electronic Health system.

1. FULL NAME:
2. DATE OF BIRTH:
3. DOD:
4. GENDER:

YOUSLINE JEAN-LOUIS, Maj, NC, USAF
15 MDG



Joint Base Pearl Harbor-Hickam

Options for Food & Other Essential Items

(As of: January 2022)

Off-Base: There are multiple food & grocery contactless pick-up and delivery options. The Hawaii government maintains a website listing these services at: <https://hidot.hawaii.gov/food-delivery-services/>

★ *Restaurants:*

Food-a-Go-Go: <https://foodagogo.org/restaurants/> provides a search to find area restaurants offering delivery and other socially distanced options (I.E. Drive-Thru or Curbside Pickup).

Delivery services include:

- Bite Squad/Aloha2Go Delivery: <https://www.aloha2godelivery.com/>
- Door Dash: <https://www.doordash.com/en-US>
- GrubHub: <https://www.grubhub.com/>
- Postmates: <https://postmates.com/>
- Uber Eats: <https://www.ubereats.com/>

★ *Groceries & Other Essentials*

Delivery services include:

- Foodland: <https://shop.foodland.com/> (Groceries)
- Safeway <https://www.safeway.com/> (Groceries)
- Instacart: <https://www.instacart.com/> (Variety of stores supported based on location)

On-Base: Options available to individuals on JBPHH behind installation entry control points include the following:

★ *Self-Supported:*

Hickam Exchange Curbside Pickup (AAFES)

- o Shop online at www.shopmyexchange.com and select the "Pickup in store" option. Once you receive an email notification that your order is ready, park your car in one of the designated "curbside pick-up" spots and call (808) 423-1304 to let the Exchange associates know you are there.

Domino's Pizza Delivery

- o (808) 853-4917 or www.dominos.com

Delivery services listed above for off base (BiteSquad, DoorDash, Instacart etc.)

- o These can be challenging as the driver must have base access. When placing your order, make sure to note that base access is required for the delivery. Once your order is placed, immediately confirm with your driver that they have base access or coordinate to have someone meet them at/outside the appropriate gate.

★ *Wingman Supported:*

JBPHH dining establishments can be used with the support of a wingman to pick-up and deliver.

- o The "Dining & Retail" tab at <https://jbphh.greatlifehawaii.com/> has a comprehensive list of locations
- o 24/7 "To Go" meal service is available via the Mokulele Flight Kitchen (Bldg 1860/back of DFAC)
 - Orders are placed by calling 449-1666
 - Orders of more than 5 meals requires at least 1 hour of lead time