GUIDANCE FOR INDIVIDUALS WHO ARE SUSPECTED OR CONFIRMED FOR HAVING COVID-19

For more information, please call 311 or visit dphss.guam.gov • Updated: June 10, 2021

A. WHAT TO DO AFTER BEING TESTED FOR COVID-19

Self-quarantine at home, stay away from others, including staying apart from those living in your household, and self-monitor for symptoms of COVID-19 until you receive your result. If you were tested at the Northern Region Community Health Center (NRCHC) or at a DPHSS Community Outreach and you want to receive a hard copy of your results, contact NRCHC at (671) 635-7525/26 or send email requests to covidresults@dphss.guam.gov

B. WHAT TO DO IF YOU ARE A CLOSE CONTACT

Quarantine is for people who may have been exposed to a person with COVID-19. A close contact is placed in quarantine. The use of quarantine in this guidance does not apply to travelers entering into Guam by air or sea.

1. If you are identified as a close contact, you must quarantine for 10 days after your last date of exposure.
2. Stay home and monitor your health, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
3. If possible, stay away from others, especially people who are at higher risk for getting sick from COVID-19.
4. Schedule and receive a viral COVID-19 test 5-7 days after your last date of exposure. If negative, quarantine may be discontinued after day 7. If you opt not to get tested, you must quarantine for 10 days after your last date of exposure.
5. Self-monitor for symptoms of COVID-19 for the remaining 10 days after your last date of exposure.
6. If you were monitored by DPHSS staff, a Public Health clearance letter may be provided when the patient is cleared.

Close contacts who do not need to quarantine:

1. People who have tested positive for COVID-19 within the past 90 days and recovered as long as they do not develop new symptoms; or
2. People who have been fully vaccinated against COVID-19 and do not have any symptoms.
   a. DPHSS will continue to monitor fully vaccinated close contacts until verification of vaccination status within 24-48 hours.
   b. Close contacts who are unable to provide COVID-19 vaccination verification will be subject to quarantine.

C. WHAT TO DO IF YOU ARE CONFIRMED FOR COVID-19

Isolation is for people who are already sick with COVID-19. A person who has COVID-19 is placed in isolation.

1. **Isolate** at home or at a government isolation facility.
2. If you live with others, stay in a separate room from other household members. Use a separate bathroom, if possible. Avoid sharing personal items, like cups, towels, utensils, and electronics. Clean and disinfect all surfaces and items that are touched often. Wash your hands often. Wear a mask.
3. If you are **symptomatic**, isolation may be discontinued after:
   a. At least 10 days since symptoms first appeared;
   b. At least 24 hours with no fever without using fever-reducing medication; and
   c. Other symptoms of COVID-19 are improving.
4. If you are asymptomatic, isolation may be discontinued after:
   a. 10 days have passed since the day of the positive specimen collection.
   b. If symptoms develop, refer to Section C.3.
5. A test-based approach may be considered for those with severely weakened immune systems (immunocompromised) in consultation with the Chief Medical Officer or the Medical Director. Close contacts will still be subject to quarantine.
6. If you were monitored by DPHSS staff, a Public Health clearance letter may be provided when the patient is cleared.
7. If you are severely ill, contact your healthcare provider immediately, or call 911.
8. If the home is not conducive to isolation (positive individuals have their own bedroom/bathroom where they can be separated from the household), close contacts are subject to an ongoing quarantine.

FOR ADDITIONAL GUIDANCE:

Medical Triage Hotline - (671) 685-0358, (671) 687-7321, (671) 480-6760/6763/7859/7883, (671) 998-4442/4460/4474/4480, (671) 687-6170 (ADA/Text), or 311/Option 1

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