



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

For more information, please call 311 or visit dphss.guam.gov • Updated: January 18, 2022

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

- Self-quarantine at home, stay away from others including your household members and self-monitor for symptoms until you receive your result. Individuals who tested at DPHSS sites may request for their results via 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. The use of quarantine in this guidance does not apply to travelers entering into Guam by air or sea.

- Identified close contacts must quarantine for 10 days after the last date of exposure.
- Stay home and monitor your health, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who are at higher risk for getting sick from COVID-19.
- 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 out of testing, you must quarantine for 10 days after your last date of exposure.
- Some close contacts may qualify for exemption from quarantine (See Guidance Memo 2021-16 Rev01 - Section I.8.).

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

Isolation is for people who test positive for COVID-19.

- Isolate properly at home or at a government isolation facility.
- If you used a COVID-19 self-collection kit or a self-test, report your result to dphss.surveillance@dphss.guam.gov and visit a healthcare provider or any other COVID-19 testing site to confirm your result.
- While in isolation, use a separate bedroom and bathroom, avoid sharing personal items, wear a well-fitting face mask properly, wash your hands often, clean and disinfect.
- If the home is not conducive to isolation (positive individuals must have their own bedroom/bathroom where they can be separated from the household), close contacts are subject to an extended quarantine.
- For unvaccinated/not fully vaccinated, isolation may be discontinued
 - with the completion of 10 days after symptom onset or 10 days after positive specimen collection date;
 - 24 hours since fever resolution; and
 - other symptoms improve
- For fully vaccinated/boosted, isolation may be discontinued
 - with the completion of 5 days after symptom onset or 5 days after positive specimen collection date;
 - 24 hours since fever resolution; and
 - other symptoms improve.
- People who are severely immunocompromised may need to remain in an extended isolation period.
- If you are severely ill, contact your healthcare provider immediately, or call 911.
- Isolation/Quarantine Clearance Letters may be provided upon request via covidclearance@dphss.guam.gov.



FOR ADDITIONAL GUIDANCE:
Dial 311/Option 1 from a local number
Visit dphss.guam.gov
Point your smartphone camera to QR code