

# **COVID-19 TRAVEL RISK ASSESSMENT**

(Current as of 2 Nov 2020)

Ask the following questions to any traveling personnel:

1) In the last 14 days, have you had?

- A fever or temperature over 100.0°F/38°C?
- A sore throat, nasal congestion/runny nose, or cough?
- Any difficulty breathing or feel short of breath?
- Any nausea, vomiting, or abdominal pain?
- Any muscle pain, headache, chills, and/or new loss of taste or smell?

**If symptomatic, see below and stay home, pending further instructions:**

- If severe trouble breathing, **call 911**
- **Active Duty/Tricare Beneficiary** – Call the 47 MDG Appointment Line (830-298-6333) or the Military Health System Nurse Advice Line (1-800-874-2273, option 1)
- **Non-Military Health Beneficiaries** - Contact the Val Verde Regional Medical Center Nurse Line (1-844-432-5391) or your local healthcare provider

**If no symptoms: Go to Step 2.**

2) In the last 14 days, have you had close contact (within 6 feet for at least 15 minutes) with a person known to have COVID-19?

**If 'yes': 14-day quarantine from the last exposure to the known positive individual and contact Public Health at 830-298-6380 or e-mail at: [usaf.laughlin.47-mdg.mbx.omrs-public-health@mail.mil](mailto:usaf.laughlin.47-mdg.mbx.omrs-public-health@mail.mil)**

**If 'no': Go to Step 3.**

3) In the last 14 days, have you been in close contact (within 6 feet for at least 15 minutes) with someone who has symptoms of COVID-19 (see question 1 for symptoms)?

**If 'yes': Call medics for follow up instructions (see question #1 for phone numbers).**

**If 'no': Go to Step 4.**

4) Are you traveling to/from OCONUS? (Need to know country for OCONUS):

**4A) OCONUS Travel** - for countries covered by a CDC travel health notice Level 3  
(<https://www.cdc.gov/travel/notices>):

**If 'yes': If departure was less than 14 days ago: 14-day self-quarantine starting the day they arrived in the United States.**

**If 'no' or if departure from OCONUS was greater than 14-days ago, and in-transit location(s) in the USA: Go to 4B.**

**4B) USA Travel** – Did/will travel originate in an area covered by State of Texas travel restrictions?  
<https://www.dshs.state.tx.us/coronavirus/travelers.aspx>

If ‘yes’: Follow State of Texas guidelines as listed in the link above.  
 If ‘no’: Go to 4C.

**4C) USA Travel** – Did/will travel originate from outside the unit commander’s local area?

If ‘yes’: Contact unit for any self-quarantine requirements  
 If ‘no’: to the above: See below for options

**RESTRICTION OF MOVEMENT RECOMMENDATIONS IF NO OTHER RISK FACTORS IDENTIFIED IN COVID-19 TRAVEL RISK ASSESSMENT TOOL**

<b>Option A</b>	<ul style="list-style-type: none"> <li>Individuals traveling from countries covered by a CDC travel health notice Level 3:  <a href="https://wwwnc.cdc.gov/travel/notices">https://wwwnc.cdc.gov/travel/notices</a></li> <li>Individuals traveling from areas covered by Texas travel restrictions:  <a href="https://www.dshs.state.tx.us/coronavirus/travelers.aspx">https://www.dshs.state.tx.us/coronavirus/travelers.aspx</a></li> </ul>	<ul style="list-style-type: none"> <li><i>14-day Self-Quarantine</i> from date of arrival into the United States</li> <li>Follow State of Texas guidelines</li> </ul>
<b>Option B</b>	Short distance/direct travel (e.g. medical appointments, visiting family/friends within unit commander’s local area)	<i>14-day Self-Monitor</i> unless symptomatic
<b>Option C</b>	Any other travel	Unit commander (or equivalent)’s choice:  <i>14 day Self-Quarantine</i>  <b>OR</b> <i>7-day Self-Quarantine</i> AND FOLLOWED BY <i>7 day “Working Quarantine”</i>  <b>OR</b> <i>14 day Self-Monitor</i>

For any questions regarding a known positive case or close contact of someone with COVID-19, please have the commander or supervisor contact the Public Health Emergency Officers (PHEOs) at:  
[usaf.laughlin.47-mdg.mbx.omrs-public-health@mail.mil](mailto:usaf.laughlin.47-mdg.mbx.omrs-public-health@mail.mil)

## TERMINOLOGY AND GUIDELINES:

***Self-Quarantine* = Restrict movement to your residence or other appropriate domicile.**

- You should limit close contact (i.e., within 6 feet for more than 15 minutes) with others, including family members or roommates.
- Self-monitor as described below. If you develop symptoms of COVID-19 during the self-monitoring period, they will limit contact with others, and seek advice by telephone or other authorized communication modalities from the appropriate healthcare provider to determine whether medical evaluation is needed;
- Notify your chain of command or supervisor if you or your family members/roommates/housemates develop symptoms consistent with COVID-19.

***Self-Monitor* = No restriction from work during this time. Guidelines for how to self-monitor:**

- Self-monitoring means that you will monitor yourself for fever twice a day: once in the morning and once in the evening (at least 6 hours apart) and remain alert for signs and symptoms consistent with COVID-19.
- Symptoms of COVID-19 may include subjective or measured fever (temperature over 100.0°F or over 38°C), loss of taste and/or smell, cough, difficulty breathing, muscle aches, fatigue, sore throat, headache, runny nose, chills, abdominal pain/discomfort, nausea, vomiting, or diarrhea.
- If you develop symptoms, you should limit contact with others and seek advice via telephone from a healthcare provider or a nurse advice line. Also contact your unit for guidance on returning to work.
  - Active Duty/Tricare Beneficiary – Call the 47 MDG Appointment Line (830-298-6333) or the Military Health System Nurse Advice Line (1-800-874-2273, option 1)
  - Non-Military Health Beneficiaries - Contact the Val Verde Regional Medical Center Nurse Line (1-844-432-5391) or your local healthcare provider

***“Working Quarantine”* = You are expected to report directly to work and then home, self-monitor, fully limit all close contacts while at work, and stay home if you or anyone living with you develops symptoms during this period. Below are the general exceptions, contact your unit if you have any questions on what is or is not allowed during this time:**

- All dining food (on or off base) must be pre-ordered and taken to go or delivered. You may not sit down or consume your meal inside the facility.
- You may use the Commissary, Base Exchange, and off base groceries stores. You are expected to wash or sanitize your hands before and after visiting these facilities and to wear your mask/face covering.
- You may not enter the Fitness Center or Outdoor CrossFit area during to this period. You may exercise outdoors as long as you can maintain 6-foot social distancing.
- Minimize entering all other facilities on base. If entry is required, you must wear a mask/face covering inside all buildings, except your own assigned lodging room.
- You will continue training to the maximum extent possible during this period.
- Report immediately to your chain of command or supervisor if you experience any COVID-19 symptoms and call your PCM or MDG clinic for assessment (830-298-6333).

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