Army Travelers that test positive for COVID-19

If you have tested POSITIVE for the virus that causes COVID-19, what now?

Stay home! Do not leave your home, except to get medical care. Do not visit public areas. Have friends or family deliver supplies while avoiding contact.

Keep away from others! As much as possible, stay in one room, away from other people and pets. If you share a bathroom, clean and disinfect after each use.

Stay hydrated and rest. Take over-the-counter medicines like acetaminophen to help you feel better.

Stay in touch with your doctor. Contact your doctor via phone if your symptoms get worse. They will instruct you on next steps.

If you do not develop symptoms, you may discontinue isolation after 10 days have passed since you had a positive test.

If you have or develop symptoms of COVID-19 and are directed to care for yourself at home, discontinue isolation only after all of the following criteria are met:

- at least 10 days have passed since symptoms started,
- at least 24 hours have passed since resolution of fever without the use of fever-reducing medications, and
- other symptoms have improved.

For individuals who test positive and recover, no additional testing is needed for 90 days from the date of symptom onset or their first positive test (if no symptoms develop). Please contact your doctor with specific questions about whether or not additional testing is required.

For close contacts of anyone who tests positive for COVID-19 (any individual within 6 feet of an infected person for a total of 15 minutes in a 24 hour period):

- Quarantine for 14 days after the last contact with the infected person.
- If unable to avoid continued contact with the infected person, continue to quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

If you have tested NEGATIVE for the virus that causes COVID-19, what now?

A negative test result does not mean you won't get sick later. It is possible that you were very early in your infection when your sample was collected and that you could test positive later. Contact your doctor if you develop symptoms of COVID-19, including cough, fatigue, and fever.

Follow these personal protective measures:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand cleaner.
- Wear a cloth face covering and maintain at least six feet of distance at any indoor or outdoor gathering with people who live outside your home. This is especially important when indoors.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Avoid unnecessary travel and stay away from large groups of people.

If you have questions about your health or symptoms, please contact your local medical treatment facility: **https://tricare.mil/mtf**