

# Guidance for individuals who are suspected or confirmed for having COVID-19

## 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 or 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

(For more information, please call 311 or visit [dphss.guam.gov](https://dphss.guam.gov))

UPDATED ON JUNE 10, 2021.



# Guidance on the Contact of a Close or Casual Contact of a Confirmed or Suspected Case of COVID-19



## Person A CASE

Laboratory-confirmed positive for COVID 19

## Person A

WHAT IS  
A CASE?

## Person B

WHAT IS A  
CONTACT?

## Person C

WHAT IS A  
CONTACT OF  
A CONTACT?

## Person B CLOSE CONTACT

“Close contact” with Person A Considered “Medium to High Risk”

Individuals who were within 6 feet of Person A for a prolonged period of time (more than 15 minutes) or had direct contact with their secretions (e.g. coughed on).



A patient has a diagnosis of COVID-19.

### TAKE ACTION:

#### Isolate.

Separate from people who are not sick to avoid spreading illness.



An individual had close contact while the case patient was infectious.

### TAKE ACTION:

#### Quarantine.

Stay at home to limit community exposure to illness and to see if symptoms develop.



An individual had or continues to have close contact with a contact.

### TAKE ACTION:

#### Everyday preventative actions.

Wash hands, cover coughs and sneezes, and clean surfaces frequently. Be alert for symptoms.

## Person C CONTACT OF A CONTACT

Any person who is in contact of Person B (e.g. spouse, children, parents, co-workers, friends, etc.) is considered “Low Risk.”

### Household Members

If an asymptomatic (no symptoms) person is contacted by DPHSS to be notified that they are a close contact of a confirmed COVID-19 case, they should remain home, practice social distancing, and monitor for symptoms.

Any child, spouse or other household members of this asymptomatic contact are a “contact of a contact” and therefore are not required to take any special precautions. They can go to school, work, and engage in other activities but must practice social distancing, wash hands often and wear face covering.

### Co-workers | Students

If an asymptomatic employee/student calls their supervisor/instructor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work/class are considered “contacts of contact,” are not required to take any special precautions. They should be permitted to continue to work/attend class, but must practice social distancing, wash hands often and wear face covering.

### How long should close / household contacts of a confirmed COVID-19 case remain home while monitoring themselves?

*Symptomatic contacts:* Must self-isolate at home until they are fever free for a full 3 days (or 72 hours with no fever without the use of fever reducing medicine) AND other symptoms, such as cough and shortness of breath have improved AND at least 7 days have passed since symptoms first appeared. After self-isolation ends, the person may return to normal activities including work and school but must practice social distancing, wash hands often and wear face covering.

*Asymptomatic contacts:* If the confirmed case remains a close contact after symptoms develop, the asymptomatic contact would self-isolate for 10 days AFTER the COVID-19 case is no longer required to self-isolate. If the asymptomatic contact no longer has close contact with the confirmed case, they would self-isolate for 14 days AFTER they last came into contact with the confirmed case.

### Do “contact of contacts” need to take any special precautions?

No. A person who is a contact of a contact does not have any restrictions and can continue with normal activities such as going to work or school but must practice social distancing, wash hands often and wear face covering. If this person later develops symptoms, see instructions listed above for symptomatic contacts.