



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
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DPHSS Guidance Memorandum 2021-16 Rev04

Re: Guam Department of Public Health and Social Services Guidance for Individuals Who are Suspected or Confirmed for Having COVID-19

The purpose of this document is to update the community on actions to take if an individual is identified as having SARS-CoV-2, the virus that causes COVID-19, or if an individual becomes exposed to someone confirmed with COVID-19. For more information, please visit the DPHSS website at dphss.guam.gov, or call 311.

This guidance is in accordance with the recommendations set forth by the U.S. Centers for Disease Control and Prevention.

A. Definitions

1. **"Close Contact"** is someone who has been within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period. An infected person can spread COVID-19 starting from 2 days before symptoms develop (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation. In the K-12 indoor classroom setting, students who were within 3 to 6 feet of an infected student are not considered close contacts provided that both students wore well-fitting masks the entire time.
2. **"Exposure"** is having contact with a person who is COVID-19 positive.
3. **"Fully Vaccinated"** with a U.S. Food and Drug Administration Approved or Emergency Use Authorized COVID-19 vaccine, or with a World Health Organization Emergency Use Listing COVID-19 vaccine, is defined as being ≥ 2 weeks post second dose in a 2-dose series, or ≥ 2 weeks post single-dose vaccine.
4. **"Isolation"** is the separation of infected persons, for the period of communicability, and under such conditions as to prevent or limit the direct or indirect transmission of the infectious agent to those who are susceptible, or to who may spread the agent to others. A person who has COVID-19 is placed in isolation.
5. **"Ongoing Exposure"** is defined as being repeatedly exposed to a person with COVID-19 until that person is no longer able to spread the virus and is often observed in situations where separation in a household, or other congregate living facilities, is not possible.
6. **"Quarantine"** is the limitation of freedom of movement of those suspected to have been exposed to an infectious agent, for a period of time not longer than the longest usual incubation period of the infectious agent, and in such manner as to prevent effective contact with those not so exposed.

B. Addressing Sick Individuals

1. If you are sick, you should:
 - a. Stay home, except to seek medical care. Call ahead before visiting the clinic/doctor;
 - b. Monitor symptoms of COVID-19 including fever, cough, and shortness of breath, fatigue, body aches, headaches, loss of taste or smell, sore throat, congestion, nausea and/or diarrhea;
 - c. Get tested for COVID-19. While waiting for test results, you should self-quarantine at home, stay away from others, including staying apart from those living in your household;
 - d. Wear a well-fitting face mask properly around others at home and in public; and
 - e. Seek emergency medical care immediately or call 911 if you are experiencing any of the following warning signs of COVID-19:
 - 1) Trouble breathing;
 - 2) Persistent pain or pressure in the chest;
 - 3) New confusion;
 - 4) Inability to wake or stay awake; or
 - 5) Pale, gray, or blue-colored skin, lips, or nail-beds, depending on skin tone.

C. Testing for COVID-19

1. COVID-19 tests are available to help determine current infection or past infection.
2. Viral tests look for current infection and may include:
 - a. **Molecular tests**, such as RT-PCR tests, that detect the virus's genetic material, and
 - b. **Antigen tests** that detect specific proteins on the surface of the virus.
3. **Over the counter (OTC) COVID-19 tests** are tests that have been cleared, approved, or authorized specifically for use by the U.S. Food and Drug Administration (FDA) and are not regulated under Clinical Laboratory Improvement Amendments (CLIA) when the test is self-administered in accordance with the FDA's authorization and authorized labeling.
4. **Antibody test (serology test)** might tell you if you had a past infection. Antibody tests should not be used to diagnose a current infection.

D. Who Should Get Tested for COVID-19

1. People who have symptoms of COVID-19; or
2. Close contacts to confirmed COVID-19 cases, subject to exemptions provided herein.

E. If You Get Tested for COVID-19

1. Individuals may receive COVID-19 testing at their healthcare provider or at any other COVID-19 testing site, including the DPHSS COVID-19 testing outreach.
2. Individuals may also use an over the counter (OTC) COVID-19 test kit, which can be self-administered at home.
 - a. When administering a COVID-19 self-test, it is important to follow the manufacturer's instructions exactly and to perform the steps in the order that they are listed.
 - b. COVID-19 self-test test results may be confirmed by visiting a healthcare provider or any other COVID-19 testing site.
3. While waiting for your COVID-19 test result, you should self-quarantine at home, stay away from others, including staying apart from those living in your household, and monitor for symptoms of COVID-19 until you receive your result.

F. If You Test Positive for COVID-19

1. You must isolate at a rental lodging or personal residence.
2. If you test positive using an over the counter (OTC) COVID-19 test, report your result to dphss.surveillance@dphss.guam.gov. To confirm your results, visit a healthcare provider or any other COVID-19 testing site.
3. Steps to take while in isolation:
 - a. Eat in a separate room or area; use a separate bedroom; use a separate bathroom. If sharing a bathroom, clean and disinfect after each use;
 - b. Avoid sharing personal items – dishes, cups/glasses, silverware, towels, bedding or electronics (e.g., cellphone);
 - c. Wear a well-fitting face mask properly around others at home;
 - d. Wash your hands often (soap and water, or hand sanitizer); avoid touching your eyes, nose, or mouth with unwashed hands;
 - e. Clean and disinfect “high touch” surfaces and items every day (tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, electronics).

G. Duration of Isolation

1. To calculate duration of isolation, day zero (0) is the first day of symptoms or the day of the positive specimen collection. Day one (1) is the first full day after symptoms developed or first full day after the specimen collection.
2. For individuals who are symptomatic at the time of testing:
 - a. Isolation may be discontinued after:
 - 1) At least 5 days have passed since symptoms first appeared;
 - 2) At least 24 hours have passed with no fever and without using fever-reducing medication; and
 - 3) Other symptoms have improved.
 - b. If symptoms worsen while in isolation, you should contact your healthcare provider immediately, seek emergency care, or call 911.
3. For individuals who are asymptomatic at the time of testing:
 - a. Isolation may be discontinued after:
 - 1) At least 5 days have passed since the day of the positive specimen collection.
 - 2) If you become symptomatic, refer to **Section G.1**.
4. Individuals should continue to wear a well-fitting mask properly around others at home and in public for an additional 5 days.
5. People who are severely immunocompromised may need to remain in isolation up to 20 days after symptoms first appeared.
6. A test-based approach for discontinuing isolation may be considered in consultation with the Chief Medical Officer, Medical Director, or any designated Public Health medical provider. Close contacts will still be subject to quarantine. To qualify for the test-based approach, you must present:
 - a. Negative results from at least 2 consecutive molecular COVID-19 tests from respiratory specimens collected \geq 24 hours apart (total of 2 negative specimens).
7. A Public Health clearance letter is not required to end isolation but may be provided at the request of the individual who completes isolation.
 - a. If you received a positive result by self-administering an over the counter (OTC) COVID-19 test, you should receive a confirmatory test by visiting a healthcare provider

or at any designated COVID-19 testing site before a Public Health clearance letter may be provided.

- b. If you do not receive a confirmatory test by visiting a healthcare provider or at any designated COVID-19 testing site, you must sign an attestation form indicating that you have self-administered an over the counter (OTC) COVID-19 test in accordance with the manufacturers' instructions and performed the steps in the order they are listed before a Public Health clearance letter may be provided.

H. If You Have Had COVID-19


1. People who have tested positive for COVID-19 and can provide documentation of their previous infection do not need to isolate, nor receive testing again, for up to 3 months (90 days) after the date of the first positive specimen collection as long as they do not develop symptoms again.
 - a. Documentation of a previous COVID-19 infection must include:
 - 1) Patient identifiers such as patient name and date of birth;
 - 2) Specimen collection date;
 - 3) Type of COVID-19 test performed;
 - 4) COVID-19 viral test result;
 - 5) Information about the entity issuing the result (e.g., laboratory or healthcare entity).
2. People who have tested positive for COVID-19 and are unable to provide documentation of their previous infection must isolate (**Section F**) until documentation is provided.
3. If you received a positive result by self-administering an over the counter (OTC) COVID-19 test and did not receive a confirmatory test by visiting a healthcare provider or at any designated COVID-19 testing site, you must sign an attestation form indicating that you have self-administered an over the counter (OTC) COVID-19 test in accordance with the manufacturers' instructions and performed the steps in the order they are listed.
4. People who develop symptoms again within 3 months (90 days) of their first positive specimen collection may need to be tested again if there are no other causes identified for their symptoms.
5. People who have previously tested positive for COVID-19 and tested positive again \geq 3 months (90 days) since the initial positive specimen collection date must isolate (**Section F**). All close contacts will be subject to **Section I**.

I. Individuals Identified as Close Contacts

1. Close contacts, regardless of vaccination or symptom status, must observe the following precautions immediately and continue for 10 days after your last date of exposure:
 - a. Wear a well-fitting mask properly around others in public and at home;
 - b. Monitor your health, watch for fever, cough, shortness of breath, or other symptoms of COVID-19; if symptoms develop, refer to **Section B**;
 - c. Schedule and receive a viral COVID-19 test at a healthcare facility or at any COVID-19 testing site at least 5 days after your last date of exposure; and,
 - d. Take extra precautions in the presence of people who are at higher risk for getting sick from COVID-19.

2. To calculate duration of precautions, day zero (0) is the last date of exposure. Day one (1) is the first full day after last contact with a person who has COVID-19.
3. Close contacts with ongoing exposure to COVID-19 should:
 - a. Get tested immediately when they are identified as a close contact;
 - b. Observe the precautions outlined in **Section I.1.** throughout the isolation period of the person with COVID-19, and continue to observe the precautions for 10 days after the last date of exposure.
4. Close contacts who are exempt from observing the outlined precautions:
 - a. People who have tested positive for COVID-19 within the past 90 days and recovered as long as they do not develop new symptoms.
5. Individuals who self-administer an over the counter (OTC) COVID-19 test:
 - a. If positive, refer to **Section F.**
 - b. If negative, re-test at a healthcare facility or at any COVID-19 testing site at least 24 hours following the negative result.
6. Asymptomatic healthcare personnel (HCP) identified as close contacts must be tested 3-4 days after the last date of exposure. If positive, refer to **Section F.**
7. All HCP should follow recommended infection prevention and control practices and monitor for symptoms consistent with COVID-19.

*****SUBJECT TO CHANGE WITHOUT NOTICE*****


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