1. **Should I get tested?** The following patients may be tested for COVID-19:
   a.   Individuals who develop symptoms of COVID-19. Contact the 48 MDG Appointment Line (226-8010/01638 528010) or the National Health Service (#) for evaluation. Symptoms can be found at http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.
   b.   Individuals who have been notified by RAF Lakenheath Public Health or the National Health Service that they were identified as a close contact of someone with laboratory-confirmed COVID-19. You'll be tested near the start of your quarantine period. RAF Lakenheath PH (226-8777) will coordinate this testing.
   c.   You are required to have a test prior to a deployment. Public Health will continue to schedule this testing.
   d.   You have been identified as requiring a test prior to a procedure being performed by the 48th Medical Group. You'll be tested 24-72 hours prior to the procedure. The clinic performing the procedure will arrange this testing.
   e.   You are required to have a test prior to non-deployment related official travel (e.g. PCS, TDY, emergency leave). Your commander will request this testing via the 48 MDG. *Plan ahead* – results take 24-36 hours.
   NOTE: Individuals that tested positive for COVID-19 within the past 90 days and have not developed symptoms since meeting isolation release criteria should generally not be re-tested unless necessary for travel. If the destination country and supporting airline will accept a letter documenting recovery in lieu of a negative test, work through your unit to request this through the MDG at least 2 duty days in advance. That memo, along with the positive test result, should be carried with the individual during travel.

2. **What tests are the 48th Medical Group performing for COVID-19?** The 48th Medical Group is conducting diagnostic viral testing via Polymerase Chain Reaction (PCR). Antibody testing is not planned at this time.

3. How long do PCR tests take to receive a result? Expect 24-36 hours.

4. **What do I do if I have symptoms of COVID-19?** Stay home and isolate from others (private room with private bath access). Call the 48 MDG Appointment Line or National Health Service and if you will be tested, continue to isolate (except for the scheduled medical appointment for testing) until you receive a negative result and are released by a medical provider. Notify your chain of command. All household members must quarantine in the home until you have received a negative test.

5. **What if someone in my household has symptoms of COVID-19?** All household members must quarantine in the home until the ill individual has received a negative test (if tested).

6. **What if I test positive for COVID-19?** Continue to stay home and isolate as above until you meet isolation release criteria:
   -    No fever for at least 24 hours (w/out use of fever reducing medication).
   -    Other symptoms have improved
   -    At least 10 days have passed since your symptoms started. If you never had symptoms, isolate until at least 10 days from the date of your positive test.
   Notify your chain of command (sponsors notify for dependents). A medical provider will notify you of the result and RAF Lakenheath Public Health will interview you to learn about your activities, places visited, and close contacts. All household and close contacts must quarantine for 10 days from their last contact with you.

7. **What if I'm identified as a close contact by RAF Lakenheath PH or the National Health Service?** Notify your chain of command. RAF Lakenheath Public Health will coordinate testing for you near the start of your quarantine period (unless you've tested positive within the past 90 days and don't have COVID symptoms). You'll continue the 10-day quarantine period to completion if you have a negative test result or are not tested. Quarantine requirement applies regardless of COVID-19 immunization status or recovery from previous COVID-19 diagnosis.

8. **What is considered close contact?** According to the Centers for Disease Control and Prevention, close contact is considered prolonged contact (at least 15 minutes) within 6 feet of a confirmed case, but repeated and other higher risk exposures of shorter duration (such as direct contact or coughing directly into the face) may be considered.

9. **Can I "test out" of quarantine?** You must complete the full 10-day quarantine period if you were identified as a close contact, starting after the last day of exposure to a confirmed case. There are options for testing out of the 10-day quarantine for return from travel.

- For quarantine due to return from official travel, to include dependents on PCS orders, commanders may direct "Command-directed, medically-executed" testing after 5 full days from arrival in England. The 48 MDG conducts testing 7 days a week. Personnel and dependents can also purchase tests from authorized UK contractors on the same timeline to support shortening of quarantine after return from official travel.
- For non-official/leisure travel individuals may obtain a test via an authorized private provider and discontinue quarantine on the same time schedule; this cost is currently non-reimbursable. A list of providers is available at https://www.gov.uk/government/publications/list-of-private-providers-of-coronavirus-testing/list-of-private-providers-of-coronavirus-testing#test-to-release-for-international- travel.
- Completion of the 10-day quarantine is associated with lower potential transmission of illness and should be considered the standard, unless mission, family, or resiliency needs necessitate the above exceptions.

10. **Can I get tested by the 48th Medical Group if it's required prior to official travel**? Yes. RAF Lakenheath Public Health will continue to coordinate testing associated with pre-deployment travel. For other official travel (e.g. PCS, TDY, and Emergency travel) your unit commander will schedule this testing with 48 MDG via a Sharepoint site. Plan ahead, as results typically take 24-36 hours. Individuals may retrieve their lab results via Tricare Online at https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml. For those unable to access their results, they can be requested and picked up the following day Monday – Friday at the TRICARE OFFICE (in the MDG, Bldg 922, Admin Bldg). On weekends and holidays, if you cannot access Tricare Online, you can request a copy of your results at the time of testing, which can be picked up between 1130-1200 the following day in the Ambulance Bay. A lab validation letter is available the 48 FW Connect App under the Medical Group Button and COVID-19 Tab and may assist should there be lab result interpretation issues at the airport. Additionally, to support shorter notice needs, pre-departure testing is available at Heathrow and may be claimed on your travel voucher for reimbursement. See https://www.heathrow.com/at-the-airport/fly-safe/covid-19-test for more info.

11. **Can I get tested by the 48th Medical Group if it's required prior to non-official/leisure travel**? No. In order to conserve testing resources for medically indicated or mission/official testing, the 48 MDG has no plans to offer testing to support non-official travel. TRICARE does not cover asymptomatic testing unless it is medically justified. A listing of UK-approved general private test providers is available at: https://www.gov.uk/government/publications/list-of- private-providers-of-coronavirus-testing/list-of-private-providers-of-coronavirus-testing#providers-general-testing. Additionally, pre-departure testing is available at Heathrow. More information is available online at https://www.heathrow.com/at-the-airport/fly-safe/covid-19-test.

12. **Does the 48th Medical Group conduct the tests required on day 2 and day 8 post-travel testing required by England?** No. These host nation-required at-home test kits must be booked prior to travel to England via the UK booking portal at https://quarantinehotelbookings.ctmportal.co.uk/ with details provided on the Passenger Locator Form. For more information visit https://www.gov.uk/guidance/how-to-quarantine-when-you-arrive-in-england. Completion of 10 day quarantine is required even if a negative test result; both tests are still required even if using the test-to-release scheme described in #6.

13. Notify your chain of command for any positive results on COVID tests. Additionally notify RAF Lakenheath Public Health if you test positive for COVID by a lab outside the 48th Medical Group.