

COVID-19 Testing Frequently Asked Questions (**current a/o 6 Jan 22**)

Continue to reference most recent installation COVID directives (available via AF Connect app)

Changes are in red font

1. **Should I get tested?** The following patients may be tested for COVID-19 at the 48th Medical Group:
 - a. Individuals who develop symptoms of COVID-19. Contact the 48th Medical Group Appointment Line (226-8010/01638 528010) or the Emergency Room after hours/weekends/holidays via DSN 226-4226 (01638 52 4226). If you receive care from the National Health Service, arrange a test online via <https://www.gov.uk/get-coronavirus-test?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>. Symptoms can be found at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
 - b. Individuals who have been notified by that they were identified as a close contact **or they are a household contact** of someone with laboratory-confirmed COVID-19. If you would like to be tested due to close contact, call RAF Lakenheath PH (226-8777/01638 52 8777).
 - **IAW FHP 15 rev 3 and installation COVID directives, Service members with close contact must quarantine for 5 days unless they have had a booster or completed the initial vaccine series at least 14 days prior and within the past 6 months (2 months for J&J vaccine).**
 - **Children under age 18 years 6 months may continue to attend a non-DoDEA (UK) school and non-installation childcare/activities IAW UK and school requirements. IAW US CDC guidance, non-fully vaccinated children may return to DoDEA schools/childcare activities after 5 days if they do not have symptoms.**
 - c. You require a test prior to a deployment. Public Health will schedule this testing.
 - d. You require 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.
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 and antigen testing are 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 48th Medical Group 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. Notify your chain of command. All household members, unless fully vaccinated and without COVID-19 symptoms, must quarantine in the home until you have received a negative test. **Active Duty military are considered fully vaccinated in this context if they've had a booster or completed the initial vaccine series at least 14 days prior and within the past 6 months (2 months for the J&J vaccine).**
5. **What if someone in my household has symptoms of COVID-19?** All household members who are not fully vaccinated must quarantine in the home until the ill individual has received a negative test (if tested). **Active Duty military are considered fully vaccinated in this context if they've had a booster or completed the initial vaccine series at least 14 days prior and within the past 6 months (2 months for the J&J vaccine).**
6. **What if I test positive for COVID-19?** Continue to isolate until you meet isolation release criteria:
 - If you have symptoms, isolate until:
 - No fever for at least 24 hours (without use of fever reducing medication)
 - Other symptoms have improved
 - At least 10 days have passed starting the day after your symptoms started.
 - If you do not have symptoms, isolate for 10 days starting the day after your test was collected.
 - You can end isolation after day 7 if:
 - You do not have a fever or remaining symptoms besides cough or loss of taste/smell
 - You obtain negative LFD tests on both day 6 and 7 (performed at least 24 hours apart).
 - Note: If the test was not performed by the 48 MDG, Notify RAF Lakenheath Public Health **via your Unit Health Monitor** of this positive result within 1 hour as described in the Reporting Requirements section.
7. **What if I'm notified I am a close contact** or I live in a household with someone that has tested positive for COVID-19? Quarantine for 10 days from last exposure to COVID-19 positive individual/
Exceptions:
 - Children under age 18 years 6 months may continue to attend a non-DoDEA (UK) school and non-installation childcare/activities IAW UK and school requirements. IAW US CDC guidance, non-fully vaccinated children may return to DoDEA schools/childcare activities after 5 days if they do not have symptoms.
 - Fully vaccinated individuals without symptoms do not need to quarantine.
 - **IAW FHP 15 rev 3, regardless of symptoms, service members must quarantine for 5 days unless they have received a booster dose of COVID vaccine or completed the primary series of vaccine less than 6 months (2 months if the vaccine was the single-series Johnson & Johnson) prior to exposure.**
8. **What is considered close contact?** According to the Centers for Disease Control and Prevention, close contact is considered

prolonged contact (at least a cumulative 15 minutes over 24 hours) 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?** Unless fully vaccinated, 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 non-red-list travel, individuals without symptoms may discontinue after completing 7 full days of quarantine with a negative test collected after 5 full days from arrival in England via an authorized private provider; 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 travel?** In most cases, no. RAF Lakenheath Public Health will continue to coordinate testing associated with pre-deployment travel. For all other travel testing, utilize an authorized UK provider. They can be accessed via:

- Full list of private UK off-base testing centers: <https://www.gov.uk/government/publications/list-of-private-providers-of-coronavirus-testing/list-of-private-providers-of-coronavirus-testing>
- London-Heathrow: <https://www.heathrow.com/at-the-airport/fly-safe/covid-19-test>
- Stansted Airport : https://www.collinsongroup.com/en/covid-19-testing/stansted-airport?fbclid=IwAR3Vw4FYxLdB5hwyNvg6n-l-9_QqvFAV--LEURM1otx6XHfGcjmMI4kk1lo

11. **Does the 48th Medical Group conduct day 2 and/or 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/red-amber-and-green-list-rules-for-entering-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 #9.

12. **What about Lateral Flow Device (LFD) tests?** Individuals may elect or be required by UK law to take LFD or other at-home COVID tests. If an LFD test indicates a positive result, isolate immediately and household members must quarantine IAW this document and installation COVID directives. Notify RAF Lakenheath Public Health **via your Unit Health Monitor** of this presumptive positive result within 1 hour as described in the Reporting Requirements section. **Confirmation of LFD tests for symptomatic individuals is not required or performed by the 48th Medical Group. Positive LFD results in asymptomatic individuals may be confirmed via PCR** via the UK at <https://www.gov.uk/get-coronavirus-test>. If the PCR test result is negative discontinue isolation, and household members/close contacts without COVID symptoms can discontinue quarantine.