

COVID-19 Testing Frequently Asked Questions (current a/o 3 May 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, **you may be eligible to** 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).
 - c. You require a test prior to a deployment. Public Health will schedule **or facilitate** this testing **through your UDM, IDMT, or supporting medical element**.
 - 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.
5. **What if someone in my household has symptoms of COVID-19?** Wear a mask for when indoors and in close contact with others for 10 days from last exposure. IAW DoD Consolidated FHP Guidance household members are generally not required to quarantine or remain out of the work place, except:
 - Service members will quarantine for 5 days unless you have received a booster dose or completed the primary series of COVID vaccine less than 6 months (2 months if the vaccine was the single-series Johnson & Johnson) prior to exposure.
 - All employees will remain out of the workplace for 5 days unless you have received a COVID vaccine booster dose (if eligible) or completed the primary vaccine series (if not yet eligible for booster) prior to exposure.
6. **What if I test positive for COVID-19?** Continue to isolate (service members) and remain out of workplace and installation buildings (all) 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
 - You can end isolation or return to the workplace after completion of day 5 if:
 - You do not have symptoms, or
 - Your symptoms are improving and you do not have a fever, shortness of breath or severe fatigue.
 - Wear a mask when indoors and in close contact with others for full 10 days.
 - 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.
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? See # 5.
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 get tested by the 48th Medical Group if it's required prior to travel?**
 - RAF Lakenheath Public Health coordinates testing associated with pre-deployment travel. **Most deployment testing is conducted through the Ambulance Bay or PDF location, but there are a limited number of FDA-approved Lateral Flow Device (LFD) kits available to units with IDMTs and SMEs as well.**
 - All other travel testing:
 - **“Official travel” testing at the 48 MDG:** (Results available within 24 – 36hrs via TriCare Online): Limited space-available appointments are available at the Ambulance Bay M-F (except holidays and down days) from 0730 - 0830. To schedule, contact the appointment line 24hrs prior to needing test. Then bring a copy of your travel orders or signed memorandum from your

commander with you. Results are provided within 24-36 hours via Tricare Online. Please register with Tricare Online (TOL) at: <https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml>. Those without access to TOL can obtain results M–TH from 0730-1630 and from 0730-1430 on Friday at the 48th Medical Group's TRICARE Office (Building 922, 1st floor). ***Travel Timelines requiring faster results will necessitate utilizing the UK-authorized resources described below.***

- 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.stanstedairport.com/coronavirus/testing/>
- COVID Tests required for official travel purchased on the economy (to include COT leave) may be reimbursable when claimed on travel voucher.
- Non-Official Travel: Testing to support non-official travel is *not* available at the 48 MDG.

10. What about LFD tests? Individuals may elect 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 positive result within 1 hour. Confirmation of LFD tests for symptomatic individuals is not required or performed by the 48th Medical Group.