

**WHAT SHOULD I DO IF I'M EXPERIENCING FLU-LIKE SYMPTOMS (FEVER, COUGH, RUNNY NOSE, SORE THROAT, MUSCLE ACHES, HEADACHE FATIGUE)?**

- Call Public Health at 580-213-6643 or the appointment line at 580-213-7416 option 1, 1 (hours Monday through Friday 0730-1630)
- After duty hours, call Nurse Advice Line (1-800-TRICARE)
- Maintain hygienic practices; cover your nose and mouth with a tissue when you sneeze or cough. Flush the tissue; do not allow multiple tissues to clutter in a wastebasket or pocket. Maintain distance from family/friends. Wash your hands. Stay hydrated.
- A current list of symptoms can be found at the Centers for Disease Control website <https://www.cdc.gov/coronavirus/2019-ncov/index.html> under Symptoms and Testing.

**WHAT IS VANCE DOING REGARDING TESTING AND TEST RESULTS?**

- You will receive a telephone health consult through the medical staff. If you're directed to come in for a COVID-19 test, stay at home until you've been informed of test results. Your household members should practice physical distancing and everyone in the house should mask up.
- You will receive a phone call from a clinic nurse or doctor with your test results within 3-4 days, depending on how many tests were accomplished that week.
- Patients can also log in to the TRICARE Online Patient Portal (first-time users need to register and create account via the log in page, personal email is recommended) at <https://app.tolsecuremessaging.com/> and select HEALTH RECORDS to view lab results and other medical items.
- If you are still experiencing symptoms, **even if your test has come back negative**, stay at home and call 580-213-6643 (Public Health) or 580-213-7416 option 1, 1 (Appointment Line) to initiate a re-assessment.

**ARE THERE ANY MANDATORY PREVENTATIVE MEASURES WE SHOULD BE TAKING?**

Indoor mask wear is mandatory for all active duty personnel in installation facilities and off base establishments. Civilian mask wear is mandated on base and highly encouraged off-installation. Every member of our community has an individual responsibility to mitigate the spread of COVID-19. Accordingly, every member should:

- (1) Practice physical distancing to the maximum extent possible
  - (2) Wear appropriate facial coverings when at least six feet of physical distancing cannot be maintained
  - (3) Wash your hands frequently or use hand sanitizer when running water is not readily available
  - (4) Notify your supervisor and call Public Health immediately if you have had contact with someone who is sick or symptomatic
  - (5) Stay home if you are sick or symptomatic until cleared by Public Health or your doctor/nurse practitioner.
- Members of the Vance community should stay informed and know the symptoms associated with COVID-19, including cough, shortness of breath, and other symptoms. See the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for more details.

**ARE THERE ANY RESTRICTIONS ON TAKING LEAVE, OR TRAVEL RESTRICTIONS IN GENERAL?**

- All military personnel planning travel outside the local area require Squadron Commander approval.
- Civilians and contractors leaving the local area should inform his/her commander prior to returning to the workplace.
- Members and commanders should utilize the Vance AFB COVID-19 Travel Risk Assessment Tool (linked on the Vance COVID webpage) prior to approving and/or taking leave.
- Additional, general information about travel can be found here on the Centers for Disease Control website:  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/when-to-delay-travel.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

## **WE HAVE FAMILY/GUESTS WHO'D LIKE TO VISIT. WHAT SHOULD WE KNOW? AND WHAT COVID OR TRAVEL REQUIREMENTS DO THEY HAVE TO FOLLOW?**

- Unit leadership may direct members to utilize the [COVID Visitor Screening Tool](#) to determine risk factors for family/guest visitors.
  - Civilians and non-military persons traveling to Oklahoma for the holidays (or any leisure travel) should follow the Oklahoma State Health department COVID travel guidance during their visit (i.e. holidays, graduations, etc.). This information can be found at the <https://coronavirus.health.ok.gov/travel> website.
  - Military travelers must comply with their home-station COVID travel requirements.
  - If visitors need to request installation access; please contact The Vance AFB Visitors Center at (580) 213-5528 or 213-5522
- All visitors must be sponsored by a Vance member (active duty, spouse or GS civilian)
- Additional resources for Holiday planning can be found here at the Centers for Disease Control website:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>

## **WHAT ARE THE LIMITATIONS ON GATHERINGS?**

Refer to the most recent COVID memo guidance from the installation commander or your unit commander for limitations on gatherings.

## **WHAT IS THE CURRENT RESTRICTION OF MOVEMENT (ROM) POLICY?**

Members and commanders should use the Vance Travel Risk Assessment Tool (TRAT) to determine if ROM after travel is warranted. There is no longer an automatic ROM after travel. If you are feeling any COVID or Flu-like symptoms, or have been exposed, call Public Health at 580-213-6643 to initiate telephonic assessment and to receive health instructions.

## **WHAT IS BEING DONE TO SLOW/PREVENT COVID WITHIN THE WING?**

- The custodial staff has implemented a revised cleaning schedule to place more emphasis on sanitizing high touch surfaces in high use facilities (i.e. fitness center and child and youth services facilities).
- We also have over 16K masks available to provide our members and have purchased several bulk buys of CDC approved cleaning supplies including hand sanitizer, alcohol wipes, etc., for all units, for additional on the spot cleaning in work centers.
- Additionally, public health is visiting high-risk areas like on-installation food facilities, the Child Development Center, Teen Center and fitness center to insure prevention strategies are employed. If you are not one of these services public health will be happy to consult with facility managers to create a COVID plan.
- Getting vaccinated and boosted, hand hygiene, the 6ft-rule and proper mask wear (nose-to-mouth face covering) are the gold standards right now for prevention. Ideally, workplaces and customer service areas should be physically set up to ensure 6ft or more distancing between all co-workers, customers and visitors. Personnel and customers should be required to wear a masks when indoors or when gathered outdoors.

## **WHAT DOES "CLOSE CONTACT" MEAN WHEN REFERRING TO POSITIVE CASES?**

- Close contact for COVID-19** is generally defined as an interaction within 6ft of a positive individual for 15 minutes or more (cumulative time). Close contacts are considered to be on "quarantine" status, which is also known as a form of ROM (restriction of movement).
- If you test positive for COVID, you are considered to be on "isolation" status, which is also a form of ROM.
- If you are experiencing COVID or flu-like symptoms or have been exposed to a COVID positive individual, then call Public Health at 580-213-6643 to initiate assessment and to receive full health instructions.