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

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

The purpose of this document is to update the community on the actions to take if an individual identified for having SARS-CoV-2, the virus that causes COVID-19, or if an individual becomes exposed to someone confirmed with COVID-19. This guidance is in accordance with the recommendations of the U.S. Centers for Disease Control and Prevention (CDC).

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 any symptoms develop or, for asymptomatic patients, 2 days before the positive specimen collection date, until they meet criteria for discontinuing home isolation.
2. **“Contact of a Close Contact”** is an individual who was exposed to a person who was in close contact to a person who was positive for COVID-19.
3. **“Exposure”** is having come into contact with a person who is COVID-19 positive.
4. **“Fully Vaccinated”** Fully vaccinated with a US Food and Drug Administration (FDA) authorized COVID-19 vaccine is defined as being ≥ 2 weeks post second dose in a 2-dose series, or ≥ 2 weeks post single-dose vaccine.
5. **“Isolation”** is the separation, for the period of communicability or contamination, of infected or contaminated persons or animals from others in such places and under such conditions as to prevent or limit the direct or indirect transmission of the infectious agent or contaminant from those infected or contaminated to those who are susceptible or who may spread the agent or contaminant to others. A person who has COVID-19 is placed in isolation.
6. **“Quarantine”** is the limitation of freedom of movement of such well persons or domestic animals as have been exposed to, or are 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, in such manner as to prevent effective contact with those not so exposed. The use of quarantine in this guidance does not apply to travelers entering into Guam by air or sea. A close contact is placed in quarantine.

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 for 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 if you have symptoms of COVID-19. While waiting for test results, you should stay away from others, including staying apart from those living in your household;
 - d. Look for emergency warning signs for COVID-19 and 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;
 - 5) Bluish lips or face.

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 test**, 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. **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;
2. Close contacts with someone confirmed with COVID-19
 - a. Fully vaccinated people with no COVID-19 symptoms do not need to be tested following an exposure to someone with COVID-19;
 - b. People who have tested positive for COVID-19 within the past 90 days and recovered do not need to get tested following an exposure as long as they do not develop symptoms.
3. People who have taken part in activities that put them at higher risk for COVID-19 because they cannot physically distance as needed to avoid exposure (e.g., recent travel, attending large gatherings).

E. If You Get Tested for COVID-19

1. While waiting for your 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 home or at a government isolation facility until cleared using the DPHSS Criteria for Discharging a Person from Isolation.
2. Steps to take while in isolation
 - a. Eat in a separate room or area;
 - b. Wash dishes and utensils using gloves and hot water;
 - c. Avoid sharing personal items – dishes, cups/glasses, silverware, towels, bedding or electronics (e.g. cellphone);
 - d. Wear a mask;
 - e. Wash your hands often (soap and water, or hand sanitizer);
 - f. Avoid touching your eyes, nose, or mouth with unwashed hands;
 - g. Clean and disinfect “high touch” surfaces and items every day (tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, electronics);
 - h. Clean the area or item with soap and water if it is dirty then use a household disinfectant;
 - i. Use a separate bedroom;
 - j. Use trash liners in trash can;
 - k. Use separate bathroom. If sharing a bathroom, you should clean and disinfect after each use.

G. Duration of Isolation

1. If you are symptomatic, isolation may be discontinued after:
 - a. At least 10 days since symptoms first appeared;
 - b. At least 24 hours with no fever without using fever-reducing medication; and
 - c. Other symptoms of COVID-19 are improving.
2. If you are asymptomatic, isolation may be discontinued after:
 - a. 10 days have passed since the day of the positive specimen collection.
 - b. If symptoms develop, refer to **Section G.1.**
3. A test-based approach for discontinuing isolation could be considered in consultation with the Chief Medical Officer or the Medical Director. Close contacts will still be subject to quarantine.
4. If you were monitored by DPHSS staff, a Public Health clearance letter will be provided

when the patient is cleared.

5. If symptoms worsen while in isolation, you should contact your healthcare provider immediately, seek emergency care, or call 911.

H. If You Have Had COVID-19

1. People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days as long as they do not develop symptoms. People who develop symptoms again within 90 days of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
2. People who have previously tested positive for COVID-19, and tested positive again \geq 90 days since the initial positive specimen collection date will have to isolate again. All close contacts will be subject to quarantine (Refer to Section I).

I. An Individual Who is Identified as a Close Contact

1. If you are identified as a close contact to someone who has COVID-19, you must quarantine for 10 days after your last date of exposure.
2. Stay home and monitor your health, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
3. If possible, stay away from others, especially people who are at higher risk for getting sick from COVID-19.
4. Schedule and receive a viral COVID-19 test 5-7 days after your last date of exposure;
 - a. If positive, refer to Section F.
 - b. If negative, quarantine may be discontinued after day 7. Self-monitor for symptoms of COVID-19 for the remaining 10 days after your last date of exposure.
5. If you opt not to get tested, you must quarantine for 10 days.
6. Healthcare personnel (HCP) who had prolonged close contact with a patient, visitor, or other HCP in a healthcare setting, while not wearing the following Personal Protective Equipment (PPE), must quarantine for 10 days:
 - a. A respirator or facemask; or
 - b. Eye protection if the person with COVID-19 infection was not wearing a cloth mask or facemask; or
 - c. All recommended PPE (i.e., gown, gloves, eye protection, respirator) while performing an aerosol-generating procedure.
7. All HCP should follow recommended infection prevention and control practices and monitor for symptoms consistent with COVID-19. Any HCP who develops symptoms consistent with COVID-19 should immediately self-isolate and contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.

8. Close contacts who do not need to quarantine:
 - 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; or
 - b. People who have been fully vaccinated against COVID-19 and do not have any symptoms.
 - 1) DPHSS will continue to monitor fully vaccinated close contacts until verification of vaccination status within 24 - 48 hours.
 - a) If vaccinated on Guam, vaccination information will be verifiable utilizing the WebIZ Application.
 - b) If not vaccinated on Guam, individuals must obtain proof of vaccination card and acceptable secondary form of COVID-19 vaccine verification: vaccinating health authority record; OR, vaccinating provider letter; OR, receipt of COVID-19 vaccine administered; OR, other form of secondary verification, to be approved at the reviewing DPHSS officials' discretion.
 - c) Close contacts who are unable to provide COVID-19 vaccination verification will be subject to **Section I.1 – I.7.**

J. An Individual Who is a “Contact to a Close Contact”

1. Contacts to close contacts are at low risk of getting COVID-19 if fully vaccinated.
2. Do not need to quarantine but should self-monitor for symptoms of COVID-19.
3. Continue to protect yourself and others: wear a mask that covers your nose and mouth, stay 6 feet apart from others, wash your hands for at least 20 seconds with soap and water or use hand sanitizer that contains at least 60% alcohol.
4. Continue to follow the CDC guidelines.

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

For more information, please visit the DPHSS website at dphss.guam.gov, or call 311.
Please join us in keeping our people and community healthy and safe.



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