



GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
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January 9, 2022

DPHSS Guidance Memorandum 2021-16 Rev01

Re: Guam Department of Public Health and Social Services 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 is 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 does not apply to individuals who are travelers entering into Guam by air or sea. This guidance is in accordance with the recommendations set forth by the U.S. Centers for Disease Control and Prevention. For more information, please visit the DPHSS website at dphss.guam.gov, or call 311.

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. **“Exposure”** is having come into contact with a person who is COVID-19 positive.
3. **“Fully Vaccinated”** Fully vaccinated with a U.S. Food and Drug Administration Approved or Emergency Use Authorized COVID-19 vaccine, or with a World Health Organization Emergency Use Listing COVID-19 vaccine, is defined as being ≥ 2 weeks post second dose in a 2-dose series, or ≥ 2 weeks post single-dose vaccine.
4. **“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.
5. **“Ongoing Exposure”** is defined as being repeatedly exposed to a person with COVID-19 until that person is no longer able to spread the virus, and is often observed in situations where separation in a household is not possible.
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. 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 self-quarantine at home, stay away from others, including staying apart from those living in your household;
 - d. Wear a well-fitting face mask properly around others at home and in public; and,
 - e. 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 tests**, 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; and/or,
2. Close contacts with someone confirmed with COVID-19;
 - a. People who have tested positive for COVID-19 within the past 3 months (90 days) and recovered do not need to be tested following an exposure as long as they do not develop symptoms.

E. If You Get Tested for COVID-19

1. Individuals may receive COVID-19 testing at their healthcare provider or at any other COVID-19 testing site, including the DPHSS COVID-19 testing outreach.
2. Individuals may also use a COVID-19 self-collection kit, or a self-test, which can be performed at home.
 - a. When administering a COVID-19 self-test, it is important to follow the manufacturer's instructions exactly and to perform the steps in the order that they are listed.
 - b. COVID-19 self-test test results may be confirmed by visiting a healthcare provider or any other COVID-19 testing site.
3. While waiting for your COVID-19 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; use a separate bedroom; use a separate bathroom. If sharing a bathroom, clean and disinfect after each use;
 - b. Avoid sharing personal items – dishes, cups/glasses, silverware, towels, bedding or electronics (e.g., cellphone);
 - c. Wear a well-fitting face mask properly around others at home and in public;
 - d. Wash your hands often (soap and water, or hand sanitizer); avoid touching your eyes, nose, or mouth with unwashed hands;
 - e. Clean and disinfect “high touch” surfaces and items every day (tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, electronics)
3. If you test positive using a COVID-19 self-test, report your result to dphss.surveillance@dphss.guam.gov. To confirm your results, visit a healthcare provider or any other COVID-19 testing site.

G. Duration of Isolation

1. For symptomatic individuals at the time of testing:
 - a. If you are unvaccinated or not fully vaccinated, isolation may be discontinued after:
 - 1) At least 10 days have passed since symptoms first appeared;
 - 2) At least 24 hours have passed with no fever and without using fever-reducing medication; and,
 - 3) Other symptoms have improved.
 - b. If you are fully vaccinated or boosted, isolation may be discontinued after:
 - 1) At least 5 days have passed since symptoms first appeared;
 - 2) At least 24 hours have passed with no fever and without using fever-reducing medication; and,
 - 3) Other symptoms have improved.
2. For asymptomatic individuals at the time of testing:
 - a. If you are unvaccinated or not fully vaccinated, isolation may be discontinued after:
 - 1) At least 10 days have passed since the day of the positive specimen collection.
 - a) For healthcare personnel, at least 5 days if a negative COVID-19 viral test is obtained within 24 hours prior to returning to work.
 - (i) Healthcare personnel should continue to wear a well-fitting mask properly around others at home and in public for 5 additional days.
 - 2) If you become symptomatic, refer to **Section G.1.**
 - b. If you are fully vaccinated or boosted, isolation may be discontinued after:
 - 1) At least 5 days have passed since the day of the positive specimen collection.
 - a) You should continue to wear a well-fitting mask properly around others at home and in public for 5 additional days.
 - 2) If you become symptomatic, refer to **Section G.1.**
3. People who are severely immunocompromised may need to remain in isolation up to 20 days after symptoms first appeared.

4. A test-based approach for discontinuing isolation may be considered in consultation with the Chief Medical Officer, Medical Director, or any designated Public Health medical provider. Close contacts will still be subject to quarantine.
5. A Public Health clearance letter may be provided when the patient is released from isolation.
6. If symptoms worsen while in isolation, you should contact your healthcare provider immediately, seek emergency care, and/or call 911.

H. If You Have Had COVID-19

1. People who have tested positive for COVID-19 do not need to isolate or quarantine, nor receive testing, for up to 3 months (90 days) after the date of the first positive specimen collection as long as they do not re-develop symptoms. People who re-develop symptoms within 3 months (90 days) of their first positive specimen collection may need to be tested again if there are no other causes identified for their symptoms.
2. People who have previously tested positive for COVID-19 and tested positive again ≥ 3 months (90 days) since the initial positive specimen collection date must isolate (**Section F**). All close contacts will be subject to quarantine (**Section I**).

I. Individuals Identified as Close Contacts

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;
 - a. A 5-day self-quarantine period is recommended for people who have not been boosted, or who have completed the primary series of Pfizer-BioNTech or Moderna vaccine over 5 months ago, or who have completed the primary series of J&J vaccine over 2 months ago, and are not experiencing any symptoms of COVID-19.
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 at a healthcare facility or at any COVID-19 testing site 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. Individuals who receive a viral COVID-19 self-collection test:
 - a. If positive, refer to **Section F**.
 - b. If negative, re-test at a healthcare facility or at any COVID-19 testing site at least 24 hours following the negative result.
6. If you do not receive a viral COVID-19 test 5-7 days after your last date of exposure, you must quarantine for 10 days.
7. A Public Health clearance letter may be provided when the individual is released from quarantine.
8. Close contacts who qualify for exemption from 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 boosted, or who have completed the primary series of Pfizer-BioNTech or Moderna vaccine within the last 5 months, or who have completed the primary series of J&J vaccine within the last 2 months, and are not experiencing any symptoms of COVID-19.
 - c. In the K-12 indoor classroom settings, students who were between 3 to 6 feet of an infected student, if both the infected student and the exposed student correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.
9. Close contacts with ongoing exposure to COVID-19 and who are not vaccinated or fully vaccinated should:
- a. Quarantine immediately and throughout the isolation period of the person with COVID-19;
 - b. Get tested immediately when they are identified as a close contact;
 - c. Continue to quarantine for an additional 10 days starting after the end of the isolation period for the person with COVID-19;
 - d. Schedule and receive a COVID-19 test 5-7 days after your last date of exposure;
 - 1) If positive, refer to **Section F**.
 - 2) 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.
 - e. If you do not schedule and receive a viral COVID-19 test, you must quarantine for 10 days.
10. Close contacts with ongoing exposure to COVID-19 who are fully vaccinated or boosted (**Section I.8.b.**), or fully vaccinated and eligible for a booster (**Section I.1.a.**), should:
- a. Schedule and receive a viral COVID-19 test immediately after their first exposure;
 - 1) If positive, refer to **Section F**.
 - b. Schedule and receive a viral COVID-19 test again 5-7 days after the end of the isolation period for the person with COVID-19;
 - 1) If positive, refer to **Section F**.
11. Asymptomatic healthcare personnel (HCP), regardless of vaccination status, are not required to quarantine but must be tested 3-4 days after the last date of exposure.
- a. If positive, refer to **Section F**.
12. Any HCP who develops fever or symptoms consistent with COVID-19 should immediately self-isolate and contact their established point of contact (e.g., occupational health program, or employee health office) to arrange for medical evaluation and testing.
13. All HCP should follow recommended infection prevention and control practices and monitor for symptoms consistent with COVID-19.


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