

UPDATED PROCEDURE**Procedures for COVID-19 Exposure and Symptoms**

For COVID related questions unrelated to testing call the COVID-19 Hotline at **065-32-5336**.

The following guidelines clarify how SHAPIANS should respond to COVID exposure and symptoms. This information has considered Force Health Protection measures and Host Nation regulations.

If you are identified as a CLOSE CONTACT and:

You are FULLY VACCINATED and your last shot (booster or primary series) was within the past 5 months and...

- **You are WITHOUT symptoms:**
 - No quarantine is required, no PCR test is required. You may come to work or school, but must comply with strict preventive measures of wearing mask for 14 days from contact (FFP2 mask recommended), maintain distance and avoid vulnerable people.
- **You ARE symptomatic:**
 - You will be required to quarantine for 7 days and get PCR tested **between** day 5 and day 7.
 - If the test is negative, you can return to work or school, but must comply with strict preventive measures of wearing mask for 14 days from contact (FFP2 mask recommended), maintain distance and avoid vulnerable people.
 - If tested positive, you must follow the rules explained below.

Your last COVID-19 vaccine shot was greater than 5 months ago...

- **Regardless if you ARE symptomatic or WITHOUT symptoms:**
 - You will be required to quarantine for 7 days and get PCR tested **between** day 5 and day 7.
 - If the test is negative, you can return to work or school, but must comply with strict preventive measures of wearing mask for 14 days from contact (FFP2 mask recommended), maintain distance and avoid vulnerable people.
 - If test is positive, you must follow the rules explained below.

You are NOT VACCINATED or PARTIALLY VACCINATED...

- **Regardless if you ARE symptomatic or WITHOUT symptoms:**
 - You will be required to quarantine for 10 days and get PCR tested **between** day 7 and day 10.
 - If the test is negative, you can return to work or school, but must comply with strict preventive measures of wearing mask for 14 days from contact (FFP2 mask recommended), maintain distance and avoid vulnerable people.
 - If test is positive, you must follow the rules explained below.

In the past 90 days, if you were COVID positive and since recovered and...

- **You are WITHOUT symptoms :**
 - No quarantine is required, no PCR test is required, monitor for symptoms and wear mask for 14 days from last contact (FFP2 mask recommended), maintain distance and avoid vulnerable people.
- **You ARE symptomatic:**
 - Self-quarantine and contact COVID Hotline **065-32-5336** for guidance.

You are currently COVID-19 Positive: Individuals whom test positive for COVID-19 are required to isolate for 10 days. On day 11, you can be released if no fever has been present during last 3 days. NO testing is required to release from isolation.

You reside in the same household with a COVID positive individual: It is recommended to quarantine for a minimum of 10 days, unless you are fully vaccinated or a booster dose has been completed within the past 5 months or you were COVID positive in the last 90 days.

Disclaimer: Individual guidance may differ based on clinical indicators at the discretion of the SHAPE HCF