

Quarantine Information Packet

Instructions to Members directed to Quarantine in UPH or MWR-Operated Facilities

The information below is vital to a successful stay during your quarantine and restriction of movement. **Information under Quarantine Requirements and Food must be read immediately upon arrival.** Welcome to Team Kodiak where our goal is to provide you with Rock Solid Support!

Important Base Kodiak Phone Numbers	
CG Police Department	907-487-5555
Duty Corpsman (Medical/Clinic Needs)	907-942-4214
Barracks	907-487-5653 (0800-1600) 907-654-0066 (After Hours)
MWR Guest House	907-487-5446 ext. 1
PCS Assistance Team	907-419-6318 907-209-8790
Base Kodiak Officer of the Day (OOD)	907-539-7477
KANA COVID 19 Testing Registration	907-486-9870
Take-out Dining Facilities	
CG Galley	907-487-5235
Tsunami Lanes Bowling Alley	907-487-5401
Pizza Parlor	907-487-5988
Food Delivery Duty Watchstander	907-209-2535 (0700-1900)

***If you have a positive test result, or develop symptoms contact the Duty HS at 907-942-4214**

Post Arrival Process for On Base Lodging

Step 1. Arrive to Kodiak, Travel Directly to Lodging. If arriving via ferry with a POV, travel directly to your lodging location. If traveling by air, Base Kodiak CGPD will meet you at the Airport with transportation to your lodging on base. Please remain flexible and ensure changes to your travel plans, lodging, quarantine status etc. are relayed to the PCS Assist Team.

Step 2. Test for COVID if desired. You can elect to complete the 14-day quarantine period upon your arrival or you can elect to get tested which could result in a Cleared or ROM Status earlier than 14 days. Review Kodiak Note 1320 for details. Base Kodiak Medical can provide you information on testing locations. You **MUST** contact KANA at (907-486-9870) in advance to schedule testing! Instructions for checking out the designated testing GV are included below in the COVID19 Testing and GV Checkout Process guide.

Step 3. Remain in Quarantine or ROM. Upon arrival to Kodiak Island, you immediately assume a Quarantine Status. If you opted to get tested for COVID, email the results of your first test to Rachel.M.Simmons2@uscg.mil. Once Base Kodiak Medical receives your negative test results, your status will be changed to Restriction of Movement Status (ROM). Only Base Kodiak Medical is authorized to change your status. Continue to comply with all Quarantine and ROM requirements until medical places you in a Cleared Status.

Step 4. Schedule 2nd COVID test. The 2nd COVID test shall be scheduled 7-10 days after the member arrives on Kodiak Island. This should be coordinated through KANA (907-486-9800) and the Base Kodiak OOD (907-539-7477) to schedule the COVID testing GV. See enclosed COVID-19 Testing GV Checkout Process and Quarantine Requirements for more info.

Step 5. Travel to 2nd COVID test. Once your COVID test is scheduled, you will travel directly to the testing location in the designated COVID Testing GV, completing the required checklist for checking out and returning the GV. This checklist is designed to ensure contamination of the vehicle is avoided.

Step 6. Provide Results of 2nd COVID test to Base Kodiak Medical. Once member has received the results of second COVID test they should contact Base Kodiak Medical with the results. Email results to Rachel.M.Simmons2@uscg.mil. Again, only Base Kodiak Medical can place members and their dependents in a Cleared Status.

Step 7. Receive a Cleared Status. You did it! Great job taking CARE to Avoid COVID! Please ensure that you check out of your lodging facility in accordance with all instructions provided, leaving spaces and vehicles in better condition than you found them where possible. This will help to ensure those coming behind you in this process are just as successful. If you have feedback on this process, email john.w.lee@uscg.mil. Enjoy this beautiful island, find time to get outside, and remember to Take CARE!

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“Please take CARE to avoid COVID!”

Communication- Please communicate early and often! Ensure that everyone involved with your travel and duty assignment is in the loop.

Adaptability- Adopt an adaptable stance! Guidance, best practices, and even travel methods are changing on a daily, and sometimes hourly basis. Remain flexible.

Responsibility- Take responsibility for your safety, and the safety of those around you! Follow all guidelines regarding quarantine and ensure those around you do as well.

Excellence — Remember to tirelessly pursue excellence! Our extremely important work to safeguard the American people relies on your ability to remain healthy.

Quarantine Requirements

The following information is taken directly from CGBASEKODIAKNOTE 1320. The complete note is included as an attachment. Members arriving to Kodiak are required to read and comply with this Base Note.

1. Based on recommended guidance from the Centers for Disease Control and Prevention and local Coast Guard medical personnel, the following actions are immediately in effect:
 - a. **Upon reporting to Kodiak Island from outside the state of Alaska, all incoming PCS members, civilian contractors, and visitors (family members of Active Duty personnel, Reservists on Active Duty, and Civilian Employees are included as visitors) automatically assume a Quarantine Status, regardless of whether or not a member has been tested for COVID-19.** The quarantine period is 14-days, but can be reduced per the COVID-19 testing protocol identified in Subparagraphs b-c below. See Paragraph 2 below for the definition of Quarantine Status.

Upon receipt of the first COVID-19 test results (whether on or off Kodiak Island), the member shall report the results to the Medical Care Team Lead, HS1 Rachel Simmons at Rachel.M.Simmons2@uscg.mil. If the test results are negative and confirmed by the Medical Care Team Lead, the member will be notified of being placed in a ROM status. See Paragraph 3 below for the definition of ROM Status. Visitors are not required to provide their test results and may move to a ROM status upon receipt of a first negative test.

- b. If a member elects to have a second COVID-19 test, then that test shall be scheduled 7-10 days after the member arrives on Kodiak Island. Should a member spend enough time in another location in Alaska (Anchorage, for example), to be able to complete the second test or fulfill the 14-day quarantine prior to arrival in Kodiak, travel will be considered in-state travel and no additional quarantine or test will be required. **Upon receipt of the**

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second COVID-19 test results, the member shall report the results to the Medical Care Team Lead, HS1 Rachel Simmons at Rachel.M.Simmons2@uscg.mil. If the test results are negative and the two consecutive negative COVID-19 test results are confirmed by the Medical Care Team Lead, the member will be notified of being in a Cleared Status. See Paragraph 4 below for the definition of Cleared Status. Visitors shall follow the same guidelines but are not required to provide their test results; they may move to a cleared status upon receipt of a second negative test.

- c. When social distancing measures are not able to be maintained, personnel are required to wear cloth face covering protective mask when they cannot appropriately social distance themselves from others by maintaining six feet of physical separation. There are some facilities on Base that require a protective mask or protective face covering in addition to maintaining proper social distance as seen in Subparagraphs f-l below. A cloth face covering or protective mask will:
 - (1) Fit snugly and comfortably against the side of the face;
 - (2) Be from the bridge of the nose to the bottom of the chin;
 - (3) Preferably include multiple layers of fabric if the fabric is cloth;
 - (4) Be secured with ties and ear loops;
 - (5) Full face coverings (e.g., ski mask) are not authorized.

Visitors shall follow the same guidelines but are not required to provide their test results; they may move to a cleared status upon receipt of a second negative test.

2. **Quarantine Status:** Member is restricted to their assigned quarters, residential unit, or hotel room (aka. quarantine location). Member may leave their quarantine location only for medical emergencies, to seek medical care, to remove trash to the garbage receptacles (if staying on Base), do laundry, to smoke in designated smoking areas, to walk their dog(s), and to get some fresh air. Anytime a member leaves their quarantine location, the member shall wear a cloth face covering protective mask and remain at least 6 feet away from other individuals. The member is not authorized to enter into any buildings on Base with the exception of medical/clinic facilities for emergent issues. The member is not authorized to leave Base unless approved by the Base Commanding Officer. Members shall not allow visitors into their quarantine location unless there is an emergent need that is authorized by the Base Commanding Officer. The member shall self-monitor for symptoms of COVID-19 infection such as fever, cough, difficulty breathing, loss of taste or smell, etc. and immediately report any symptoms to medical. Members who develop symptoms shall isolate until they can be tested.

3. **Restriction of Movement Status (ROM):** Member is able to come-and-go from their assigned quarters, residential unit, or hotel room as they please with specific restrictions. Anytime the member leaves their quarters/residence/unit, the member shall wear a cloth face covering protective mask and remain at least 6 feet away from other individuals. **The member is not authorized to enter into any buildings on Base with the exception of medical/clinic facilities for emergent issues.** The member is free to walk or drive around Base property within

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the fence line. The member is authorized to leave Base only for essential needs (i.e., picking up grocery items, picking up POV from shipping pier, medical care); a protective face mask shall be worn whenever leaving Base and in all Kodiak establishments. For health and wellbeing, the member can leave Base to enjoy a walk, hike, or run but shall have a face mask available for use in the event that they encounter other people within a 6-foot distance. In ROM status, the member is still not approved to report to their new work location. If the member is deemed an essential worker, then the member's Commanding Officer can approve the member to report to work in a ROM status. The member shall self-monitor for symptoms of COVID-19 infection such as fever, cough, difficulty breathing, loss of taste or smell, etc. and immediately report any symptoms to medical. Members who develop symptoms shall isolate until they can be tested.

Cleared Status: Member is able to come-and-go from their assigned quarters, residential unit, or hotel room as they please. When leaving their quarters/residence/unit, a protective face mask shall be worn if a safe distance of at least 6 feet cannot be maintained with other people. Member can enter Base facilities but shall follow the specific guidance provided in Paragraph 8 of this plan. Additional info on Statuses can be found in the CGBASEKODIAKNOTE 1320

Meal Delivery

While in quarantine/restriction of movement, you have the option to have meals delivered from dining facilities on base or to have food from the Commissary delivered*. (*When available from the CGEA Volunteers)

Food Delivery Team Duty Hours: 0700-1900 Daily. For food delivery concerns, please contact the Food Delivery Watchstander at 907-209-2535.

Choose a Meal from one of the dining facilities on base. Menus are provided in the welcome packet, galley menus are updated each week. When calling in a food order, ensure you leave your name, room number, and that you are in quarantine. Active Duty members required to quarantine in UPH or MWR-Operated Facilities are not required to pay for meals from the Galley per the attached Memorandum. All other meals will be paid for over the phone as money is not to be exchanged at the time food is delivered.

Facility	Phone Number	Hours of Operation
Galley	907-487-5235	<u>Breakfast:</u> Call in order by 0715/Delivered 0730-0800 <u>Lunch:</u> Call in order by 1200*/Delivered 1230-1300 <u>Dinner:</u> Closed* *If you want dinner from the Galley, you must order your boxed meal at the designated lunch time.
Tsunami Lanes Bowling Alley*	907-487-5401	<u>Breakfast:</u> Closed <u>Lunch:</u> (Thur-Sun) Call in order by 1200/Delivered 1230-1300 <u>Dinner:</u> (Thur-Sun) Call in order by 1700/Delivered 1730-1800
Pizza Parlor	907-487-5988	<u>Breakfast:</u> (Mon-Fri) Call in by 0715/Delivered 0730-0800 <u>Lunch:</u> (Mon-Sat) Call in order by 1200/Delivered 1230-1300 <u>Dinner:</u> (Mon-Sat) Call in order by 1700/Delivered 1730-1800

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*Tsunami Lanes, Pizza Parlor hour's subject to change, call dining facility for updated hours of operation.

It is our goal to ensure that every person in quarantine receives the meal or food that they requested in a timely manner. With that in mind, the following is requested of you:

1. Please ensure you call your meal in with plenty of time to allow for our food staff to prepare your meal, and to ensure it is picked up by our delivery team. The delivery team visits each dining facility at the same time each day. If your meal has not been called in by the appropriate times (listed above), it may not be delivered.
2. Please avoid special requests, or meal delivery requests outside of these guidelines in order to ensure continuity of day-to-day operations. Our delivery staff is operated by duty watch standers on a rotation. Changes or special requests may cause delays or missed meal deliveries. Please engage your unit sponsor if you have any special needs or requests.
3. If you ordered food at the appropriate time and it was not delivered, please contact the food delivery watchstander at 907-209-2535.

Additional Resources & Information

Groceries/Essentials

The Coast Guard Enlisted Association Kodiak Branch is here to support you and your family. If you need groceries, household items, or any other necessities during your quarantine period, please do not hesitate to reach out to us. We have a group of amazing volunteers that are here and willing to support you! Please call well in advance to set up delivery. Deliveries are based on volunteer availability, and may not be available for same day requests. Contact CGEA: Call or Text: 843-592-1624 between the hours of 0800-1700 to set up a grocery store delivery!!

Tsunami Warning System: Every Wednesday at 1400 there is a Tsunami Warning System Siren Test.

Alaska Ferry Interrupted Service Loan: Effective immediately CGMA is offering a LOAN of up to \$3000 to assist members PCS'ing to or from D17 units whose travel is negatively affected by interruptions to the Alaska Ferry System. This loan is intended to assist members with unplanned airline travel, unexpected lodging costs, or other essential expenses caused by cancelled or delayed ferry service.

ORCA: OCONUS Rental Car Assistance Loan. A loan of up to \$1000 may be issued to members who have reported to a new PDS OCONUS to assist with renting a car while waiting for their POV to arrive.

Work-Life: Work-Life staff remains available to members, civilians and dependents and are happy to assist where needed. Our front desk continues to be staffed on weekdays by ME1 Robert Mireles who can field these calls.

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CGMA: Six new programs (grants & loans) for 15 Aug to 31 December 2020

MEMBERS WHO RECEIVED ANY PREVIOUS ASSISTANCE ARE ELIGIBLE TO RECEIVE ALL OF THESE ASSISTANCE PROGRAMS AS WELL. For example: Members who received a SEG-C earlier this year, may also receive the new SEG-C Autumn grant. Members who received two months of lost wages earlier this year, may receive another two months of lost wages assistance.

- a. SEG-C Autumn – an additional \$500 grant for schools supplies (with amended list of approved items.)
- b. Childcare Grant of \$500
- c. In-Person Tutoring Grant of \$1000
- d. Supplemental Special Needs Grant of \$1000
- e. Childcare Loans of up to \$6000
- f. Lost Wages Loans of up to \$6000

Grants to pay for mandated COVID Testing remains in effect. This pays for any tests required due to PCS or TDY orders. Some places have free testing available, which members should use first when they can.

Additional information can be found at www.CGMAHQ.org.

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