

Keller Army Community Hospital COVID-19 Response and Mitigation Efforts



Keller Army Community Hospital would like to provide the most current information on where we stand regarding the current COVID response and mitigation efforts.

Due to the current spike in cases in the area, we must adjust our procedures to most efficiently utilize our limited resources (both staff and supplies).

In order to prevent overwhelming testing capacity and capability, the following protocols are in effect.

RESTRICTED TESTING AT THE KACH ER: KACH ER will continue to test 1) Individuals that are symptomatic with significant illness, as defined as having difficulties breathing, low oxygen levels, and in a condition for which higher level of care and intervention may be indicated; 2) Individuals who have a scheduled procedure or surgery; and 3) Individuals scheduled for official DoD travel where mode of travel or destination requires testing.

KACH WILL NOT TEST: 1) Individuals without symptoms, except for those identified above; 2) Individuals, with mild symptoms who are otherwise healthy and who do not have serious symptoms such as shortness of breath or chest pain; 3) Any request for testing for the purpose of release from quarantine or isolation.

COVID positive case rates continue to climb across the installation and in the surrounding area with OMICRON now suspected to be the dominant variant. Over 50% of the people testing positive on West Point are FULLY VACCINATED. Omicron still appears to have mild to no symptoms and can mimic cold and mild flu-like symptoms.

WHEN COMING TO KACH please continue to follow all non-pharmaceutical interventions by hand sanitizing upon entry to the hospital and entering the Keller Dining Facility, mask wearing in the hospital, and maintaining social distancing when possible.

If you have symptoms, STAY AT HOME and assume you have COVID – whether tested or not.

- You are encouraged to make a virtual appointment with your PCM as soon as possible if you are at high risk for severe illness and death from COVID due to chronic medical problems such as COPD, heart failure, immunocompromised, moderate-severe asthma, etc.
- Isolation requirements for positive/symptomatic personnel. If you display symptoms notify your supervisor and begin isolation for a 5 day period in accordance with Force Health Protection Guidance Supplement 15 (revision 3).
- Day 0 is the full first day of symptoms. Day 1 is the first full day after symptoms developed.
- During the 5 day period of isolation monitor symptoms and be sure to seek medical attention for any trouble breathing, persistent chest pain, inability to stay awake/alert, or other concerning severe symptoms.

- Stay in a separate room from other household members, if possible. Don't share personal household items and wear a well-fitting mask when around others. Ventilate the space as much as possible.
- Personnel may leave isolation after 5 days if they are no longer having symptoms or if they have no fever for more than 24 hours without the use of medication (and any remaining symptoms are resolving). New shortness of breath, severe fatigue, or fever, near day 5 of isolation, requires extended isolation determined by a medical provider.
- It is imperative that personnel utilize a well-fitting mask for an additional 5 days after leaving isolation when around others in an indoor setting.
- A negative test is not required to discontinue isolation.
- If fever, shortness of breath, or severe fatigue starts or continues, personnel must stay in isolation until these symptoms resolve.
- If you believe you have been exposed and if you develop symptoms: 1) isolate as per above and 2) seek medical advice from your PCM and care team or call the Nurse Advise Line at 1-800-TRICARE, option 1.