



DEPARTMENT OF THE ARMY  
ARMY HEALTH CLINIC STUTTGART  
UNIT 30401  
APO AE 09154

MCEU-BAV-STG

19 June 2020

MEMORANDUM FOR Incoming Personnel to USAG Stuttgart

SUBJECT: USAG Stuttgart Public Health Emergency Officer Guidance for Incoming Personnel

1. References: Center for Disease Control Critical Infra-structure Workers, Robert Koch Institute (RKI)

2. Definitions of restriction of movement terms:

a. Isolation: Used for persons with symptoms consistent with COVID or else a positive COVID test. Must remain in quarters. If possible, arrange to stay in own bedroom, have own bathroom and do not use the kitchen. Household transmission rate is high for persons who are unable to isolate within their house/quarters

b. Quarantine: Used for persons who are at high risk for exposure to COVID-19. Must remain in quarters. For example, a close contact recently tested positive or else recently traveled. Although some countries are more high risk than others, the act of travel itself is high risk and necessitates quarantine. The act of travel and then working in daily close quarters is one of our highest risk activities. COVID can take up to 14 days to produce symptoms. Persons cannot test out of quarantine if exposed to a known positive.

c. Exempt Personnel: Travelers from the US are exempt from the German quarantine requirement if they have the following: 1) A negative PCR based COVID-19 test within either 48 hours prior to departure or else on arrival. 2) No COVID-19 like symptoms. 3) A note from a physician indicating they have had a negative test and are without any symptoms. Understand that exempt does not mean immune and that it is expected that the traveler avoid unnecessary and high transmission risk activities. Exemption status will be revoked in the event of increased community transmission. Also note that while the German requirement is only a test 48 hours prior to arrival or on arrival; however, we will also be testing at the 5-6 day mark. That test is required to maintain your exempt status.

d. "Working" Quarantine: This is a term used to describe recent travelers who are exempt from the German quarantine requirement as detailed above in 2.c, have had a negative COVID test and are without COVID like symptoms. As exempt does not mean immune, we expect exempt new arrivals into Stuttgart to limit their interactions within the community as much as possible. If a new arrival develops symptoms at any point, he/she must go to the clinic for repeat COVID testing. Even though someone may be

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exempt, during the “working” quarantine period, we recommend that these persons avoid crowded areas, lines, gyms, tourist travel, visiting friends, cookouts, classrooms, swimming pools, hotel lounges, conference rooms, theaters, etc. For persons returning from official travel, we recommend telework for the 14 days if possible while on working quarantine. Travel and close quarters workspaces are extremely high risk for transmission and should be avoided. Examples of approved activities include required in-processing (\*avoid classrooms), shopping for food, walking the dog, outdoor activities that do not involve crowds, etc. In other words, the exempt traveler can do lower risk things he/she absolutely have to do, but should remain isolated as much as possible during the initial 14 days.

### 3. Guidance for Persons Who Move to Stuttgart (PCS, TDY, etc.):

a. Day 1 or 2 in Country: Traveler will go to clinic as soon as possible and get initial COVID 19 screen. Traveler will be under full quarantine until first COVID test comes back negative. That test should be returned within 24 hours. At that point, if COVID test is negative, the traveler will enter “working” quarantine if he/she meets exempt criteria as detailed in section 2.c. The exempt traveler must have a physician’s certification of negative test in possession at all times. If he/she does not arrive with one, he/she can obtain one from the Patch Clinic. If traveler does not meet “exempt” criteria, he/she will remain in quarantine for full 14 days from date of travel.

b. Day 5 or 6 in Country: Return to clinic for repeat COVID testing. We are screening to see if the traveler was infected in transit. If that test is negative and traveler remains without symptoms, the traveler may continue on working quarantine if the traveler meets “exempt” criteria. This repeat test is mandatory to maintain exempt status.

c. Day 14 in Country: If negative prior COVID tests and no symptoms, traveler and family members are fully released and may interact with the community as per general community guidelines. \*\*Note: If the traveler or any family members develop symptoms (\*cough, fever, headache, chills, body aches, loss of smell), they should come to the clinic for testing.

### 4. Guidance for Exempt Persons Who Return to Stuttgart After Official Travel

a. Day 1 or 2: Go to clinic as soon as possible. We are screening to see if the person traveled while positive for COVID. Get COVID-19 screen. Traveler will be under full quarantine until first COVID test comes back negative. At that point, the traveler will enter “working” quarantine as described above. Recommend tele-work for full 14 days if possible. In select circumstances, if the traveler can isolate himself/herself at work in their own office and limit face to face interaction, return to work while on working

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quarantine may be acceptable. Family members who remained at home and who did not travel with the person, will not enter quarantine status unless anyone in the household develop symptoms or tests positive.

b. Day 5 or 6: Traveler will return to Patch clinic for repeat COVID testing. We are screening to see if the persons was infected in transit. If that test is negative and the person remains without symptoms, the traveler continues on working quarantine. This repeat test is mandatory to maintain exempt status.

c. Day 14: If negative prior COVID tests and no symptoms, person is released and may interact with the community as per general community guidelines. **\*\*Note:** If person or any family members develop symptoms (\*cough, fever, headache, chills, body aches, loss of smell), they are to come to the Patch clinic for testing.

**\*\*Note:** If the traveler or any family members develop symptoms (\*cough, fever, headache, chills, body aches, loss of smell), they are to come to the Patch clinic for testing.

5. Guidance for Exempt Persons Who Return to Stuttgart after Leave: If traveling by vehicle to surrounding countries not designated high risk, no quarantine is required. Traveling by air and returning to close working conditions is one of the highest risk activities we do. If traveling by air, travelers will be required to process back through the clinic for testing. They will be on working quarantine status until the full 14 days is up.

6. Guidance for Official Sponsors: Official sponsors will pick-up and assist incoming personnel. They should wear cloth masks at all times and attempt to distance as much as possible from the traveler and the travelers family. Recommend frequent hand washing. Sponsors are NOT required to enter quarantine unless the incoming traveler is showing symptoms such as fever, cough, body aches, chills, headache, etc. If a traveler tests positive for COVID on the initial test, then the sponsor who drove them will be required to enter quarantine

7. Clinic Hours: USAHC Stuttgart is located on patch clinic and operates as a drive through style clinic. It is open from 0900-1500 Monday through Friday for screening and testing purposes. It is open for a short time on Sunday to process weekend arrivals. All persons who arrive on Sunday morning, should come to the drive through clinic at 1200. The clinic will test individuals who are present at that time. Persons who arrive after that period can return for testing at 0900 on Monday. The drive through clinic is closed on Saturdays.

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8. The point of contact for this memorandum is the undersigned at 314-590-1648 or [troy.r.baker.mil@mail.mil](mailto:troy.r.baker.mil@mail.mil).

  
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19. JUNI 2020