

NSA NAPLES ROM GUIDANCE



Positive for COVID-19

To end ROM you must:

1. Fever-free for 24 hours without fever-reducing medications with symptoms improving
2. ROM for 5 full days
3. Test negative on or after day 5
4. Wear FFP2/KN95 outside the home until 10 days after symptoms started or first positive test

Persistent Positives: If test to exit ROM is positive, get retested in approximately every 5 days until negative **or until day 14**, at which point you may seek medical clearance from your primary care provider.

Exposed to COVID-19 (i.e. Close Contact)

1. No ROM required and monitor for symptoms

If Symptomatic: **** isolate immediately and get tested** (antigen preferred)

If Positive:

- Follow COVID-19 positive guidance

If Negative:

- No ROM, but follow medical non-COVID guidance such as SIQ
- If symptoms fail to improve, consider a second test 48-72 hours later

If Asymptomatic

- No test required

2. Must wear FFP2/KN95 for 10 days from close contact date

How to Calculate Days

Date of exposure* = day 0. If exposed on the 1st, a

- 5 day ROM runs the 2nd through the 6th with return on the 7th
- If exposure is ongoing (i.e. in your home, ROM/masking will be lengthened to 10 days after exposure ends).

US CDC Quarantine and Isolation Calculator available here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

*** Note this is only for timing, US CDC does not require a negative test, but Italian law does.

Definitions and Recommendations

**Symptoms of COVID-19 include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Note: Travel is not recommended while sick with COVID-19, until ROM for COVID-19 has ended, or if you are still required to wear a high-quality mask around others and are not able to for the full duration of your trip.