

Naval Health Clinic Charleston (NHCC) COVID-19 Guidance for Tenant Commands

If you feel sick, have any of the following symptoms or have a positive self-test, please notify your chain of command, **self-isolate** and contact **Military Medicine at 843-794-6649/6652** to schedule an appointment during sick call hours for a laboratory confirmed test.

- Fever, cough, difficulty breathing, sore throat, loss of taste or smell, congestion or runny nose, fatigue, muscle or body aches

Return to Work Criteria

If you test positive, stay home, isolate and do not travel. In accordance with the CDC's "[Isolation Guidance](#)" symptomatic members may return to their place of duty after all the following are true:

- At least 5 days have passed since symptoms first appeared.
- At least 24 hours have passed with no fever without fever-reducing medication.
- Symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months and need not delay the end of isolation).
- Wear a mask around others for ten days from the date of the positive test.

If you do not have improvement of COVID-19 symptoms after 5 days, have severe COVID-19 or an immune disease, contact **Military Medicine at 843-794-6649/6652** to schedule with your healthcare provider for recommendations.

If you receive guidance from a healthcare provider that you may not return to school/work, please submit that information to your Chain of Command.

If you test negative with a laboratory confirmed test, you can end your isolation.

If you are experiencing symptoms and test negative with a self-test, self-isolate and contact Military Medicine to schedule a laboratory confirmed test during sick call hours.

Vaccination

Naval Health Clinic Charleston offers the Moderna Vaccine to all Active Duty, Civilian Staff, Beneficiaries, Retirees and Dependents. Please schedule your initial dose or booster shot online at: <https://informatics-stage.health.mil/covax>

Naval Health Clinic Charleston (NHCC) COVID-19 Guidance for Beneficiaries

If you have any of the following symptoms or have a positive self-test, please **self-isolate**.

- Fever, cough, difficulty breathing, sore throat, loss of taste or smell, congestion or runny nose, fatigue, muscle or body aches

Testing

PCR testing facilities are available in the local area. It is recommended to bring your driver's license and insurance card to each facility.

- CVS -- Any CVS location, appointments are made on the website:
<https://www.cvs.com/minuteclinic/covid-19-testing/covid-scheduler?symptoms=covid>
- NasonCare: 843-773-9903 -- No appointment needed, Monday-Friday 0800-2000
2233 Northwoods Blvd, North Charleston, SC 29406
- MUSC: 843-876-7227-- Appointment required
62 Bee Street, Charleston, SC 29403
- Palmetto Primary Care Physicians-Corporate Business Office -- Appointment required
2500 Elms Center Rd. North Charleston, SC 29406

For additional testing sites or sites outside of the local area, reference the DHEC locator at:

<https://scdhec.gov/covid19/covid-19-testing-locations>

Return to Work Criteria/When to End Isolation

In accordance with the CDC's "[Isolation Guidance](#)," isolate until:

- At least 5 days have passed since symptoms first appeared.
- At least 24 hours have passed with no fever without fever-reducing medication.
- Other symptoms of COVID-19 are improving (loss of taste and smell may persist for weeks or months and need not delay the end of isolation).
- Wear a mask around others for ten days from the date of the positive test.
- If symptoms are not improving, isolate for full ten days.

If you do not have improvement of COVID-19 symptoms after 5 days, have severe COVID-19 or an immune disease, contact your healthcare provider.

Vaccination

Schedule your initial dose or booster shot online at: <https://informatics-stage.health.mil/covax>