

## U.S. Army Garrison Stuttgart COVID-19 Quick Reference Guide

### COVID-19 Travel Quick Reference Guide (See Notes 3, 4, 5, 9, and 15)

**Note:** This guidance applies to personnel entering Baden-Württemberg, Germany and applies to official and unofficial travel. This guidance is a compilation of current U.S., DoD, USAG Stuttgart, and Host Nation guidance. All travelers entering Germany from high risk and variant areas, regardless of method of transportation, must complete the online travel registration: <https://www.einreiseanmeldung.de/>. For information regarding travel from Germany to other countries, adhere to U.S. guidance, DoD policy, HN requirements, the Electronic Foreign Clearance Guide, and destination guidance.

Pre-Travel Requirements (Travelers 12 & older)	Traveling From (Note 3)	Digital Registration	Pre-Travel Testing Requirement	Restriction of Movement/ Quarantine Requirement	Notes
Proof of Vaccination (Note 5) or Proof of Recovery or Negative Result	Other areas not covered	Check before Travel & Return	Negative Result Option Only-NEG PCR-Test (w/in 72h) or Antigen-Test (w/in 48h)	No	N/A
	High Risk Area	Yes		Yes, 10 days OR day 6 or later with a negative PCR test	N/A
	Area of Variant of Concern	Yes	All Travelers, NEG PCR-Test (w/in 72h)	Yes, 14 day (No exemption for fully vaccinated nor test out option); release with proof uploaded in digital registration	Test regardless of mode of travel

### COVID-19 Positive Quick Reference Guide (Note 6, 9, 10, 11, and 13)

Status	Testing Requirement	Restriction of Movement (Isolation)	Notes
COVID-19 Positive	N/A	Yes, minimum of 5 days from POS Test (Day of symptoms starting is Day 0)	Required to wear a mask for 10 days from POS test (Note 6). Isolation over 10 days may be required; AHC-S will provide a isolation release plan. Release contingent on significant improvement in initial symptoms and free of fever for 24 hrs without the use of medications, shortness of breath and severe fatigue.

### COVID-19 Close Contact Quick Reference Guide (See Notes 1, 2, 6, 7, 8, 11, 12, and 13)

Vaccination Status	Restriction of Movement (Quarantine)	Testing Requirement	Notes
Not Up to Date (Note 1)	For at least 5 days from last contact with COVID positive person	Recommend at least 5 days after last contact with COVID positive person	Wear a mask for 10 days from last contact (Note 6). Monitor for symptoms. If symptomatic see Symptomatic Section of the Quick Reference Guide.
Up to Date (Note 2)	No		

### COVID-19 Like Symptoms (Sick/ill) Quick Reference Guide (See Notes 9, 10, 11, and 13)

Status	Testing Requirement	Notes
Symptomatic	Home Test or Official Test (Note 9)	<a href="https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs">https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs</a>
Emergency Warning Signs	Go to the ER or Call 112	<a href="https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention">https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention</a>

### COVID-19 Mask Reference Guide (Notes 6, 7, 8, 14, and 15)

Status	HPCON A & B or Low & Medium Community Levels	HPCON C or High Community Levels	Notes
5 years-old or older	No	Yes	N/A

- Not Up to Date – Either primary series is not complete (i.e. 14 days post the last shot(s) in the series(s)), or has not received recommended COVID-19 booster despite being eligible (See Note 2).
- Up to Date on Recommended Vaccines = Received an FDA licensed or authorized COVID-19 booster; OR it has been less than 5 months since completion of the primary series (14 days after 2nd dose) of a mRNA vaccine (i.e., Pfizer-BioNTech Comirnaty or Moderna); OR it has been more than 14 days but less than 2 months since receiving Johnson and Johnson a COVID-19 vaccine OR Recovered = COVID-19 Positive within 90 days of Testing Positive.
- To determine the status of the area you are traveling from, check the Robert Koch Institute (RKI) website at: [https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/nCoV\\_node.html;jsessionid=9F08BDC3C127D60B3E0356639673195F.internet051](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV_node.html;jsessionid=9F08BDC3C127D60B3E0356639673195F.internet051), look for a link labeled "Internationale Risikogebiete, ausgewiesen durch das Auswärtige".
- Travelers must understand COVID-19 testing and movement restrictions for each nation they will enter and transition through. Additional requirements may be imposed by airlines and local public health authorities. Check with the airline and understand how layovers or multi-destination travel may impact individual testing requirements.
- HN vaccination requirements can be found in the German Federal Interior Ministry's website, <https://www.bmi.bund.de/SharedDocs/faqs/EN/topics/civil-protection/coronavirus/travel-restrictions-border-control/IV-restrictions-applying-to-air-and-sea-travel-outside-of-europe/what-rules-apply-for-fully-vaccinated-people.html> "What rules apply for fully vaccinated people?"; Note: Germany's full vaccination definition for entry until 30 Sep 22 requires two vaccine doses (i.e., no booster if you got Pfizer or Moderna).
- Cloth Masks are not authorized, masks must at a minimum be Medical Grade (Recommended FFP2 and N95 Masks).
- Masks are required in Stuttgart medical facilities to include the COVID-19 test and vaccination sites.
- Masks when not mandated are always permissible.
- Only a PCR or Certified Antigen are considered official tests. Home Tests Information <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs>.
- Beneficiaries who test positive for COVID-19 should contact their PCM who can evaluate therapy treatment options and prescribe antiviral medication if indicated.**
- COVID-19 Positives are required to notify their close contacts. Close contacts are required to comply with the Close Contact Quick Reference Guide.
- Close contacts are someone who was less than 6 ft away from an infected person in the previous 48 hours of symptom onset or diagnosis for a cumulative total of 15 mins or more over a 24-hr period.
- Due to current risk level COVID-19 screening is not required.
- CYS staff and children 6 and up in CYS programs will be required to wear masks for 5 days from last close contact.
- Ensure your familiarity and compliance with Host Nation and community partner COVID-19 Guidelines as additional measures may apply.