



Handout For Aircrew Who Have COVID-19



Your Flight Plan Back To The Cockpit



US Navy and Marine Corps personnel in a special duty flight status work in an occupational environment that requires optimal respiratory function and maximum physiological margin to safely operate their aircraft. Asymptomatic disease course only requires flight surgeon visit.

Like any infection, symptomatic COVID-19 places aircrew in a down flight status until they are recovered and see their Flight Surgeon for an Up-chit evaluation

When Have You Recovered?

- You are feeling back to normal and have significant symptom improvement
- It has been greater than 14 days (21 days if hospitalized) since fever or symptoms began and 24 hours since fever resolved without using medication



Your Flight Surgeon will check your lungs, heart, level of physical endurance, and any other affected body systems

Complete Evaluation Includes:

- EKG to check for heart inflammation
- Blood Oxygen Saturation $\geq 96\%$ to check for low blood oxygen level
- Exercise Tolerance Test to check for physical endurance
- Pulmonary Function Tests to check for lung inflammation and scarring (not always required)



COVID-19 can effect almost every body system

Complete return of full physical capability after COVID-19 can be immediate or take weeks of gradual rehabilitation

The diagnosis of COVID-19 is Not Considered Disqualifying (NCD) and a waiver is not required

Aircrew with persistent symptoms or who were hospitalized require NAMI review



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