

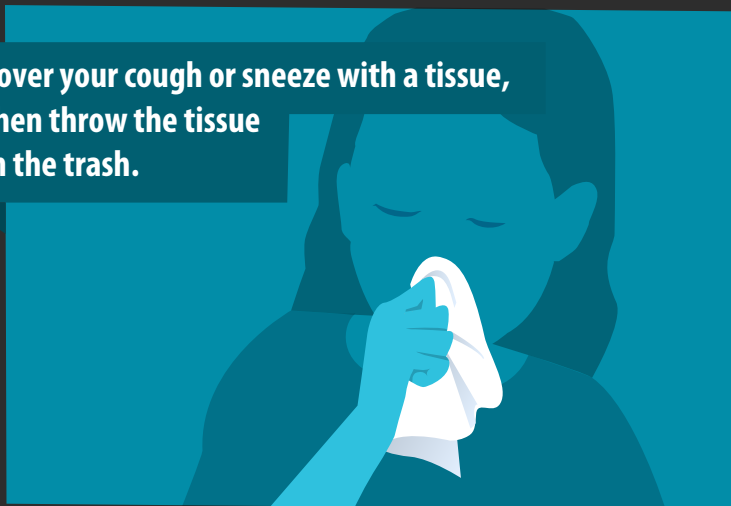
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue,
then throw the tissue
in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently
touched objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

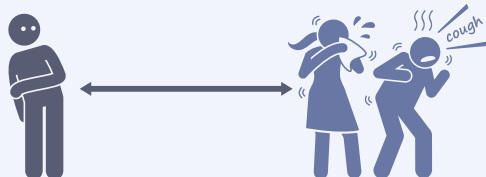
Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Avoid close contact with people who are sick

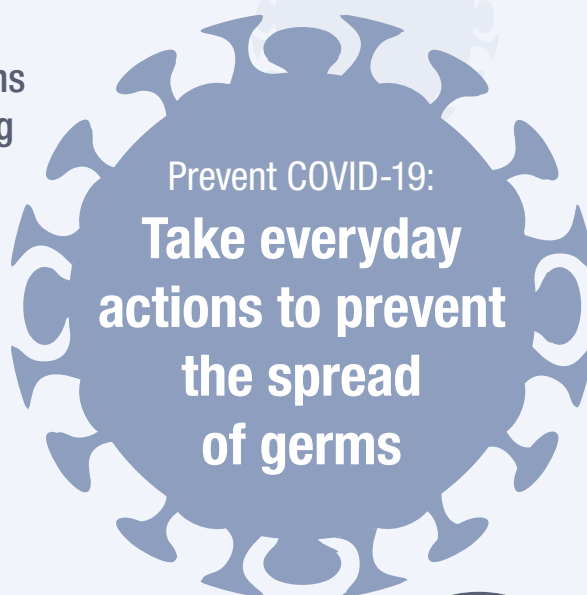


- Wash your hands often for at least 20 seconds with soap and water



- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you are sick and avoid close contact with Family members and pets



- Use hand sanitizer when soap and water are unavailable

- Avoid touching your eyes, nose, and mouth



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable



- Create an emergency preparedness kit



For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

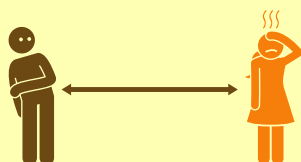
Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>



Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Continue taking everyday actions to stop the spread of germs



- Routinely clean and disinfect frequently touched objects and surfaces



**If COVID-19
is present in
your community**



- If you are sick, call your medical provider for instructions on receiving care before going to the clinic



- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies before going to the clinic



For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat.

Visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance> for more information.



PUBLIC HEALTH ALERT

Coronavirus Disease 2019 (COVID-19)

Current Situation: The Centers for Disease Control and Prevention (CDC), the Military Health System, and the U.S. Army Public Health Center are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus. Cases have been identified in a growing number of international locations, including in the United States, and transmission has occurred in communities near OCONUS U.S. installations. This is a rapidly evolving situation and information will be updated as it becomes available.

Transmission: Human coronaviruses are most commonly spread from an infected person to others through:

- the air by coughing and sneezing.
- close personal contact, such as touching or shaking hands.
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

How to protect yourself and others: There are currently no vaccines available to protect you against human coronavirus infection. To reduce your risk of infection or transmitting the virus to others:

- wash your hands often with soap and water for at least 20 seconds.
- avoid touching your eyes, nose, or mouth with unwashed hands.
- avoid close contact with people who are sick; and stay home while you are sick.

Symptoms: Common human coronaviruses usually cause mild to moderate upper respiratory tract illnesses, like the common cold. Most people get infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. Symptoms may include:

- runny nose
- cough
- fever
- headache
- sore throat
- general feeling of being unwell

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

Testing: If you had recent travel to the affected geographic areas identified by the CDC and get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

Your healthcare provider will order appropriate tests, if needed, and determine if additional precautions should be taken.

Treatment: There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. Medications for pain and fever can help relieve symptoms. If you are mildly ill, drink plenty of fluids, stay home, and rest. If you are concerned about your symptoms, you should contact your healthcare provider.



For additional information on the current outbreak, visit the CDC and APHC websites:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

Background: There is an expanding global outbreak of viral respiratory illness called Coronavirus Disease or COVID-19. While most COVID-19 cases outside of China have been associated with travel to or from China, community spread is being detected in a growing number of countries. Destinations with widespread or sustained community spread of COVID-19 currently include China, Iran, Italy, Japan and South Korea. The fact that COVID-19 has caused illness, including illness resulting in death, and sustained person-to-person spread is concerning. The potential public health threat posed by COVID-19 is high, both globally and to the United States. But individual risk is dependent on exposure. While supporting other government agencies with response to the COVID-19 threat, the U.S. Army is responding appropriately to protect the force and maintain operational readiness.

End-state: Through proactive communication efforts, the U.S. Army will ensure all information on measured preparation for Soldiers, Family members, Army Civilians, and contractors, as well as local and host nation community members is distributed. The Army stands ready to support the whole of government to protect the force and reduce the spread of COVID-19.

Opening statement: The U.S. Army is prepared for Coronavirus Disease 2019, or COVID-19 for short. We strongly urge preparedness as more areas of the world are experiencing community transmission. We continue to assess geographic-specific conditions and will adjust our posture, locally, as conditions warrant to ensure the health protection of all members of the team and surrounding communities. The Army is taking appropriate measures to protect the force and maintain operational readiness. We will continue to assess current operations to ensure the safety of all our Soldiers, Family members DA civilians and contractors. We encourage all personnel to follow the guidance on their installation websites and social media platforms daily for updated information about the disease and status of post facilities and closures. Links will also be provided to other reliable information sources like the Centers for Disease Control and Prevention.

Closing statement: Our community and daily lives will be impacted by any recommended protective measures that are, or will be, in place so that we can ensure your health and safety during this rapidly changing environment. There will be impact related to travel, scheduled leave and TDY, schools, daycare, child and youth programs, health care clinics and commissary facilities. Together, we can prepare for the real possibility of restricted access or closure of these locations, and we ask your patience and cooperation if and when actions need to be taken. We thank you for your support and patience as we take action to better protect our community's health and when necessary to treat those who become ill. Working together and cooperating is our best defense.



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

Themes, Messages and Talking Points

Health and Welfare

MSG: The Army's top priority is the health and welfare of its forces. We are prepared to help combat the spread of COVID-19 and are taking measures to ensure the health of personnel and communities is not impacted by the spread of this virus.

- The Army's medical personnel are highly trained and skilled and will continue to work closely with the Centers for Disease Control and Prevention (CDC) to slow down transmission and keep people healthy.
- We review and assess the COVID-19 situation continuously, and if it is determined for public safety to further implement restrictions or closures, we need your assistance in preparing for those actions.
- We are following the guidelines and recommendations of the CDC (as directed by the DOD) and have put into place a process for screening individuals who present with symptoms and providing them with appropriate health care as necessary.

MSG: Force health protection is our top priority. Protecting the force includes mitigating the spread of the virus by following recommended preventive measures.

- The Army Medical Command and Army public health officials are complying with all current public health and installation commander's force health protection guidance and other COVID-19-related health protection measures. They continue to coordinate with federal, state, local and host nation public health personnel.
- Army commanders are applying a risk-based framework to make necessary decisions about response posture to ensure health and safety of our forces and beneficiaries. The current, local condition will be communicated as a Health Protection Condition with updates to recommended actions and any necessary operational changes. Individuals in areas experiencing community transmission are urged to follow all recommended CDC and Health Protection Condition guidelines in order to slow down transmission and keep people healthy.

MSG: The Army remains committed to working with interagency partners to provide support in protecting the American people.

- Commanders will issue specific force health protection guidance to their forces in consultation with their public health emergency management teams.
- The Department of Health and Human Services, led by the CDC, is the federal government lead for the response to the virus; DOD is providing support as needed.



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

Messages and TPs for Areas with Sustained or Widespread Transmission

HPCON Charlie – Sustained Community Transmission

MSG: Due to the rapidly changing status of the COVID-19 and sustained community transmission at (insert location/installation), it has become necessary for the protection of your health (or our communities health) that we take actions consistent with a Health Protection Condition Charlie.

- Limiting access (or closure) to the installation (facility) and the cancellation of activities is a measure intended to slow down the spread of (or the transmission) of COVID-19 within our community and to further protect your health.
- We ask your assistance in preparing for the possibility of additional restrictions to post or facilities. There may be a need for social distancing (home isolation, quarantine) in the future and we recommend that you take the following actions today in order to prepare:
 - Get ahead on routine prescriptions by obtaining a 30-90 day supply for all family members (especially those with preexisting medical conditions).
 - Purchase nonperishables, diapers, formula, pet food or other routine items that would be needed for a period of time at home during a sustained period of transmission in the community.
 - Be certain to have appropriate items for the care of pets if a period of social distancing would prevent access to veterinarian clinics.
 - If you or a family member develop symptoms or have questions related to your health, we ask that you contact (insert hotline information or protocol for contacting the MTF) so that our healthcare providers can best address your needs. Contacting the (hotline/ MTF number) is the best way to further protect the community.

HPCON Delta – Widespread Community Transmission

MSG: Due to the rapidly changing status of the COVID-19 outbreak and widespread community transmission at (insert location/installation), it has become necessary for the protection of your health (or our communities health) that we take actions consistent with Health Protection Condition Delta.

- *[If your command has declared a local public health emergency, or one has been declared in your state, it is important to include this talking point]* A local public state of emergency has been declared by (insert authority) and we are partnering with those resources in order to fully support the measures required to protect your health.
- *[If evacuation is necessary or required include this talking point]* Evacuation of our area (installation, region, city, state) has been directed and we stand ready to assist that process with your safety as a priority. Please follow the appropriate instructions that have been put in place and assist those who may need additional support.



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

- If you or a family member exhibits symptoms or you have an immediate emergency, we ask that you contact (insert local protocol (e.g., 911) and phone number (hotline, local MTF) in order that we may better determine how to help. This contact via telephone is to further protect the community and allow for health care providers to respond to you as efficiently as possible.
- Cancellation of all non-mission essential travel is in effect in order to allow for home isolation, medical treatment or social distancing as necessary for our community. We continue to assess those missions critical to our national security daily and coordinate our efforts with the DOD.
- Restriction of movement, cancellation of public gatherings, home isolation and the practice of social distancing is critical. Cancellation of non-mission essential activities is in effect and we are maximizing our telework capabilities to continue operations. A full listing of restricted access or closure of facilities to all personnel can be found at (insert link or location).
- We are encouraging strict adherence to the force health protection measures in place as the spread of the virus is ongoing and includes the majority of our region (area, state, etc.).
- It is of the utmost importance that we work together as community to safeguard lives and resources.



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

Q&A

Q1. What is novel coronavirus?

A1: A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19) is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Q2. How does the virus spread?

A2. Person-to-person spread is believed to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza viruses and other respiratory pathogens spread. It may also be acquired by touching a surface or object that has the virus on it and then touching one's own mouth, nose, or possibly their eyes. **The Army is prepared and continuing to take measures to ensure the health of personnel and communities. Army medical personnel are prepared to help combat potential widespread infection.**

Q3. What is a pandemic?

A3. **Force health protection is our top priority. Protecting the force includes mitigating the spread of the virus through following recommended preventive measures.** A pandemic is typically considered to be an epidemic (i.e., widespread outbreak) of a new (or novel) infectious disease that spreads worldwide. The World Health Organization officially designates pandemics.

Q4. There is a lot of misinformation out there that seems designed to create panic – what sources should personnel and community members rely on?

A4. Feeling alarmed is normal when we are threatened, but there are many preventive and protective measures being implemented that minimize the transmission risks of this disease. We urge you to visit your installation websites and social media platforms daily for updated information about the disease and status of the post facilities and closures. Links may be provided to other sources such as the CDC that will have reliable information. **The Army's medical personnel are highly trained and skilled and will continue to work closely with the Centers for Disease Control and Prevention under the direction of the Army Surgeon General in order to slow down transmission and keep people healthy.**

Q5. What should families in areas experiencing community transmission do to help the installation manage this disease outbreak?

A. Follow the instructions and health protection measures announced by the installation, check the installation website and social media platforms for daily updates updated information, practice personal hygiene, use preventive measures against transmission, and if symptoms arise call your medical treatment facility for instructions on seeking treatment. **Force health protection is our top priority. Protecting the force includes mitigating the spread of the virus through following recommended preventive measures, which can be found at <https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>**

Q6. If a Service Member on an installation is diagnosed with COVID-19 should installation personnel be concerned?

A. Anyone diagnosed with COVID-19 will be immediately isolated and treated by the MTF staff to prevent transmission of the virus to other persons. Also, possible contacts who were exposed to the individual will be identified and provided appropriate care.



Public Affairs Office, usarmy.apg.medcom-aphc.mbx.pao@mail.mil, 410-417-0560, March 2, 2020

Q7. What are MTFs doing to educate, prevent, screen and manage efforts?

A7. The MTFs are protecting the force using DOD Force Health Protection Guidance.

- MTFs continue to mitigate the spread of the virus and ensure accountability of all Service members. MTF staffs are preparing and training in CDC processes, and ensuring MTFs rehearse all screening and event management processes.
- The MTF Staff must be protected as well by developing and distributing personal protective equipment (PPE) and developing health surveillance and contact tracing processes in coordination with state and local public health organizations.
- MTFs will respond to the COVID-19 threat through early identification and management of possible cases, protection of staff and beneficiaries within the MTF, and protection of the local community.
- MTFs are continuing to provide education and information, and, in collaboration with the installation leadership, acting in partnership with all state, local and host nation public health organizations.

Q8. There is a lot of confusion around the use of respirators, including the N-95, and surgical masks. How should these products be used?

A8. The use of N-95 respirators is reserved for medical personnel who have been medically cleared, properly fit-tested, trained in the product's use, and enrolled in a respiratory protection program. The N-95 is to protect healthcare workers or others at increased occupational risk from inhaling droplets or aerosols while conducting medical procedures. These important supplies must be conserved for use by medical professionals engaged in the care of sick individuals. Likewise, surgical masks are intended to cover the nose and mouth of ill, symptomatic, potentially infected persons to minimize droplets from being dispersed in the environment during coughing or sneezing. As surgical masks are not effective for preventing infection in otherwise healthy persons, their casual use is not recommended. Although you may see many pictures of people around the world wearing face masks, they are not an effective means of preventing infection from viruses like the one that causes COVID-19. Everyday hygienic practices, such as washing your hands, covering your cough, and avoiding contact with sick people, are the most effective ways to protect yourself from the virus.

Q9. What does “limited to mission essential personnel” mean when bases restrict access?

A9. Certain installation personnel will be identified as essential to continue and maintain basic operations of the installation. These will likely include medical, security, power supply, DPW, transportation and emergency personnel.

HPCON

Health Protection Condition Levels

Coronavirus Disease 2019 (COVID-19)

Department of Defense Public Health Emergency Management policy assigns health protection condition (HPCON) levels to disease outbreaks, such as the spread of COVID-19, based on the severity of the disease and the level of transmission occurring in the local community.

HPCON levels outline specific actions you can take in response to a health threat. While it's always important to prevent the spread of germs, there are additional steps you can take if COVID-19 transmission becomes more widespread in your community. Regardless of the current HPCON level, always follow the guidance from your installation and local public health agencies.

Take the following actions to protect the health and safety of your Family and your community.

0 ROUTINE

No community transmission

Take everyday actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- Wash your hands often and for at least 20 seconds with soap and water.
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable.
- Avoid touching your eyes, nose, and mouth.
- Ensure all immunizations are up to date, including your seasonal flu shot.
- Stay home if you are sick, and avoid close contact with Family members and pets.
- Create an emergency preparedness kit.

ALPHA LIMITED

Community transmission beginning

Continue all previous actions and:

- Routinely clean and disinfect frequently touched objects and surfaces.
- If you are sick, call your medical provider for instructions on receiving care before going to the clinic.
- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE

Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands and hugging.
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
- Ensure supplies of food, medication, and other items needed for babies and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CHARLIE SUBSTANTIAL

Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

DELTA SEVERE

Widespread community transmission

Continue taking all previous actions and:

- Expect to remain at home for extended periods of time as movement in the community may be restricted, and at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and Federal authorities; these actions are to protect the health and safety of you and your Family.

For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

The Military Health System Nurse Advice Line is available 24/7

by phone, web chat, and video chat.

Visit <https://www.health.mil/I-Am-A-Media/Media-Center/NAL-Day-at-a-glance> for more information.



Recommended Command Talking Points

HPCON 0 - Routine— Prior to Community Transmission

While there is currently no immediate public health threat in our area (insert location), we want you to know that all levels of the DOD are working together proactively and taking every possible precaution to respond to threats of public health.

The fact that COVID-19 has caused illness and is known to be transmitted person to person is concerning and for that reason we are assessing the situation constantly and will update you if further precautions are necessary.

We are using a risk-based framework to make necessary decisions about our response posture to ensure health and safety of our forces and beneficiaries. We will communicate the current conditions as a Health Protection Condition. We ask that you familiarize yourself with the framework and encourage everyone to stay informed.

Actions at this time are routine, normal operations and we support ordinary, good, proactive health practices every day.

HPCON Alpha- Limited- Community Transmission Beginning

Recently there have been confirmed COVID-19 illnesses in our community. Due to this, our Health Protection Condition is now at Alpha and we are taking measures recommended to reduce the spread of the virus. We are following the guidelines and recommendations of the Center for Disease Control (as recommended by the DoD) and have put into place a process for screening individuals who present with symptoms and providing them with appropriate health care as necessary.

(This is where a recommendation to share the basic screening process would be good)

If you or a family member has health concerns, we encourage you to self-report immediately to (insert clinic, facility or hotline to include number). Be prepared to detail any travel history.

We recommend avoiding contact with known sick people, and exercise proper hand hygiene and cough/sneeze etiquette at all times.

Your awareness and support of these efforts and guidelines is our best defense.

HPCON Bravo- Moderate – Increased Community Transmission

Currently we have increased community transmission of COVID-19 (if in a specific location or population, insert here). Due to this, our Health Protection Condition is now Bravo. We are enhancing our measures offer further protections of our community.

The safety and health of our community is a top priority, the conditions now warrant restricting access to (insert name of location, area, facility) until further notice. Restricting (insert name of location, area, and facility) will assist our attempts to slow down the transmission of the virus and further protect individuals from illness.

Strict hygiene and avoidance of areas where transmissions are high is critical. It is important to know that this is a rapidly changing situation and a need to further restrict travel or close facilities may occur. These may happen suddenly and therefore we are asking for your help in preparing for the possibility of home isolation for up to two weeks.

We continue to follow the guidelines and recommendations of the Center for Disease Control (as recommended by the DOD) and are screening individuals who present with symptoms and providing them with appropriate health care as necessary. Your awareness of exposure potential and or symptoms will help you to assist health care evaluations and the need for home isolation or treatments.

(This is where a sharing the basic screening process would be good)

Individuals with the highest risk of contracting the virus (elderly, immune compromised, etc.,) are encouraged to follow these personal protective measures provided on this handout. (Provide information)

Additionally, we are assessing all military exercises, training and operations in order to modify them as appropriate.

We are providing daily updates on the status of restrictions and potential closures at the following site (insert) and recommend you check it frequently for information.

We thank you for your support during this time of action to better protect our community's health and when necessary to treat those who become ill. Working together and cooperating is our best defense.

HPCON Charlie-Substantial – Sustained Community Transmission

Due to the rapidly changing status of the COVID-19 and sustained community transmission at (insert location/installation), it has become necessary for the protection of your health (or our communities health) that we take actions consistent with a Health Protection Condition Charlie.

Limiting access (or closure) to the installation (facility) and the cancellation of activities is a measure intended to slow down the spread of (or the transfer) of COVID-19 within our community and to further support the protection of your health.

The following are the specifics of the current restriction (closure):

If you live off post- (insert specific details/directives)

If you live on post- (insert specific details/directives)

If you are mission essential- (insert specific details/directives)

We review and assess the COVID-19 status multiple times daily and if it is determined for public safety to further implement restrictions or closures, we need your assistance in preparing for those actions.

We ask your assistance in preparing for the possibility of additional restrictions to post or facilities. There may be a need for social distancing (home isolation, quarantine) in the future and we recommend that you take the following actions today in order to prepare:

- Get ahead on routine prescriptions by obtaining a 30-90 day supply for all family members (especially those with preexisting medical conditions).
- Purchase nonperishables, diapers, formula, pet food or other routine items that would be needed for a period of time at home during a sustained wave of transmission in the community.
- Be certain to have appropriate items for the care of pets if a period of social distancing would prevent access to veterinarian clinics

Our community and your daily lives will be impacted by the recommended measures that are or may need to be taken in order to protect your health and safety during this rapidly changing event. There will be impact related to travel, schools, daycare/child and youth programs, health care clinics and commissary facilities. Together, we can prepare for the real possibility of restricted access or closure of these locations and we ask your patience and corporation if and when actions need to be taken.

If you or a family member develop symptoms or have questions related to your health, we ask that you contact (insert hotline information or protocol for contacting the MTF (insert number)) so that our healthcare providers can best address your needs. Contacting the (hotline/ MTF number) is the best way to further protect the community. We are prepared to support COVID-19 and routine health emergencies through this process.

We thank you for your support during this time of action to better protect our community's health and when necessary to treat those who become ill. Working together and cooperating is our best defense.

HPCON- Delta -Severe – Widespread Community Transmission

Due to the rapidly changing status of the COVID-19 and wide spread community transmission at (insert location/installation), it has become necessary for the protection of your health (or our communities health) that we take actions consistent with a Health Protection Condition Delta.

(If you have decided to declare a local public health emergency, or one has been declared in your state, it is important to include the following bullet)

A local public state of emergency has been declared by (insert authority) and we are partnering with those resources in order to fully support all necessary measures.

(If evacuation is necessary or required include the following bullet)

Evacuation of our area (installation, region, city, state) has been directed and we stand ready to assist that process safely and efficiently with your safety as a priority. Please follow the appropriate instructions that have been put in place and assist those who may need additional support.

Cancellation of all non-mission essential travel is in effect in order to allow for home isolation, medical treatment or social distancing as necessary for our community. We continue to assess those missions critical to our national security daily and coordinate our efforts with the DOD.

Restriction of movement, cancellation of public gatherings, home isolations and the practice of social distancing is critical. All non-mission essential activities are cancelled and we are maximizing our telework capabilities to continue operations. A full listing of restricted access or closure of facilities to all personnel can be found at (insert link or location)

We are encouraging strict adherence to the force health protection measures in place as the spread of the virus is ongoing and includes the majority of our region (area, state, etc.)

If you or a family member exhibits symptoms or you have an immediate emergency, we ask that you (insert here the protocol for your area.....call our hotline (number inserted) or contact your local MTF at (insert phone number) in order that we may better determine how to help. This contact via telephone is to further protect the community and allow for health care providers to appropriately address the widespread virus.

It is of the utmost importance that we work together as community to safeguard lives and resources.