

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.



For more information: www.cdc.gov/COVID19

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.

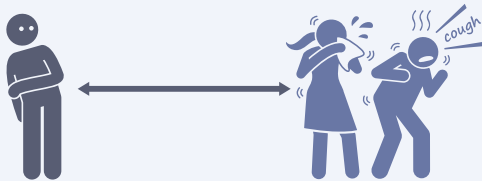
Is there a treatment?

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

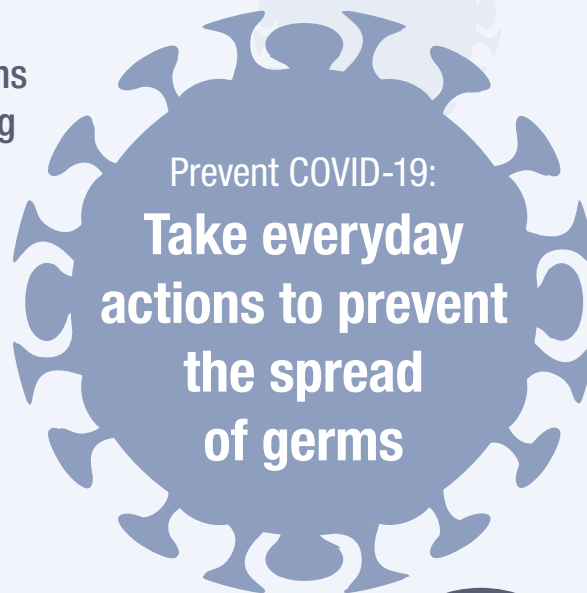


- Wash your hands often for at least 20 seconds with soap and water



- 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>

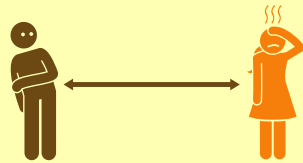
Emergency Kit Checklist for Families:

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



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

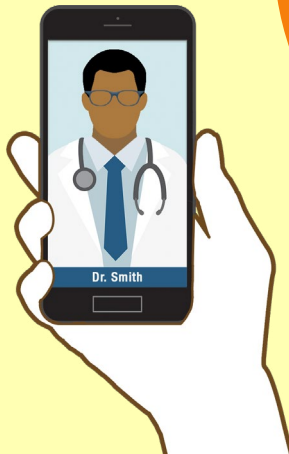
- Continue taking everyday actions to stop the spread of germs



- 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>

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>

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