Prevent and slow the spread of COVID-19:
The virus that causes COVID-19 is spread through close
person-to-person contact (within about 6 feet) and direct
contact with respiratory droplets via coughing, sneezing, and
talking. Take the following actions to prevent and slow the
spread of COVID-19:

Vaccination:
• Stay up to date on COVID-19 vaccinations
  » COVID-19 vaccines are available to protect everyone 6
    months of age and older
  » COVID-19 boosters are available to everyone 5 years of
    age and older, if eligible
• Stay up to date on routine vaccinations

Hand Hygiene and Respiratory Etiquette:
• Wash hands with soap and water for at least 20 seconds.
  When soap and water is not an option, use hand sanitizer
  that contains at least 60% alcohol.
• Avoid sharing personal items and shaking hands
• Avoid touching eyes, nose, and mouth
• Cover nose and mouth when sneezing or coughing (use
  disposable tissues, upper sleeve, or elbow) Maintain social
distancing (keep 6 feet between your family and others)

Masking
• When required or recommended, wear a tight fitting mask
  when out in public or around others. The use of N95, KN95, or
  KN94 masks (i.e., respirators) is preferred, when such masks
  are available. An alternative is using a three-layer mask. These
  types of masks offer better protection than paper or cloth
  single-layer masks.
  » Masks should not be placed on young children under
    age 2 or anyone who has trouble breathing

Housekeeping
• Clean surfaces with soap and water, then use disinfectant on
  frequently used/high touched surfaces
• Launder items, including bedding, clothing, towel, and wash-
  able plush toys as needed
• If possible, launder items using the warmest water setting and
  dry items completely

Stay home if feeling unwell or experiencing
symptoms:
Anyone who is experiencing symptoms must stay home
and may not return until:
• 10 days have passed since the onset of symptoms
• Fever has been absent for 24 hours without the use of fever
  reducing medications
• They are able to participate in daily activities

Signs or symptoms:
Fever
Loss of taste or smell
Headache
Fatigue
Shortness of Breath or Difficulty Breathing
Congestion or Runny Nose
Cough
Nausea/Vomiting
Chills
Diarrhea
Muscle aches/pain
Sore Throat

If a child or youth has abdominal or neck pain, irritability
or sluggishness, red cracked lips, rash, swollen hands
and feet, or any other concerning signs or symptoms,
send medical attention immediately.

Advice for parents and guardians:
Parents and guardians should observe their children
for signs and symptoms and contact their healthcare
provider if they suspect that their child has COVID-19 or
has been exposed. Notify the Child and Youth Services
facility the child attends within 24 hours of a suspected
COVID-19 diagnosis.

For current COVID-19 information:
The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance
For more information, contact your installation’s Department of Public Health.