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

- Practice social distancing by putting space between yourself and others
- Do not travel to areas experiencing active disease transmission
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare
- Ensure you have enough food, medication, and other items to last at least 14 days—don’t forget to gather supplies for babies and pets as well
- Observe local guidance on movement restrictions, and access requirements for military installations
- Wear a cloth face covering when you cannot maintain 6 feet of social distance in public areas or work centers
- Comply with medical orders for self-isolation or quarantine

For current COVID-19 information:
https://phc.amedd.army.mil/covid19
https://www.coronavirus.gov/

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

Pet Disaster Preparedness Kit
https://www.cdc.gov/healthypets/emergencies/pet-disaster-prep-kit.html

The Army COVID-19 Information Hotline:
1-800-984-8523
Overseas DSN 312-421-370
Stateside DSN 421-3700