

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

- Practice social distancing by putting space between yourself and others



- 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



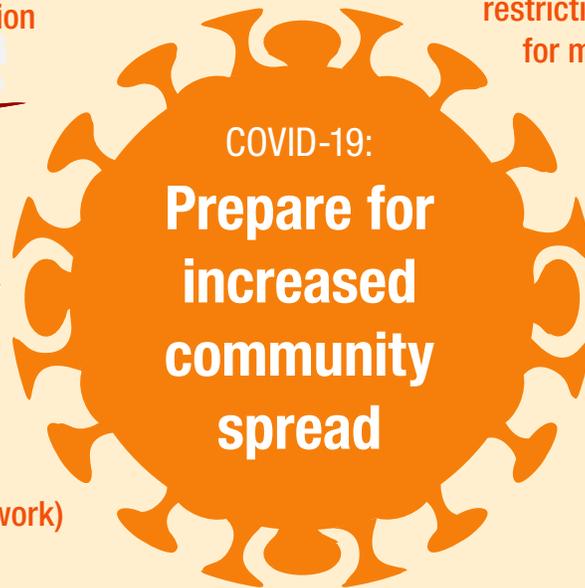
- Do not travel to areas experiencing active disease transmission



- 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



- Wear a cloth face covering when you cannot maintain 6 feet of social distance in public areas or work centers

- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare



- 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/1-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>



**Public Health**  
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523

Overseas DSN 312-421-370

Stateside DSN 421-3700