

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

- Continue taking everyday actions to stop the spread of germs



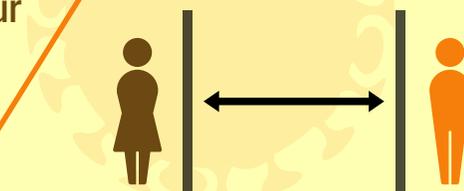
- Routinely clean and disinfect frequently touched objects and surfaces



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



- Practice social distancing by putting space between yourself and others

- 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



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>



Public Health
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Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523

Overseas DSN 312-421-370

Stateside DSN 421-3700