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

- Avoid close contact with people who are sick
- Wear a cloth face covering and maintain at least six feet of distance at any indoor or outdoor gathering with people who live outside your home. This is especially important when indoors.
- Ensure all immunizations are up to date, including your seasonal flu shot
- Wash your hands often for at least 20 seconds with soap and water
- Stay home if you feel unwell and use social distancing by putting space between yourself and others
- 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
- Prevent COVID-19: Take everyday actions to prevent the spread of germs

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

Emergency Kit Checklist for Families:

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