

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

- Avoid close contact with people who are sick



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

- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you feel unwell and use social distancing by putting space between yourself and others

- Avoid touching your eyes, nose, and mouth



Prevent COVID-19:
Take everyday actions to prevent the spread of germs

- Wash your hands often for at least 20 seconds with soap and water



- Use hand sanitizer when soap and water are unavailable

- 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



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>

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.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