COVID-19
Protect Yourself and Your Family

- Get the COVID-19 vaccine when it’s available to you and ensure all immunizations are up to date
- 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.
- Stay home if you feel unwell and use social distancing by putting space between yourself and others
- Wash your hands often for at least 20 seconds with soap and water
- Use hand sanitizer when soap and water are unavailable
- Avoid touching your eyes, nose, and mouth
- Routinely clean and disinfect frequently touched objects and surfaces

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

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
Emergency Kit Checklist for Families:

For more information, contact your installation’s Department of Public Health
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