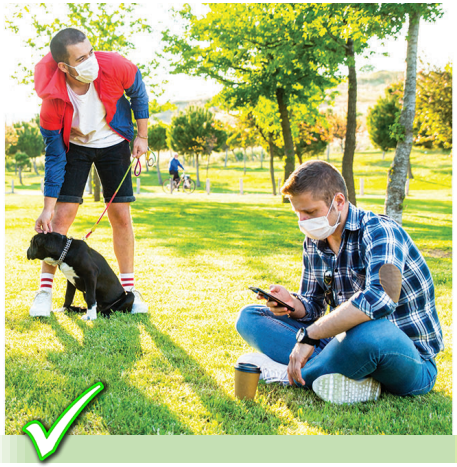
COVID-19 RISK: Aim for the lowest achievable risk



RISK ▶

	Baseline	Low	Medium	High	Very High
Environment	In your own home or on your own property	Outdoors, good air flow (open space, no physical barriers)	Outdoors, poor air flow (air flow blocked; near walls or other barriers)	Indoors, good ventilation	Indoors, poor ventilation
Activity	Outdoor activities on your own property with only those living with you	Outdoor activities, sedentary activities	Normal talking, sharing use of facilities, touching common surfaces	Normal talking, breathing, and contact of shared surfaces and items	Close talking, sneezing, heavy breathing (exertion), singing, coughing, etc.
Social Distance	No exposure to infected individual	Greater than 6 feet →			Less than 6 feet
Exposure Duration		Less than 15 minutes →			Greater than 30 minutes
Face Covering		Good face covering, multi-layer weaved material, fits closely over nose and mouth, proper maintenance/cleaning		Low quality face covering, poor fit, poor maintenance/cleaning	No face covering

COVID 19 CORONAVIRUS DISEASE

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

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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

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

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