

Human coronaviruses are commonly spread:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

Always Protect yourself and others:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick.

Continuously Monitor Your Symptoms:

- Fever
- Cough
- Shortness of breath/difficulty breathing

If you are sick or suspect you are infected with the virus that causes COVID-19:

- Seek medical care. **CALL AHEAD** before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- See the top 10 tips inside

Use the **Coronavirus Self-Checker** to help make decisions about your health.

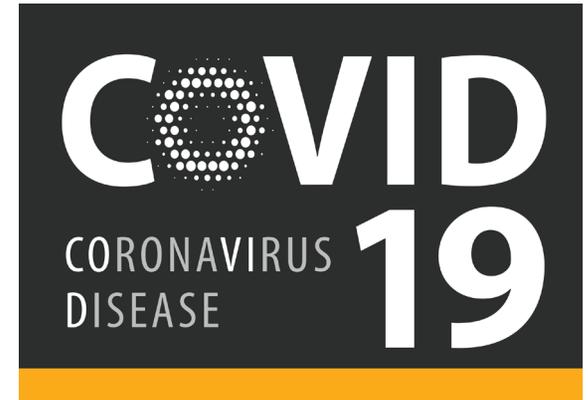
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

CDC Health Management Definitions

Rank-ordered from least to greatest impact to personnel and mission

<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

- I. Self-observation:** be alert for fever, cough, and difficulty breathing. If you develop symptoms, then take and record your temperature, self-isolate yourself, limit contact with others, and seek advice by telephone from a healthcare provider.
- II. Self-monitoring:** watch for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing. If you develop symptoms, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider.
- III. Self-monitoring with delegated supervision:** for certain occupational groups (e.g., hospital workers, laboratory personnel, airline crew members), self-monitoring with oversight by medical personnel or state/local public health officials. Air Force medical personnel will establish points of contact between you, Air Force medics and local health departments.
- IV. Active monitoring:** the Air Force, state or local public health authorities assumes responsibility for regular communication with you as a potentially exposed individual to assess for the presence of fever, cough, or difficulty breathing. The mode of communication will be determined by the Air Force, state or local public health authority. You must stay engaged with the monitoring authorities.
- V. Quarantine:** the separation from others of a person or group of people believed to have been exposed to a communicable disease but not yet symptomatic to prevent the possible spread. This is a law-enforcement action.
- VI. Isolation:** separation from others because public health authorities reasonably believe that you are infected with a communicable disease and potentially infectious to others who are not infected. Isolation may be at a hospital or other locations deemed appropriate by public health professionals. Isolation for public health purposes may be voluntary or directed.



Coronavirus Disease 2019 (COVID-19)

The Centers for Disease Control and Prevention (CDC), the Military Health System and the Air Force medical personnel are closely monitoring the COVID-19 outbreak. We continue to assess and adjust our posture as conditions warrant to ensure the health protection of Airmen, installations and surrounding communities. This is a rapidly evolving situation and information will be updated as it becomes available.

The Military Health System Nurse Advice Line is available 24/7:

1-800-TRICARE (874-2273), Option 1 or visit MHSNurseAdviceLine.com for web chat or video chat.

Patients can also call their military treatment facility, primary care team or civilian provider, MTF appointment lines or MiCare Secure Messaging



Coronavirus Disease 2019 (COVID-19): 10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

1

Stay home from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.



2

Monitor for symptoms and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



3

Get rest, stay hydrated, and exercise if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.



4

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



5

For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



6

Take everyday actions to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



7

As much as possible, **stay** in a specific room and **away from other people** and pets in your home. Use a separate bathroom, if available.



8

Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



9

Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



10

Make the best of your time at home by teleworking if you're able or catching up on reading, exercising, or other hobbies.



For current COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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>