

#### Human coronaviruses are most 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.

#### 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.

#### Symptoms:

- Fever
- Cough
- Shortness of breath

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

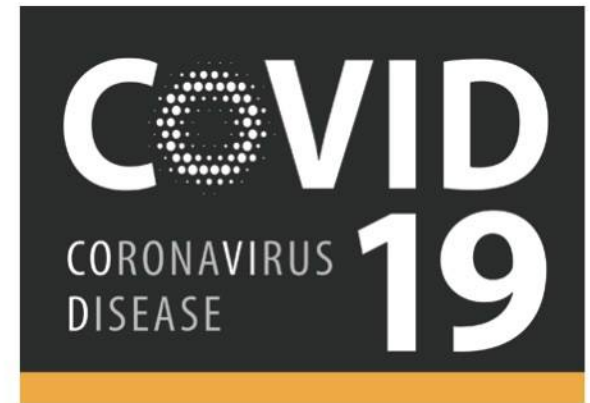
- Seek medical care. **CALL AHEAD** before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- See the top 10 tips inside

## CDC Health Management Definitions

### Rank-ordered from least to most risk

<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. The preventive medicine or infection control personnel from the Army hospital will establish points of contact between the Army, you, and the local or state health departments.
- IV. Self-monitoring with public health supervision:** Army MTF's preventive medicine departments assume the responsibility for oversight of your self-monitoring process.
- V. Active monitoring:** the Army, 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 Army, state or local public health authority. You must stay engaged with the monitoring authorities.
- VI. 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.
- VII. 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 U.S. Army Public Health Center are closely monitoring the COVID-19 outbreak. We continue to assess and adjust our posture as conditions warrant to ensure the health protection of all members of the Team and surrounding communities. This is a rapidly evolving situation and information will be updated as it becomes available.

The Army COVID-19 Information  
Hotline for trusted resources and  
answers to your questions!



1-800-984-8523

Overseas DSN 312-421-3700

Stateside DSN 421-3700



**Public Health**  
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Army Public Health

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# 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/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>