



# USARAK COVID-19 TRAVEL GUIDANCE



**13 August 20**

By Order of the Commanding General, USARAK, Personnel Arriving to Alaska from out of state will complete a **14 Day Restriction of Movement (ROM)**

Out-of-state travel for USARAK personnel to and from Alaska for PCS and TDY requires an exception to policy for travel signed by the Commanding General. Leave may be approved at the Brigade or Battalion level for local leave only. Upon return, Soldiers do not need to call public health.

**\*Current Top Local Areas of Concern:** North Pole ↑, Matsu Borough ↑, City of Homer ↑, Valdez / Cordova Census Area ↑, Municipality of Anchorage ↑, and City of Kenai ↑ are COVID "Hot Spots", avoid bars, restaurants, and large gatherings.

## 14 Day Restriction of Movement

- Remain in your ROM lodging location for 14 days except to obtain medical care or as noted below
- May leave your ROM location to get fresh air or exercise in VERY CLOSE PROXIMITY to your lodging. **MUST WEAR A CLOTH FACE MASK AT ALL TIMES WHEN OUTSIDE LODGING** (masks with valves are not authorized) unless able to maintain 25 feet separation from all non-dependents OR in a vehicle and not within 6 feet of non-dependents
- May leave your ROM location to obtain food and essential items, IF those services can be obtained without entering a retail establishment or restaurant and will not involve personal contact with others (i.e. curbside pick-up, delivery to lodging door, touchless service)
- May NOT visit public areas nor use public transportation
- Risk of infection increases greatly without face coverings especially when eating and socializing. Taking off a mask to eat allows respiratory particles to spread from one person to another, increasing the risk of infection. Don't eat in groups with non-family members!
- If ROM location is off-installation, you may not enter the installation during 14 day ROM unless you have an approved exception to policy for mission essential functions to obtain medical care. If ROM location is on-installation you may not depart installation for 14 days except to obtain food or essential items as noted above
- Dependents residing off-installation: follow applicable Alaska COVID-19 Health Mandate and local mandates <https://covid19.alaska.gov/health-mandates/> do not enter installation for 14 days after arrival to Alaska except for medical care
- Maintain 6 foot separation from non-dependents or any dependents not also in ROM status
- NO visitors are allowed inside ROM lodging
- Frequently wash hands and clean high touch surfaces
- Self-Monitor for COVID-19 symptoms (fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea), Diarrhea may be the first or only COVID-19 symptom. Call medical treatment facility if symptoms develop (phone numbers listed below) and inform your CoC.
- If single Soldiers must share a room or bathroom it should be with a small cohort arriving on the same day

### Report any COVID-19 Symptoms to your Medical Treatment Facility and your Chain of Command:

- **673<sup>rd</sup> MDG Hospital (JBER):** With symptoms, call 907-580-2778, option 1., No symptoms but questions call 907-580-4014, After Hours call 907-580-1995
- **Bassett Army Community Hospital (Fort Wainwright):** 907-361-3057 (duty hours); 907-361-5143 (non-duty hours)

**Anchorage Emergency Order #15** will go into effect 03 AUG 20 at 0800. Changes include: indoor gatherings are limited to 15 people, outdoor gatherings involving food are limited to 25 people, and outdoor gatherings not involving food are limited to 50 people. Bars and nightclubs are closed except for takeout. Bingo halls and theaters are closed and all indoor dining is suspended until 30 AUG 20

**Exception to Policy for Mission Essential Personnel:** The USARAK Commanding General may grant an exception to policy for less restrictive measures if arriving to Alaska from U.S. States and Territories to permit mission essential functions e.g. in-processing, change of command or responsibility to ensure continuity of leadership. ETPs are submitted through their O-6 Commanders or equivalents for their recommendation to The USARAK CG for final approval. **Maintain a copy of the ETP on your person during exception dates.**

**Travel Declarations:** State of Alaska changed the travel mandate on 11 August 2020. All Alaska based DoD service members are required to receive a no-cost COVID-19 test on arrival at the airport. DoD civilians and dependents are highly encouraged to do so. USARAK policy still requires a 14 day ROM upon entry to Alaska from another state or country.

**Driving through Canada:** Canada has significantly restricted entry for US Citizens, including US Army personnel transiting Canada to and from Alaska during a PCS. The latest information can be found on the U.S. Embassy in Canada website: <https://ca.usembassy.gov/travel-restrictions-fact-sheet/>

**Sunday On-Site Testing available at 673rd Medical Group:** All SMs and Dependents showing signs and symptoms of COVID-19 will be able to conduct drive thru testing at 673rd MED GRP Respiratory Clinic from 1000-1400 on Sundays in addition to weekdays starting on 16 AUG 20. SMs and dependents should have a referral from either the TRICARE West Nurse Advice Hotline (1-800-874-2273) or COVID-19 Triage Line (Phone: 907-580-2778, then select appropriate options), then proceed to the hospital to be tested. Testing is conducted in the parking area near the emergency department, follow the signs and instructions. For any further questions, contact the 673rd MED GRP Respiratory Clinic at 907-580-2622.

**Critical Need:** Blood Bank of Alaska is in critical need of plasma from recovered COVID-19 patients. Blood Bank of Alaska has worked with more than 30 recovered COVID-19 patients to ensure that convalescent plasma is available for local area hospitals. BBA is currently in critical need for additional plasma from recovered COVID-19 donors. The increase of positive cases around the state has increased demand for this plasma to assist recovering patients. Service Members, Retirees, and Family Members who have recovered from COVID-19 are encouraged to donate if possible. If you or someone you know has recovered from COVID-19, please ask them to contact Blood Bank of Alaska to donate plasma to help other Alaskans at 907-222-5630. Plasma Donor must have had a previous diagnosis of COVID-19 documented by a laboratory test and complete resolution of mild to severe symptoms for 28 or more days. For more information, you can visit the BBA website: <https://www.bloodbankofalaska.org/covid-19-donor>