



USARAK COVID-19 TRAVEL GUIDANCE

**COVID-19
UPDATE**

08 October 2020

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 & TDY require an exception to policy for travel signed by the USARAK CG.

The General Order Relating to Coronavirus 2019, Revision 8 was signed on 26 August 2020. It is available on Facebook & the USARAK Homepage.

***Current Top Local Areas of Concern: Anchorage ↑, North Pole ↑, Wasilla ↑, Chugiak ↑, Eagle River ↑, Fairbanks ↑, Palmer ↑, and Delta Junction are COVID "Hot Spots".**

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, touch less 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 or 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:

- **673rd MDG Hospital (JBER):** Symptomatic personnel must call before reporting to the hospital. Daytime/Duty Hour number 907-580-2778 option 1, after duty hours and weekends this number will forward to the Tricare Nurse Advice Line, which can also be reached directly at 800-874-2273.
 - If directed to do so, COVID-19 testing is done at the Respiratory Clinic adjacent to the Emergency Department entrance. Hours are Mon.-Fri. 0800-1400, Sat.-Sun. 1000-1400
- **Bassett Army Community Hospital (Fort Wainwright):** No need to call ahead. COVID-19 testing is done at the COVID-19 Testing Tent located outside the Emergency Department entrance. Hours are Mon.-Fri. 0800-1600, Sat.-Sun. 0900-1100.
 - Questions for medical personnel may be directed to the following phone numbers: Daytime/Duty Hour number 907-361-3057, after hours call the Bassett ER 907-361-5143 or the Tricare Nurse Advice Line 800-874-2273

Airborne Transmission: The CDC has confirmed Airborne Transmission of COVID-19 as of 5 OCT 20. Staying at least six feet away from others whenever possible and covering the mouth and nose with a mask are essential steps to protect oneself from the virus. Regular handwashing, avoiding crowded indoor spaces, and ensuring enclosed areas are well ventilated remain effective measures as well.

Leave Policy:

LOCAL LEAVE: Local leave is considered any leave or pass taken within the state of Alaska to include overnight stays away from one's primary residence. Approval authority for local leave is delegated to Company/Battery/Troop Commanders. This authority may not be further delegated, but Brigade or Battalion Commanders may restrict this authority.

OCONUS LEAVE: Any leave outside the United States requires a DA 4187 Exception to Policy (ETP) approved by the first O6 in the CoC. Units will use existing ETP procedures and will include a detailed justification in support of the leave request along with proposed mitigation strategies. Unit Commanders will ensure SM does not depart home station until receiving a negative COVID 19 test result.

CONUS LEAVE: Approval authority for leave to and through locations with a COVID-19 case trend considered low or moderate risk as assessed on the Vantage or ARCGIS websites is delegated to Commanders no lower than battalion level. This authority may not be further delegated.

CONUS LEAVE: Approval authority for leave to and through locations with a COVID-19 case trend considered high risk as assessed on the Vantage or ARCGIS websites is delegated to Brigade Commanders, or equivalent. This authority may not be further delegated.

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, 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: 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: The latest information can be found on the website: <https://ca.usembassy.gov/travel-restrictions-fact-sheet/>

Critical Need: Blood Bank of Alaska (BBA) 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/>.