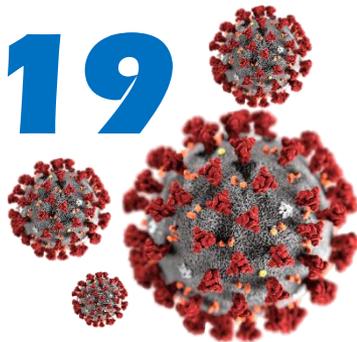


COVID-19



Created by:
**Installation Emergency
Operations Center**
#KILLTHEVIRUS

Leader Pocket Reference Guide

Effective immediately, all individuals on Fort Detrick will wear cloth face coverings, a protective layer, or masks when they cannot maintain six (6) feet of social distancing in public areas or work centers.

Effective 10APR20, all patrons and employees of the Fort Detrick Commissary and Exchange (PX) MUST wear face coverings in order to gain entry.

Thank you for your patience as we navigate COVID-19.



Fort Detrick Battle Rhythm

As of 28APR20

	EVENT	MON	TUE	WED	THU	FRI	SAT	SUN
	Begin Operations	0700	0700	0700	0700	0700		
	Update Slides ISO sc's Update Brief		1500		1500			1500
	Senior Commander's Update Brief <ul style="list-style-type: none"> Dial In Occurs at 0730 (866)719-4249 (AC: 6781710#) 	0800		0800	0800	0800		0800
	Update Slides ISO RWG / EOC CUB	1200		1200				
	Recovery Working Group (RWG)/ EOC CUB		0800		0800			
	Joint Task Force – National Capital Region O&ITC	0900	0900	0900	0900	0900		
	Public Affairs Joint Information Center Weekly Calls		1100					
	IMCOM Data Calls (SharePoint)	1200	1200	1200	1200	1200	1200	1200
	IMCOM-Sustainment Teleconference		1230					
	Garrison Commander Teleconference with ID-S	1500		1500				
	Deputy to the Garrison Commander Teleconference w/ ID-S		1500					
	County Health Dept COVID-19 Update			1530				
	IMCOM-Sustainment/ IMCOM Reports Due	1700	1700	1700	1700	1700	1700	1700
	End of Day Operations	2000	2000	2000	2000	2000		

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REDUCE YOUR RISK TO CORONAVIRUS INFECTION

PROTECT YOURSELF AND OTHERS FROM GETTING SICK

- Wash your hands** often with soap and water for at least 20 seconds – if soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don't share food or beverages with others.
- Avoid close contact with people who are sick.
- Stay home when sick.
- Clean and disinfect frequently touched objects and surfaces.
- Cover coughs or sneezes with a tissue or the inside of your elbow. Throw the tissue in the trash and wash your hands.
- Get a flu vaccine if you have not yet done so. The Sandra Joy Anderson Community Health and Wellness Center is our campus health facility.

DISCLAIMER:

COVID-19 response is an evolving situation. All SOPs, definitions, and protocols contained within this document are subject to change and will be continuously updated IAW the latest DoD policy and public health guidance, regulations, and best practices.



Health Protection Condition Levels

HEALTH PROTECTION MEASURES

Situation	HPCON	Example Health Protection Measures
Normal Baseline	0	Routine: Standard precautions such as routine hand washing, cough on sleeve, diet, exercise, vaccinations, education, stockpiling, planning, routine health alerts, etc.
Report of unusual health risk or disease	A	Limited: Health Alert, communicate risk and symptoms, review plans, verify preparation: training, stocks, posture, prepare to diagnose, isolate and report new cases
Outbreak or heightened exposure risk	B	Moderate: Strict hygiene (no handshaking, wipe common use items); if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food or risk area; vector control
High morbidity epidemic or contamination	C	Substantial: Social distance (limit meetings, socials, TDYs); shelter in place indoors; or, if directed, don respirators; mass distribution of medical countermeasures, if applicable
High mortality epidemic or containment	D	Severe: Restrict movement (quarantine), mass evacuation, mass decontamination, subsist on secure food/water sources

Key Dates for Fort Detrick COVID-19

- HPCON Bravo:** Declared on 16MAR20
- EOC Activation Level III (Partial):** Declared on 22MAR20
- HPCON Charlie:** Declared on 27MAR20

...Facilities Continued

Building 1538 (Quarantine/Isolation): Eleven (11) rooms with private bathrooms are available for use. Basic services are not provided to residents while assigned to a room. See Unit Command Team responsibilities below.

Point of Contact for Room Tracking:

SSG Melody Vargas 301-619-3690
 CSM Marcos Munoz 301-619-7314

ALL Units and Command Team Responsibilities:

Upon notification by Barquist Army Health Clinic of facility use, provide Units Staff Duty for support.

Unit Responsibilities:

- Coordinate with all Units Command Team for resident assignment.
- Provide special requested items to support the health, welfare, morale, and well-being of the resident, items may include, entertainment systems, paperwork, clothing, food, etc.
- Provide necessary support upon resident termination.
- Provide transportation from health clinic to place of recovery once resident is released.

Resident Responsibilities:

- Abide by Fort Detrick Barquist COVID-19 action status listed in specified instructions provided at time of appointment.
- Ensure cleanliness of assigned area and all areas personally used in the facility.
- Ensure when trash is full, tie off and goose neck, and place outside the room's door.



Fort Detrick COVID-19 Facilities

To prevent the communicable spread of COVID-19, the USAG Command has identified facilities on Fort Detrick to serve as temporary lodging for individuals directed into a Restriction of Movement (ROM), Quarantine, or Isolation status.

These facilities are designated for personnel who are unable to remain in their barracks room or private residence. Following medical assessment, the Barquist Public Health will recommend a lodging location to USAG Command Group and Emergency Operations Center.

Fort Detrick COVID-19 Facilities: The primary facility identified for COVID-19 residency is Building 1538 for Quarantine/Isolation for single Service Members. Alternate locations are currently considered and prepared in order to support the COVID-19 mission.

RESPONSIBILITIES: The USAG Command Sergeant Major is responsible for coordination and assignment of the facilities. Units will coordinate for facility use and resident termination procedures with the POCs listed on page 21. Public Works will provide all cleaning supplies.

NOTE: Barquist Army Health Clinic will assess all residents assigned to on installation facilities and will determine when they are eligible for release. Residents will NOT depart unless cleared by Barquist.

Social Distancing and Cleaning Tips

AVOID

- Group gatherings
- Sleepovers
- Playdates
- Concerts
- Theater outings
- Traveling
- Athletic events
- Crowded retail stores
- Malls
- Workouts in gyms
- Church Services
- Visitors in your house
- Non-essential workers in your house
- Mass transit systems

KEEP YOUR DISTANCE

- Visit a local restaurant to get take out
- Visit grocery store
- Pick up medications
- Play tennis in a park
- Keep at least 6' - 8' between yourself and others

SAFE TO DO

- Take a walk
- Go for a hike
- Yard work
- Play in your yard
- Clean out a closet
- Read a good book
- Listen to music
- Cook a meal
- Family game night
- Go for a drive
- Stream a favorite show
- Call or email a friend or elderly neighbor to check in
- Group video chats

Social distancing is the practice of reducing close contact between people to slow the spread of infection or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings, and cancelling events.

Guidance for environmental cleaning of residences that may be exposed to the Novel Coronavirus

Items you will need:

- Disposable gloves
- Surgical mask
- Change of clothes
- Plastic/ trash bags
- Disposable cloths/ rags
- Bleach/ disinfectant
- Water and pail
- Mop

How to clean/ disinfect:

- Put on mask and gloves. Do not touch your face further.
- Prepare bleach solution/ disinfectant, according to manufacturers' instructions.
- Open windows.
- Mop floor with bleach solution/ disinfectant, from one end to the other.
- Soak cloths in bleach solution/ disinfectant, and use to wipe all frequently touched areas and toilet surfaces.
- Wash all bed linen with detergent in a washing machine.
- If person is being tested for the Novel Coronavirus, do not use the bedding that he/ she has used, until he/ she is determined to be free of infection.
- Repeat mopping, as before.
- Put all used cloths/ rags and other waste into double-lined plastic/ trash bags.
- Remove gloves and wash your hands with soap and water.
- Remove mask and wash your hands with soap and water.
- Put used gloves and mask into double-lined plastic/ trash bags.
- Separate plastic/ trash bags generated from the clean-up from other household waste, and throw them away as regular waste, as soon as possible.
- Shower and change clothes immediately.
- Air/ ventilate your home.

Contact NEA at 1800-2255632 for further instructions if the person is tested positive for Novel Coronavirus infection.



COVID-19 Common Terminology

Restriction of Movement (ROM)

Definition: Voluntary or compulsory restriction of a person or group of persons who, based on general risk factors, have a **heightened potential for having been exposed** to COVID-19, but without specific indications of exposure and who are **not symptomatic**.

Quarantine

Definition: Voluntary or compulsory separation and/or restriction of a person or group of persons **reasonably believed to have been exposed** to COVID-19, but are **not symptomatic** for the purpose of preventing or limiting of disease.

Isolation

Definition: The voluntary or compulsory separation of a person or group of persons who are symptomatic and known or reasonably believed to be infected (**Presumptive Positive**) with COVID-19 from other people to prevent spread of infection.

Persons Under Investigation (PUI)

Definition: The voluntary or compulsory separation and/or restriction of a person or group of persons who are **COVID-19 symptomatic**, but was **not identified as a Presumptive Positive** and is **awaiting test results**.

In Simple Terms...

Restriction of Movement (ROM): Used for individuals who are returning from OCONUS travel, or when a Command directs a 14-day self-monitoring period as a precaution.

Quarantine: Used for individuals who have been exposed to COVID-19, but are *not symptomatic*.

Isolation: Used for individuals who are *symptomatic* and reasonably *believed to have been exposed* to COVID-19.

Positive Case: Used to describe an individual who is *test-confirmed* positive for COVID-19.

Person Under Investigation (PUI): Used to describe an individual who is *COVID-19 symptomatic* and awaiting test results.

COVID-19 Symptoms vs. Cold, Flu, and Seasonal Allergies

Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Sometimes	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. edited 3/27/20 • aafa.org/covid19



COVID-19 Relevant FRAGO Cheat Sheet

COVID-19 Common Definitions

FRAGO Summary to OPOD 20-016

- **FRAGO 1/9:** All personnel utilizing CDC/CYS need to identify contingency plan for child care should facilities close will submit Annex J.
- **FRAGO 3:** Effective 15MAR20 – 11MAY20, all Soldiers assigned to DoD installations, facilities, and surrounding areas in the U.S. and its territories will stop movement. In addition, DA Civilians and DA Family Members, whose transportation is government-funded, will also stop movement. (Pertains to PCS and TDY.) Permit to onboard civilians within the local commuting area and Soldiers are authorized leave.
- **FRAGO 3/6/11:** Tenant Units will report Quarantine and Isolation data using Annex K.
- **FRAGO 3:** Daily VPN use should be restricted to users who require access to either internally hosted resources, such as share drives, or when browsing websites require access from a .mil network. Many users can perform their regular duties without constant VPN connectivity using Outlook Web Access which is accessed from any computer with a CAC reader.
- **FRAGO 5:** Army units who place incoming Soldiers into 14-day Quarantine must provide a copy of the Soldier's PCS orders and completed DA-31 to MPD.
- **FRAGO 6/18/19:** Personnel requiring ID card services will only be provided for expiring AD/Dep/DAC/CTR, lost ID cards, and CAC PIN resets and renewals.
- **FRAGO 6:** Mission Essential personnel who utilize off-post CDC/CYS submit Annex M.
- **FRAGO 7:** Mission Essential military personnel continue to perform duties as directed. All other military personnel to telework. Civilian personnel continue to perform duties as instructed by their supervisor. Non-essential personnel who are telework eligible will continue to telework and all others will be placed on weather and safety leave and prohibited from entering work spaces until further notified.
- **FRAGO 8:** Installation Commander grants temporary DeCA and PX privileges for the duration of COVID-19 for entities providing emergency, medical, or other designated mission critical services.
- **FRAGO 8:** All requests for off-installation defense support to civil authorities are coordinated/routed through the Installation Emergency Operations Center.
- **FRAGO 9:** Tenant units will designate members for Task Force Clean.
- **FRAGO 10:** DoD SMs are restricted to a 50-mile radius from their place of domicile or duty for all leaves and/or passes. (No restriction on movement to place of work.)
- **FRAGO 9/11:** Trace and Clean notifications will be initiated to the Emergency Operations Center for further action.
- **FRAGO 14:** To the extent possible, all individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distancing in public areas or work centers.
- **FRAGO 15:** Applicable to all SMs, after being tested or under examination for COVID-19, the SM will not be released from BAHC until coordination has been made between the SM's medical provider and unit leadership. If medically required to quarantine or isolate, SM (E-5 and below) will not be released from BAHC until Unit Leadership physically arrives at BAHC and escorts SM directly to quarantine or isolation location.

Home Self Care: A measure for an individual or group who have symptoms of acute respiratory illness that are NOT CONSISTENT with COVID-19 but are recommended to stay home and not report to work until they are free of the following for at least 24 hours without the use of fever-reducing or other symptom-altering medication (e.g., cough suppressants). Status is determined by unit commander and no requirement for reporting during Fort Detrick EOC update.

Presumptive Positive: A term used by Health Department officials when a patient has tested positive by a state public health laboratory, but those results are still pending confirmation at the CDC lab.

Presumed Positive: An individual or group who is symptomatic or reasonably believed to be infected with a communicable disease, but NOT confirmed by a test.

COVID-19 Contact: An individual or group with known direct contact with a presumed positive or a confirmed COVID-19 case.

Third Party Contact: An individual or group with known contact of a contact. Third party contact is not considered an immediate threat or require immediate attention.

Social Distancing: Means to remain out of crowded settings and avoiding local public transportation, and maintaining distance (approximately six (6) feet) from others.

Team Trace: A team led by Barquist Public Health Advisor to identify personnel or locations impacted by a confirmed COVID-19 case or Presumed Positive person.

Team Clean: A team trained by Public Works that is responsible for cleaning areas identified by Team Trace.

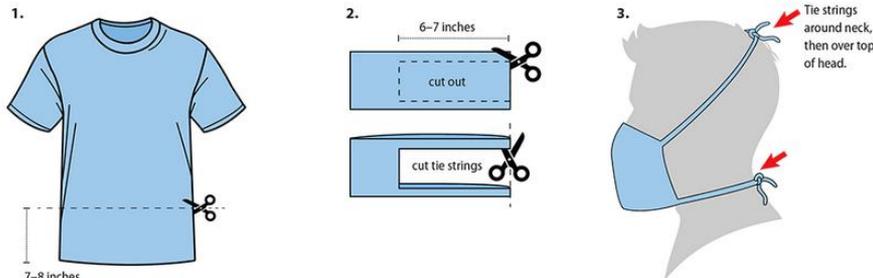


Risk Reduction Face Coverings

The primary purpose of a cloth face covering is to prevent the spread of coronavirus between people interacting in close proximity where social distancing measures cannot be maintained.

To the extent practical, DoD requires all persons on DoD property, installations, and facilities to wear cloth face coverings when they cannot maintain six (6) feet of social distance in public areas or work centers (not to include housing).

Make a Cloth Face Covering from a T-Shirt

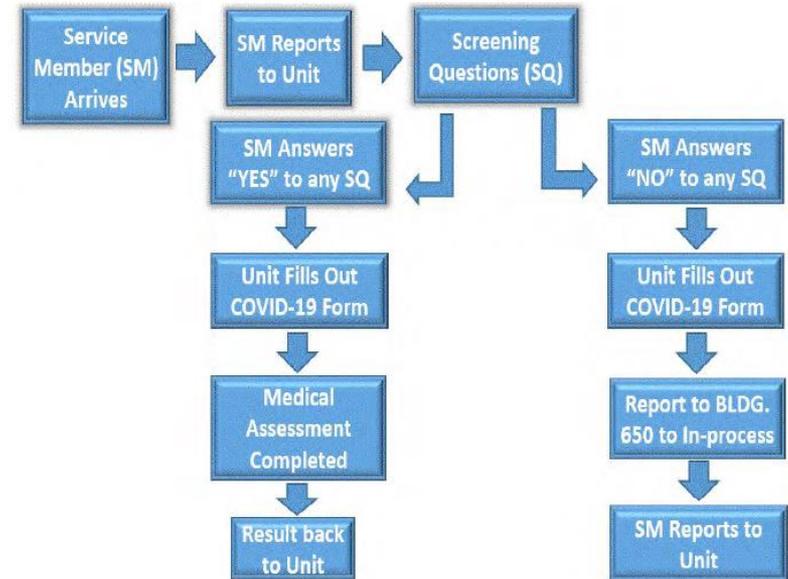


Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

YOU SHOULD WEAR A SURGICAL MASK:

- When a medical provider diagnoses you with COVID-19.
- If you are caring for someone confirmed to have COVID-19 (both you and the patient should wear masks when in close contact).

Inbound Personnel Procedures



COVID-19 Screening Questions:

- 1) Do you have flu-like symptoms such as a cough, nasal congestion, fever, chills, body aches, or GI symptoms?
- 2) Have you traveled to any of the designated high-risk population areas or been on a cruise in the last 14 days?
- 3) Have you come into contact with anybody known to test positive for the COVID-19 virus?

If answered "yes" for any of the questions, you should call your primary care facility and schedule an appointment. For medical resource information, see page 10 of this reference.



Federal Employee Rights Families First Coronavirus Response Act

...Face Coverings Continued

The Families First Coronavirus Response Act (FFCRA or Act) requires the Federal government to provide all of its employees with paid sick leave and, for employees who are covered under Title I of the Family and Medical Leave Act (FMLA), with expanded family and medical leave for specified reasons related to COVID-19. These provisions will apply from April 1, 2020 through December 31, 2020.

► PAID LEAVE ENTITLEMENTS

Generally, the Federal government must provide Federal employees:

Up to two weeks (80 hours, or a part-time employee's two-week equivalent) of paid sick leave based on the higher of their regular rate of pay, or the applicable state or Federal minimum wage, paid at:

- 100% for qualifying reasons #1-3 below, up to \$511 daily and \$5,110 total; and
- ⅔ for qualifying reasons #4 and 6 below, up to \$200 daily and \$2,000 total.

Federal employees including those not covered under Title I of the FMLA can receive either ⅓ of the higher of their regular rate of pay, or the applicable state or Federal minimum wage for the two-week period for qualifying reason #5 below. However, for leave under qualifying reason #5, Federal employees covered under Title I of the FMLA can receive 10 additional weeks of expanded family and medical leave for reason #5 below, up to \$200 daily and \$12,000 total.

A part-time employee is eligible for leave for the number of hours that the employee is normally scheduled to work over that period.

► ELIGIBLE EMPLOYEES

All Federal employees are eligible for up to two weeks of fully or partially paid sick leave for COVID-19 related reasons (see below). Federal employees who are covered under Title I of the FMLA and have been employed for at least 30 days prior to their leave request are eligible for up to an additional 10 weeks of partially paid expanded family and medical leave for reason #5 below.

Most federal employees are not covered under Title I of the FMLA and so would not be eligible for partially paid expanded family and medical leave. Please consult with your agency to determine whether you are covered under Title I of the FMLA. The Office of Personnel and Management will issue guidance on this question.

► QUALIFYING REASONS FOR LEAVE RELATED TO COVID-19

A Federal employee is entitled to take leave related to COVID-19 if the employee is unable to work, including unable to telework, because the employee:

<ol style="list-style-type: none"> 1. is subject to a Federal, State, or local quarantine or isolation order related to COVID-19; 2. has been advised by a health care provider to self-quarantine related to COVID-19; 3. is experiencing COVID-19 symptoms and is seeking a medical diagnosis; 4. is caring for an individual subject to an order described in (1) or self-quarantine as described in (2); 	<ol style="list-style-type: none"> 5. is caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or 6. is experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services.
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

► ENFORCEMENT

The U.S. Department of Labor's Wage and Hour Division (WHD) has the authority to investigate and enforce compliance with the FFCRA for Federal employers covered under Title I of the FMLA. Employers may not discharge, discipline, or otherwise discriminate against any employee who lawfully takes paid sick leave or expanded family and medical leave under the FFCRA, files a complaint, or institutes a proceeding under or related to this Act. Federal employers covered under Title I of the FMLA in violation of the provisions of the FFCRA will be subject to penalties and enforcement by WHD.



WAGE AND HOUR DIVISION
UNITED STATES DEPARTMENT OF LABOR

For additional information
or to file a complaint:
1-866-487-9243
TTY: 1-877-889-5627
dol.gov/agencies/whd



WH1425 REV 0320



Army Combat Uniform (ACU) material is not recommended for use as a face covering because of the type of fabric used and the different treatments, like insect repellent and flame retardant, applied to the fabric.

Proper Wear and Care of Cloth Coverings

- Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
- Clean your hands with soap and water or an alcohol-based hand sanitizer before and after putting on the cloth face covering.
- Ensure your nose, mouth and chin are covered; ensure the areas around the nose, sides, and chin are tight, but do not restrict your ability to breathe.
- Avoid touching the cloth face covering. Remove by grasping the elastic ear bands or untying. Do not touch the front of the face covering.
- Routinely wash by hand, or in a washing machine, using warm water and regular detergent.

* For the guidance, visit: <https://media.defense.gov/2020/Apr/05/2002275059/-1/-1/1/DOD-GUIDANCE-ON-THE-USE-OF-CLOTH-FACE-COVERINGS.PDF?source=GovDelivery>



Medical Resources

Barquist Army Health Clinic (BAHC).....	301-619-7175
After-Hours Nurse Advice Line.....	800-874-2273
Main Pharmacy.....	301-619-2275, Option 2
Refill Pharmacy.....	800-377-1723, Option 2
Behavioral Health.....	301-619-0345
Occupational Health.....	301-619-2043
Industrial Hygiene and Environment.....	301-619-7473
TRICARE East (Humana Military).....	800-444-5445, Option 3
Walter Reed National Military Medical Center	
Readiness Center.....	301-295-5483
VA Community-Based Outpatient Clinic	
Main Number.....	800-817-3807
Veterans Crisis Line.....	800-273-8255, Press 1

Federal Government:

WH/CDC/FEMA: <https://www.coronavirus.gov/>
 FEMA: <https://www.fema.gov/coronavirus-rumor-control>
 CDC: <https://cdc.gov/coronavirus>
 NIH: <https://www.nih.gov/health-information/coronavirus>
 DOD: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>
 HQDA: <https://www.army.mil/coronavirus/>
 Detrick: <https://home.army.mil/detrick/index.php/covid-19-information>

State of Maryland:

MDH: <https://coronavirus.maryland.gov>

Frederick County:

Health Department: <https://health.frederickcountymd.gov/coronavirus>

Montgomery County:

Department of Health and Human Services:
<https://montgomerycountymd.gov/HHS/RightNav/Coronavirus.html>

Military Families:

<https://www.militaryonesource.mil/coronavirus>

Stay Fit at Home

Please be advised that scheduled programs, activities and events may be affected throughout the month. Command and Family and MWR are committed to protecting our customers and employees, and will take precautionary measures to promote a healthy community. Dates, locations and times for MWR Programs, services and activities are subject to change. We will be posting updates on our Notices Page at (<https://detrick.armymwr.com/>). Thank you for your understanding.

Why is exercise important during the COVID-19 pandemic?

- **Exercise boosts the immune system:** Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.
- **Exercise may prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
- **Exercise reduces stress and anxiety:** Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
- **Exercise improves sleep:** There is evidence that suggests regular exercise helps you fall asleep faster and improves sleep quality — and getting a good night's sleep has also been found to boost your immune system.

How can I stay physically active despite COVID-19 closures?

There are many ways you can be active, even when the gym is closed and you are practicing social distancing. Adults should aim for at least 150 minutes of moderate-intensity physical activity, or at least 75 minutes of vigorous-intensity physical activity, per week.

Here are a few suggestions to help you get moving:

- **Exercise with family:** Exercise is an excellent opportunity for family fun. Walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples.
- **Get outdoors:** Walking, cycling, jogging, and hiking can help you get some much-needed fresh air while staying safely away from others. Don't have time for a full-length outdoor exercise session? Consider breaking your workout up into several 10-minute sessions.
- **Follow along with online exercise videos:** Whether you enjoy yoga, cardio kickboxing, Pilates, Zoomba, strength training, barre, dance, or another type of workout, chances are you can find a service that offers online videos. Or at the Fort Detrick MWR Website here: (<https://detrick.armymwr.com/>).
- **Take a virtual class:** If you have the financial resources, consider supporting your local fitness studio or personal trainer by signing up for online fitness classes or training sessions.
- **Challenge yourself:** Set an exercise goal — such as doing yoga five days per week or beating your best 5K time — and make a plan to work toward achieving it.

The bottom line: Although it may take some effort to create and adjust to new fitness routines, regular physical activity can help you optimize your health and well-being during the coronavirus pandemic



Fort Detrick COVID-19 Family and MWR

Available Services

Family and MWR Director 301-542-6205

Sexual Assault Response Coordinator (SARC) 24/7: 240-674-2802
 Fort Detrick Child and Spouse Abuse Hotline 24/7: 240-674-2802
 Forest Glen Child and Spouse Abuse Hotline 24/7: 301-295-7545

By Appointment

Army Community Service	301-619-2197
ACS Outreach Program Manager	301-619-6364
Army Volunteer Corps Manager	301-619-3385
Employment Readiness Program	301-619-3385
Family Advocacy Program Manager	301-619-7453
Victim Advocacy Program Manager	301-619-7453
Financial Readiness Program Manager	301-619-3455
Army Emergency Relief	301-619-3455
Relocation Readiness Program Manager	301-619-6364
Military & Family Life Consultant	240-818-5708

Open For Mission Essential Personnel

Fort Detrick Child & youth Services	301-619-7100
Forest Glen Child & Youth Services	301-319-5487
School Age Center	301-619-2901
Fort Detrick Child Development Center	301-619-3300
Forest Glen Child Development Center	301-319-5532

Essential Virtual Offerings

Like us on Facebook, virtual classes coming soon.



#DetrickFamilyMWR

<https://detrick.armymwr.com>

<https://www.facebook.com/DetrickMWR>

Fort Detrick Resources Menu

Garrison Command Group.....301-619-7314
 Forest Glen Annex Manager.....301-319-5480

Directorate of Operations:

FD Law Enforcement Dispatch Desk.....301-619-7114
 FGA Law Enforcement Dispatch Desk.....301-319-5501
 Security Office.....301-619-3302
 Emergency Operations Center.....301-619-3111
 Email: usarmy.detrick.usag.mbx.dptms-operations@mail.mil

Directorate of Public Works:

HELP Desk (24/7).....301-619-4357
 Housing.....301-619-3224/3419
 Email: usarmy.detrick.usag.mbx.dpw-housing@mail.mil
 FD Family Housing.....240-379-6518
 FGA Family Housing.....301-649-9700

Directorate of Human Resources:

ID/CAC Office.....301-619-7311

Directorate of Family, Morale, Welfare, and Recreation.....

See Page 15

Public Affairs Office.....

301-619-2018

Email: usarmy.detrick.usag.mbx.pao@mail.mil

Religious Support Office:

Chaplain's Office.....301-619-7371

Email: usarmy.detrick.usag.mbx.chapel@mail.mil

Civilian Personnel Advisory Center.....

301-619-2247

Logistics Readiness Center:

Operations.....301-619-4169

Transportation Office.....301-619-2708/0029

Fort Detrick Commissary.....301-619-2990

Forest Glen Annex Commissary.....301-295-7440

Fort Detrick Main Exchange.....301-662-7755

