Definitions
(1) Restriction of movement (ROM): is a mandated 14-day restriction to home or quarters for travelers returning from outside the island of Oahu in an over-abundance of caution to prevent the spread of COVID-19. During the 14-day ROM, SMs will increase protective measures, hygiene practices, and limit physical contact as outlined below. The ROM starts on the day the SM arrives back on Oahu and is retroactive to any travelers that returned after 06 March 2020.

(2) Quarantine: separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. While in quarantine, the protective measures, hygiene practices, and physical contact limits are the same as those under Restriction of Movement. There are two situations which require quarantine:
   (a) Individuals who have been in close contact with a confirmed Positive COVID-19 case.
   (b) Individuals who were tested for COVID-19 and are awaiting results.

(3) Isolation: applies to individuals who have a confirmed positive case of COVID-19, separating them from individuals who do not have COVID-19. For guidance on the measures that need to be taken for personnel in isolation see Change 01 to Attachment 6.

(4) Quarters: Under normal conditions, quarters is described as an instance in which a sick military patient, is directed to return to his or her home for self-treatment prescribed by a medical professional and is not to perform military duty until a medical officer indicates that he or she may perform such duties. In an over-abundance of caution to prevent the spread of COVID-19, commanders at all levels are encouraged to direct Soldiers within their formations to stay at home under ROM-like conditions (increased hygiene practices, limited contact, and protective measures) if the SM presents with any upper respiratory or influenza like symptoms. These conditions should be directed until either:
   (a) The SM is evaluated by a medical provider and a determination is made to keep the SM on quarters until the cleared by the medical provider; or
   (b) The SM’s conditions meet the medically determined threshold which requires a COVID-19 test (which necessarily moves the SM into the “quarantine” category until test results are received).

Individual Guidelines for “Restriction of Movement (ROM)” Compliance

- Asymptomatic (no symptoms present) personnel must stay at home or quarters for 14 days and monitor their health.
- Service Members will not travel, visit public/crowded areas, or use public transportation and should avoid interaction with pets or other animals to the extent possible.
- Personnel living in open-bay settings, or rooms with shared bathrooms and/or kitchens facilities, will clean and disinfect shared surfaces between use by different individuals.
- Personnel will separate themselves from other people in the home/dwelling if residing with roommates/family members and avoid sharing personal items. While this does not preclude all personal contact, personnel should limit proximity to at least 6 feet as much as possible. Increase handwashing frequency, particularly before and after personal interaction.
- Personnel will use separate sleeping arrangements and hygiene areas wherever possible. Personnel are encouraged to open windows to allow free airflow if possible.
- Personnel under ROM should not prepare food for non-restricted individuals.
- Shared spaces should be sanitized following contact with ROM personnel as much as possible.
- Personnel under ROM will notify their chain of command and unit medical team if they experience a fever >100.4 F, subjective fever (feeling warm or hot), coughing, difficulty breathing, or shortness of breath.
- Personnel residing in the home or residence who are not on ROM may leave the home without restriction.

The above requirements are punitive provisions for Service Members. Violations may be punished under Article 92 of the UCMJ. The individual will report inability to comply with any of the above directives to their chain of command. DA Civilians are advised that these directives are being implemented in order to ensure the safety and welfare of the USARHAW community.

Guidelines for Command and Medical Teams

- Command medical personnel will conduct checks every 72 hours (for a fever >100.4 F, subjective fever (feeling warm or hot), coughing, difficulty breathing, or shortness of breath.) of service members via phone consultation. Personnel accountability methods for ROM Soldiers will be determined by commands.
- Units are responsible for assisting with life support requirements (food, hygiene products, etc.).
- Provide 25ID Soldiers and 8TSC Soldiers placed in ROM, quarantine, isolation or quarters with Attachment 19 – DDHC Unit Medical Team Phone Roster
- NOTE: Personnel residing in the home or residence of ROM and quarantined individuals may leave the home without restriction.

As of 25 March 2020