



JBM-HH virtual town hall May 7

JBM-HH hosts virtual town halls via Facebook once a week, with the next taking place Thursday, May 7. The town hall begins at 1 p.m. and will feature JBM-HH leaders and subject matter experts who will speak about what the installation is doing to mitigate the virus threat on base and among personnel. Joining in this week's town hall will be superintendent of Arlington National Cemetery Charles "Ray" Alexander.

All are invited to view the town hall online and questions are welcomed. Individuals may submit questions in advance on the JBM-HH Facebook page in the event discussion or via email to usarmy.jbmhh.asa.list.pao-all@mail.mil. On the day of the virtual town hall, the live feed can be viewed at the Facebook event page <https://www.facebook.com/events/241829737137973/> or www.facebook.com/jbmhh. Individuals do not need a Facebook account to view the town hall. Previous town halls can be viewed on the video section of the JBM-HH Facebook page.

Chalk the Walk contest

DFMWR's "Chalk the Walk" contest is on! Kids are encouraged to get creative and draw sidewalk art thanking first responders. Those who take a photo of their sidewalk art and tag @jbmhhfmwr on Facebook will be entered for a \$50 AAFES gift card contest. Entries must be posted by Friday, May 8. The winner will be announced Monday, May 11. For full details, visit the MWR Facebook page at www.facebook.com/jbmhhfmwr1/.



Join us at 1 p.m. May 7 for a
JBM-HH Virtual Town Hall
with Leaders on the Joint Base
www.facebook.com/jbmhh

May 5, 2020

Virtual workshop for Army civilians: spotting a sexual harasser in the making

Join SHARP Thursday, May 7 at 9 a.m. for a talk and question and answering session with Dr. Wendy Patrick. The training will address the red flags and warning signs that serve as precursors to sexually inappropriate behavior and assault. Participants will discuss verbal and physical boundary violations including personal questions, physical contact, inappropriate requests, and online boundary probing.

Participants will learn how to spot red flags and warning behaviors before conduct progresses to sexual assault. It will also address best practices to ensure a safe, harassment-free workplace for everyone, through early detection, effective investigation, and an environment of empowerment and support

To attend, log in to the webinar May 7 at <https://conference.apps.mil/webconf/USAMDWSHARP>. The web conference dial-in number is (410) 874-6300 or DSN: (312) 874-6300. The web conference PIN is 767950257. Please pass along to other SHARP/SAPR Professionals and DOD civilians who may be interested in attending.



Stress management refresher

Has "staying safe at home" stressed you out? Check out the ACS Family Advocacy Program for stress management refresher!

The Joint Base Myer-Henderson Hall Family Advocacy Program has a new stress management video designed to help you with those very needs. Visit the video at the following link <https://youtu.be/x8x9dc3MYOw>.

Have questions or comments for the JBM-HH Family Advocacy Program? Feel free to contact the Army Community Service Family Advocacy Program at (703) 696-3512.

ACS is here for you!



Connect with Arlington National Cemetery

While Arlington National Cemetery is closed to visitors, you can still experience its beauty and history from home.

Tour Arlington National Cemetery virtually at <https://www.arlingtoncemetery.mil/Blog/Post/10739/Experience-Arlington-National-Cemetery-from-Home>.

Highlights of the tour including the following:

- Take a virtual walk through the cemetery in springtime with the photo album “2020 Horticulture Highlights.” Learn more about the variety of plants and the work that goes into maintaining them.
- Learn about the cemetery’s origins and early history, as well as the people who previously called Arlington home.
- Check out the album “Gravesites of Interest” and explore how the variety of grave markers tell their own stories of the cemetery’s history.
- Learn about the services Arlington National Cemetery conducts for fallen service members and their Families by reading about the meaning behind the honors rendered at military funerals.
- If you are interested in learning even more about the unique stories told at Arlington National Cemetery, check the blog post, “Nurses in the Spanish-American War,” which includes links to resources and lesson plans for students of all grade levels, as well as teachers, families and lifelong learners.

From the Exceptional Family Member Program

Below, and on the following page, is information provided by the Exceptional Family Member Program.

Note: The contents of this presentation were developed under a grant from the U.S. Department of Education. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the federal government.



Keeping Track



COVID-19, Special Education, and IEPs

A PEATC WORKSHOP FOR FAMILIES IN VIRGINIA

During the COVID-19 pandemic, families are struggling with the day-to-day activities life throws at them. Families with children receiving special education services in Virginia are finding it especially difficult to understand how these circumstances impact their student receiving the free appropriate public education they are entitled to. Keeping Track was created to provide support, information, and strategies to help families navigate the current state of special education.



Please use the links below to register for this virtual training that will be offered four times. Each training is limited to 100 participants.

Wednesday, May 6, 2020 at 7:00 pm

<https://bit.ly/3ctu6FC>

Wednesday, May 20, 2020 at 7:00 pm

<https://bit.ly/3czfWDe>

Wednesday, June 3, 2020 at 7:00 pm

<https://bit.ly/3cxFzEb>

Wednesday, June 17, 2020 at 7:00 pm

<https://bit.ly/2VoodEk>

FOR MORE INFORMATION OR QUESTIONS:

Please contact PEATC at 800-869-6782 or at partners@peatc.org

IEPs During the COVID-19 PANDEMIC



School divisions must make every effort possible to meet required timelines by scheduling and holding your student's IEP meeting online or by phone. Here are some helpful hints for IEP meetings and service delivery.



1

Before the Meeting

Get ready for the call. Make sure your device is fully charged. If your first IEP, or yearly IEP meeting, is supposed to take place during this time, make sure the teacher and school have your current email address and phone number.

Your IEP Meeting Will Not Be In Person 2

The law and regulations are still in place when developing and reviewing an IEP, evaluating a student, and for eligibility. How schools will meet these requirements will look different. Work with the school to figure out the best way to have the meeting (by phone, by Zoom, etc.) and when they will get the paperwork to you. The school still must hold the meeting at a time that is convenient to you.

3 What Will Your IEP Meeting Be Like

The only difference will be the location. The same people should be at the meeting. If you find out that a team member is not present, discuss this with the team and decide if you will allow them to be absent from the meeting and that you have their input on your student. If you agree that they can miss the meeting, you must do it in writing. You should have the same documents in advance of this meeting as you would for an in-person meeting. Prepare as if it were any other meeting. Remember, that even if the school calls it a "planning meeting" or an "interim meeting" if the IEP is going to be changed, it is an IEP meeting.

4 During the Meeting

Prepare notes and be ready to talk about your concerns. Have all your paperwork organized and find a quiet place so you can stay focused. Decide what services are most important to your student to prevent him from falling too far behind. Remember a Free Appropriate Public Education (FAPE) is still required, but you will want to be reasonable during this time of crisis. **REMEMBER, no changes to an IEP can be made without your consent.** If you do not agree with the changes, you do not have to sign the IEP.

5 After the Meeting



Make sure to email a follow up to your student's teacher. Copy the special education coordinator (which may be the principal). State your understanding of everything that was said and agreed to during the meeting. Include your concerns and your contact information in case the teacher needs to discuss something in your email. Don't forget to inform them when you expect to get any IEP paperwork.

Tips and Considerations for Your Student's IEP and Services During Covid-19

If the school tries to hold a planning meeting to change the IEP and you are not allowed or able to participate, send a letter (or email) to the school telling them you do not consent to any changes made to the IEP outside of a regular IEP meeting in which you are included and provide input.

If you agree to temporary changes to the IEP, make sure the changes only last while school is closed. Ask for the pre-COVID 19 IEP to be frozen so that when school opens, the previous IEP will still be in place. Be sure you put it in writing and tell the school that you want the letter in your student's school record.

Your student is still entitled to individualized services based on his/her needs. The school cannot say, for example "no one is getting speech therapy." However, remember with social distancing some things, like in-person therapies, will not be possible. If you don't feel like you have the skills to help provide instruction to your student at home, make sure that the IEP team knows this so that they plan appropriate instructional strategies that do not rely on you.

You still have the right to disagree with the services offered or provided. Tell the school you want your concerns written into the Prior Written Notice. If they don't do it, send your concerns in writing after the IEP meeting. Ask that your letter be placed in your student's record. This will preserve your rights later.

DOCUMENT! You know the services your student had before COVID 19. Keep track of what he/she receives during the pandemic and track his/her progress and access to materials and instruction. You can ask the school how you can record progress data. By keeping track of progress, the data will be available when school starts so the team can decide if Extended School Year (ESY) or compensatory (make up) education are needed after the crisis ends.

If you think your student needs ESY or compensatory education, you can ask for an IEP meeting to be held as soon as schools reopens, even if that is during the summer. You can also ask for needed evaluations to be conducted during the summer if school is open. You do not have to wait until the fall.

Think carefully about saying no to services the school offers if they are reasonable as it could affect your ability to get ESY or compensatory education when school resumes. The school can say that they tried to provide services, but the parent refused.

Resource: <https://www.ndscenter.org/wp-content/uploads/NDSC-COPAA-slides-04-09-20.pdf>



WHERE CAN I FIND HELP?

partners@peatc.org OR 800-869-6782

The contents of this factsheet were developed under a grant from the US Department of Education, #H280V140013-10. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer: PEATC is not a legal services agency and cannot provide legal advice or legal representation. Any information contained in this factsheet is not intended as legal advice and should not be used as a substitution for legal advice.



May 5, 2020

Virtual master classes open to all ages

Attention music educators! Are you looking for a professional musician to work with your students?

The United States Army Band "Pershing's Own" is offering free virtual master classes. Classes are available to students of all ages and levels.

To apply for a virtual master class, visit <https://forms.gle/iXgm7vovYQnNosRj7>. There are limited spots available. Not all requests will be guaranteed a session, but the band will honor as many as personnel can support

United We Stand

Social distancing does not have to be without community. The U.S. Army Band "Pershing's Own" continues to give performances and curate educational events to the American people, following CDC guidance, through the virtual series "United We Stand, Music to Connect Us."

The next scheduled concerts will be Tuesday, May 5 at 2 p.m., Thursday, May 7 at 7 p.m., and Friday, May 8 at 4 p.m.

View the concerts live or after the performance at <https://www.facebook.com/usarmyband>.



COVID Coach is here for you virtually

The U.S. Department of Veterans Affairs has created a free online app called COVID Coach. Information on obtaining the app can be found at https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp. COVID Coach was created for everyone, including veterans and service members, to support self-care and overall mental health during COVID-19. The free app is secure and helps connect you to important resources for coping and adapting during this time.



Free Red Cross course for stress relief

The Red Cross is offering a free online course entitled "Mental Health First Aid for COVID-19." The course is available online from the Red Cross at <https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>.



American Red Cross
Training Services

Reminder to wear face coverings



Remember to always have a cloth face covering with you in case you are in a situation where you cannot keep a distance of 6 feet between you and others. Cloth face coverings are required on all military installations, properties and facilities (except residences). Individuals must wear a face covering in the PX, MCX, commissary and child development center.



Myer Exchange curbside pickup

The Fort Myer Exchange has four parking spaces designated for curbside pickup. Authorized patrons can place an order online at shopmyexchange.com and select to pick up their purchases in store.

Once the store processes the order, the customer will receive a phone call alert that the order is ready for pickup. Designated spaces are provided for curbside pickup. When parked, a customer can either call or text the phone

number on the sign, which is (703) 472-7342 to let the Exchange know which numbered space the vehicle is parked at. Exchange employees will be able to walk to the vehicle and deliver the purchased items.

For more information, please visit https://www.facebook.com/pg/MyerExchange/posts/?ref=page_internal.

Myer Exchange extends refund policy

For military shoppers who need to make a return but are hesitant to visit the Fort Myer Exchange during the COVID-19 pandemic, the Army and Air Force Exchange Service is extending its return policy. All purchases made since March 16, are eligible for returns through July 1.

“While extensive preventive measures have been implemented at the Fort Myer Exchange to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time,” said Exchange General Manager JoAnne Cahalan. “Extending the return window gives military shoppers peace of mind.”

The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders.

H&R Block kiosk closed

The H&R Block kiosk at the Fort Myer PX has closed. There is a H&R Block Shop located at Fort Belvoir PX Mall open year-round.

Myer Flyer Shuttle suspended

The Myer Flyer Shuttle Route 9, which travels from the Pentagon to JBM-HH has been suspended. If this is impacting you, please let the motor pool know. JBM-HH is assessing how many people need this service, so your input is appreciated. Please call the motor pool at (703) 696-7009 or (703) 696-7136.

JBM-HH continues

HPCON Charlie

Joint Base Myer-Henderson Hall is at Health Protection Condition Charlie, which means there is a sustained possibility of community transmission of COVID-19.

“Ensuring the health and safety of our Soldiers, Families and civilians is one of my greatest responsibilities,” said Joint Task Force-National Capital Region and U.S. Army Military District of Washington Commanding General Maj. Gen. Omar Jones IV. “We will continue to work with individual installations to make certain each post has capabilities to protect our people and mitigate the spread of the virus.”

As we deal with COVID-19, our priority on JBM-HH remains to protect the force, preserve readiness and mitigate the risk of transmission among personnel.

At JBM-HH, we will continue to monitor the situation with public health officials. Garrison and tenant activities remain focused on delivery of essential services to the community and support to mission essential personnel required for mission assurance and national response efforts.

Depending upon any increase of the threat of transmission in the area, we may take the following actions.

- Further cancellation of in-person gatherings — all commercial activities such as commissaries, exchange services must keep a distance of 6 feet between customers.
- Further reduction of garrison and tenant services — we are working to find ways to provide virtual services as much as possible.
- Further modification of commissary, AAFES and CYS hours and services — we will continue to focus on mitigating the risk of transmission as much as possible.

People should take the following precautions.

- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including restricted access to military installations.

COVID-19 updates

The Centers for Disease Control and Prevention continues to closely monitor the outbreak of COVID-19. For more information, visit <https://www.army.mil/coronavirus/>.

Capitol Deli curbside delivery and carry out

Capitol Deli has a new curbside delivery and carry-out option. Customers can now place and pay for orders over the phone. On the phone call, customers can indicate their desired curbside delivery or carry-out option. Customers can call (571) 483-1962 Monday to Friday from 10:30 a.m. to 1:30 p.m.

May 5, 2020



THANK YOU

To All Those on the Front Lines
Joining Us in the Fight Against #COVID19



Equal Employment Opportunity training

IBM-HH civilian employees are reminded that EEO Anti-Harassment and No FEAR training is an annual requirement. Employees are allowed duty time to complete the training.

EEO-203A Army EEO, Anti-Harassment and NO Fear Training (for nonsupervisors only)
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX)

EEO-203B EEO, Anti-Harassment and NO Fear Training (for supervisors only)
[HTTPS://WWW.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX](https://www.ATTRS.ARMY.MIL/SELFDEVCTR/CATALOG/COURSE.ASPX)

National Museum of the Army opening postponed

The National Museum of the Army has postponed the June 4 public opening. Due to the COVID-19 public health emergency, some of the exhibit gallery finishing work was suspended, impacting the project timeline. The museum will open when the conditions can ensure the health and safety of museum visitors and staff, and the museum is ready to begin daily operations.

For more information and to sign up for updates, visit <https://armyhistory.org/email-sign-up/>. A video of the museum can be viewed at <https://www.dvidshub.net/unit/NMUSA>.

Joint Base Myer-Henderson Hall Residents, Tenants, and Guests

Prevent the Spread of the 2019 Novel Coronavirus (COVID-19)

If you have fever, cough, or trouble breathing
AND YOU

Traveled to China, Iran, Italy, Japan or South Korea
in the last 14 days,

OR

Had contact with someone who has traveled to China, Iran,
Italy, Japan or South Korea in the last 14 days
who has been sick,

OR

Have been in close contact with a person
known to have COVID19,

Stay Home and call the appropriate number below.

For Service Members/TRICARE Beneficiaries, call the Nurse Advice
Line (24/7) at 1-800-874-2273, select Option 1.

For non-TRICARE beneficiaries, contact your healthcare professional
or Arlington County Public Health Division at 1-877-275-8343.

For the latest news and information, refer to the Center for Disease
Control website at <https://www.cdc.gov/>.



Joint Base Myer Henderson Hall

COVID-19 Update

WHY THIS UPDATE NOW?

Secretary of Defense Mark T. Esper requires military personnel, DoD civilians, their Family members, and DoD contractors to wear cloth face coverings on military installations in public settings or where other physical distancing measures are difficult to maintain. On Joint Base Myer Henderson Hall, Col. Kimberly Peebles has determined that there are public areas where people cannot maintain a six-foot social distance. At these locations, the wear of face coverings is expected.



NEW FACE COVERINGS POLICY

To reduce the risk for the JBM-HH community, the wear of face coverings is mandatory in all joint base facilities where a six-foot distance cannot be kept. We must continue to protect ourselves, so that we can protect the force, so the force can protect the nation.



Face covering practices at high traffic areas with a likelihood of breaking the six-foot social distance perimeter, such as all AAFES facilities (including the post exchange), Marine Corps exchange and commissary will be enforced. Employees and customers are expected to wear face covers at all times at these locations.

Service providers are expected to issue face coverings to their employees free of cost and also expected to provide complimentary, unused cloth face coverings to patrons who do not have their own, to the maximum extent possible.

FACE COVERING DO'S AND DON'TS

DO:

Make sure you can breathe through it
Wear whenever going out in public
Make sure it covers your nose and mouth
Wash covering with soap and warm water after each use



DON'T:

Use if under two years old
Use surgical masks or other PPE intended for healthcare providers

ALSO: Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. However, people should not fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings.

OTHER MEASURES IN PLACE

JBM-HH service providers are only a call or click away.

Army Community Services, DFMWR

Virtual services include clearing, Army Emergency Relief, Exceptional Family Member Program, Survivor Outreach Services, Information and Referral and New Parent Support. Domestic Abuse Victim Advocates are available 24 hours a day at (713) 919-1611. The Military Family Life Counselor is available at (571) 733-0251.



Commissary, DECA

50 patron limit in store to support social distancing and reusable bags from home may not be utilized at this time. All patrons and employees wear face coverings. If an individual cannot shop for themselves, they may send a commissary authorized shopper in their place. Call (703) 696-3680 for hours and more information.

Defense Military Pay Office, Finance

Virtual capabilities include normal pay inquiries by TL by unit S1s, at 703-805-3939, separation/retirement/in & out-processing by phone appointment, at 703-805-3872 or 703-696-3080, all other phone inquiries call customer service, at 703-805-2501.

Family Life, Religious Services Office

Visit RSO for live services at <https://www.facebook.com/jbmhrso/>. Virtual services include online Bible study, Sunday worship service, Family and individual counseling sessions, and video messaging.

Mail Operations - Forts Myer and McNair

There is no curtailment of services at either location. Both facilities are installing plastic shields at the counters.

Marine Exchange / Vineyard, Henderson Hall

HH MCX is open for essential retail purchases on the 1st floor only. The store will try to make other popular items available on the first floor. Patrons can no longer try on shoes before purchasing. The MCX is enforcing a policy of 15 customers inside at one time. The Vineyard will not allow more than five customers inside at one time. Call 703-979-8420.

Military Personnel Division, Human Resources

Separation and retirement processing by appointment via telephone and email. All other personnel actions will be submitted electronically by unit S1s, at 703-805-2501. ID Card/DEERs office is only servicing emergencies and appointments for ID cards expiring on or before June 1, at 703-696-3030. Casualty assistance is moved to virtual support. <https://home.army.mil/jbmhh/index.php/teamJBMHH/my-fort/all-services/military-personnel-division/CAC>



May 5, 2020

JBM-HH closures as of *May 5*

Hours may change as we continually assess the dynamic situation. Please call before visiting services not listed. Follow www.facebook.com/jbmhh and home.army.mil/jbmhh for the latest updates from JBM-HH.

*The following services **are closed**:*

- The Henry Gate Pedestrian Portal is closed until further notice.
- The JBM-HH Library
- The JBM-HH Tax Center
- Patton Hall and Spates Community Club
- The JBM-HH Community Activity Center
- The Old Guard USO lounge
- Army Community Service has suspended all classes and April observances
- All JBM-HH fitness centers
- Better Opportunities for Single Soldiers (BOSS) has suspended its programs and operations until further notice.
- The JBM-HH Bowling Center
- The thrift shop on the Fort Myer portion of the joint base is closed. Please do not drop off donations.
- The lobby of Armed Forces Bank is closed. Routine transactions via drive up can be made from 9 a.m. to 4 p.m.
- The Auto Shop
- In person religious services at Memorial Chapel have been cancelled, although funeral services will still take place. Religious services can be viewed on the RSO Facebook page online at <https://www.facebook.com/jbmhhrrso>
- Arlington National Cemetery remains closed to the public, including the welcome center. Funerals and family pass holder visitation continues with social distancing procedures and winter hours continue. All eligible service members and veterans who are buried at ANC will receive military funeral honors. Military funeral honors with escort are curtailed until further notice. Family pass holders may access for gravesite visitation from 8 a.m. to 5 p.m. 100% ID check is in place. Be mindful that the Arlington National Cemetery metro station is closed. ANC updates are provided at <https://www.arlingtoncemetery.mil/Visit/COVID-19-Updates>.



The JBM-HH Dining Facility continues to serve under normal hours. Due to the recently effects from the COVID-19, the DFAC is rapidly shifting to a grab-and-go only serving style.

Monday through Friday:

Breakfast – 6:30 to 8:30 a.m.
Lunch – 11:30 a.m. to 1 p.m.
Dinner – 4:30 to 6 p.m.

Saturday and Sunday:

Brunch – 9 a.m. to noon
Supper – 4 to 5:30 p.m.

*Please call before
visiting services
not listed. The
latest updates will
be posted at
[facebook.com/
jbmhh](https://www.facebook.com/jbmhh).*

May 5, 2020

Civilian development opportunities

There are many opportunities for community members to grow as Army professionals. Catch this special video for Army civilians from workforce development specialist Kathy Feehan at <https://www.facebook.com/368408587073/videos/2845654492215496/>.

The Army Management Staff College Civilian Education System courses provide quality instruction and fulfill prerequisite requirements for some other centrally-funded training, education, and professional development. To register for virtual CES courses, visit <https://www.atrrs.army.mil/channels/chrtas/student/logon.aspx>.

The 2020 Senior Enterprise Talent Management and Enterprise Talent Management Programs are accepting applications for training opportunities in 2020. The application window closes May 15, so apply now. Log into the SETM automated system online at <https://www.csldo.army.mil/> to apply for these great opportunities for permanent Army Civilians in grades 12 to 15 and pay band equivalents.

Warrant officer briefs

Virtual warrant officer briefs will be conducted on a weekly basis. Briefings will be conducted every first and third Wednesday of the month at 1 p.m. and the second and fourth Thursday of the month at 1 p.m. To access the brief, individuals must have CAC access. Visit <https://conference.apps.mil/webconf/gowarrantnowNCR> to sign in. For more information, please contact Chief Warrant Officer 3 Sara Sewall at sara.w.sewall.mil@mail.mil or Staff Sgt. Nicolas Cassano at Nicolas.j.cassano.mil@mail.mil.

Stay connected with religious services

Members of the joint base community are welcome to join in and view church services live. For more information, check out the offerings below and visit JBM-HH Religious Support Office online at <https://www.facebook.com/jbmhhrso>.

Worship Online

Stream to watch live or dial-in to join the JBM-HH Gospel Service with Chaplain Bryant Casteel
Join us every Sunday at 12:00 PM



Bible Study Live

Join Chaplain Bryant Casteel for Bible Study Live

Wednesdays at 6:30 P.M. Eastern



Stream to watch live or dial-in

<https://zoom.us/j/303609381?pwd=dmpWOFIrNEo4YWlSeGJGWVFvR0JLZz09>

Meeting ID: 303 609 381 Password: 746971

Telephone only dial in at +1 (646) 876 9923 (USA)

Census Bureau opportunities

The U. S. Census Bureau has employment opportunities all across America, but they are specifically looking for active duty military spouses and Family members 18 years of age or older who reside on JBM-HH. Applicants include military spouses, high school seniors, college students or other Family members interested in a job that pays well and is temporary. Applicants for JBM-HH must be from joint base zip codes. The bureau needs 18 workers to help with the 2020 census. With COVID-19, it will be work from home, online and on the telephone.
Hourly Rates: \$22.50 - \$27.50.
You can apply at
<https://2020census.gov/en/jobs.html> or call 1-888-480-1639.

The bureau is also looking for anyone who lives in Alexandria, Arlington and Fairfax, Virginia areas for the following types of full-time and part-time positions. You can apply at the same link as above.

Recruiting assistant: Assists in recruiting and testing job applicants.

Census field supervisor: Appoints, trains, and supervises enumerators who are engaged in data collection.

Office operations supervisor: Coordinates, supervises, and oversees the work of office clerks in specific functional areas.

Enumerator: Locally hired workers who perform field enumeration activities in and around their respective neighborhoods.

Clerk: Office clerks perform a wide variety of clerical functions in support of field data collection, recruiting, payroll/personnel, automation technology, and quality assurance operations.

New commissary hours

The Fort Myer Commissary has new hours. The hours are Monday through Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday from 8 a.m. to 6 p.m. The Defense Commissary Agency asks patrons not to bring reusable bags from home, although they can be purchased in the store for one time use. Customers are encouraged to minimize the use of cash to reduce this high touch point item.

Exchange services

There will be no dining in at any exchange facilities, with only food "to-go" available.

The AAFES Main Store on Fort Myer is open from 10 a.m. to 6 p.m. daily.

Fort Myer Main Exchange Main Mall

- **Subway** Monday through Friday from 6:30 a.m. to 6 p.m., Saturday from 8 a.m. to 6 p.m., Sunday from 9 a.m. to 6 p.m.
- **LDC** Monday through Friday from 9 a.m. to 5 p.m., Saturday from 9 a.m. to 3 p.m., Sunday from 10 a.m. to 4 p.m.
- **Alterations** Tuesday through Friday from 10 a.m. to 5 p.m., Saturday and Sunday closed
- **Optical, Barbershop, Watch repair, H&R Block, Express snack area** Closed
- **H&R Block** Monday through Saturday, from 9 a.m. to 6 p.m., Sunday from 10 a.m. to 6 p.m.
- **GNC** Monday through Friday from 9 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m., Sunday from 10 a.m. to 4 p.m.
- **Petals2Go** Monday through Friday from 10 a.m. to 3 p.m., Saturday from 10 a.m. to 2 p.m.
- **EMC Kiosk** Monday through Friday from 11 a.m. to 5 p.m.
- **Starbucks** at the AAFES Main Store on Fort Myer is still open normal hours.
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Exchange Stand-alone Concessions

- **Panda Express** Monday through Friday from 10 a.m. to 6 p.m., Saturday and Sunday from 10:30 a.m. to 6 p.m.
- **Precision Tune** Monday through Friday from 8 a.m. to 4 p.m., Saturday from 8 a.m. to 3 p.m.

Fort McNair services

- **McNair Barber** Closed
- **McNair NDU Bookstore** Closed

Henderson Hall Services

- **Barber Shop** Closed

Marine Corps Exchange returns policy

MCX stores will not accept exchanges and returns until July 1. Purchases prior to and during this suspension period will be accepted for return or exchange from July 2 to 22. The store is currently no longer accepting cash payment as an option. To prevent transmission of germs, the exchange is accepting card payments only.

MCX alterations and tailor shop updates

The Henderson Hall Alteration Shop (uniforms) is closed until further notice.

The tailor shop for civilians has announced new hours. The shop is open Tuesday through Thursday from 11 a.m. to 4 p.m. and Friday through Saturday from 10 a.m. to 4 p.m.



WE ARE OPEN
ON ALL THREE SHOPPING LEVELS
IN THE MCX MAIN STORE
to continue to provide essential goods
and services to our patrons

The Main Store will have limited capacity of 57 customers and the Vineyard with 8 customers. We continue to maintain the safety requirements with 6' social distancing, face masks at all times, and daily cleaning protocols.

Store hours:
Monday to Sunday
10 AM - 4 PM

COVID-19 reporting

guidelines for JBM-HH

personnel

The following are instructions for reporting procedures for employees and Soldiers on Joint Base Myer-Henderson Hall. It is important to immediately notify the JBM-HH Emergency Operations Center and Rader Clinic to report any quarantined and isolated cases across the installation. This will allow JBM-HH to better track and prevent further spread of the COVID-19 virus. Please email notifications to usarmy.jbmhh.asa.mbx.dptms-ioc@mail.mil, niki.l.zimmerman.civ@mail.mil.

If an employee has a history of exposure from a COVID-19 positive individual or travel to a high risk area in the past 14 days AND has no symptoms:

Employee: Call the local health department (this will depend on where you live and not where you work) or your primary care provider and follow the provider instructions. If you are quarantined, stay home and do not leave the house. If you do not live alone, separate yourself from your family (different room, linen, plates) Call your supervisor to let him or her know that you will not be able to come to your workplace for 14 days. Monitor yourself for fever (over 100.4) cough and shortness of breath. If you develop symptoms call your primary care provider and follow his/her instructions. If your symptoms are severe, call 911 and let the operator know about your exposure. If someone drives you to the emergency room, call the facility first and tell them about your exposure. Before returning to work, obtain documentation from your primary care provider stating why you were out of work and that you can safely return to the workplace.

Supervisor: Do not allow the employee to return to the workplace for 14 days after the last time

the employee was exposed. A negative test for COVID-19 during this time is not sufficient to return an employee to work. Prior to returning to the workplace, have the employee come to the occupational health clinic with documentation from their primary care provider stating why the employee was out of work and that he/she is healthy enough to return to his/her workplace.

If an employee has a history of exposure from a COVID-19 positive individual or travel to a high risk area in the past 14 days AND has symptoms:

Employee: Call your primary care provider and follow instructions. If symptoms are severe, call 911 and let the operator know about your exposure. If someone drives you to the emergency room, call the facility first and tell them about your exposure. If you are diagnosed by a medical profession with COVID-19 (either with a positive test or because of your symptoms and history), you will be isolated. If you are isolated, stay home and do not leave the house. If you do not live alone, separate yourself from your family. Notify your supervisor that you will be out of work and why. Do not return to work until cleared by your primary care provider. You will need to provide documentation from your treating provider stating that you are safe and healthy enough to return to the workplace. If you are hospitalized, either the hospital staff or your treating provider will determine when you can safely return to work.

Supervisor: Do not allow the employee to return to the workplace until the employee has been cleared to do so by the treating provider. Prior to returning to the workplace, have the employee come to the occupational health clinic with documentation from their primary care provider stating why the employee was out of work and that he/she is healthy enough to return to his/her workplace.

CYS update

Cody CYS Center is open for children of some mission essential parents. The CYS Center is open for children of the following Family categories only: single/dual DOD COVID-19 mission essential, and DOD COVID-19 mission essential with a spouse who works in the health care industry or is a first responder (i.e. emergency medical technicians, paramedics, police officers, firefighters). If you submitted a form, but your family is not in one of the above categories, we are unable to provide care at this time. Forms received at the current time will be considered on a case by case basis.

Support firefighters

Firefighters answer the calling to be first responders in matters of life, health, and safety. Let's help them accomplish the mission to protect, support, and defend the JBM-HH community. If you or a loved one is feeling ill, do not visit the JBM-HH firehouses for a medical evaluation. Instead, call your doctor or medical professional right away. Your efforts can help keep our firefighters out of quarantine, working on the front line, keeping our communities safe.

Rader Clinic update

The Rader Clinic Pharmacy has initiated a drive-thru pharmacy. When approaching the clinic, please follow the directional pattern that it set up for safety and efficiency. The clinic pharmacy new closure time is 3:30 p.m. until further notice.

The Fort McNair Clinic is closed and will be centralizing all patient care at Rader Clinic for the JBM-HH and McNair beneficiaries. For any patients or residents on either Forts Myer or McNair who think they may have been exposed to COVID, please stay at home and call 1-800-TRICARE (874-2273), option 1. You can also web chat at www.mhsnurseadvice.com. You will get additional instructions from the nurse at that number on what to do. We do currently have testing capability at Rader Clinic for COVID-19.

If you have concerns or would like to inquire about testing, please call 1-800-TRICARE (874-2273) option 1. A nurse will talk to you about whether it is appropriate to test you based on your symptoms, travel, and contact history. If you meet the criteria for testing, the nurse will give you detailed instructions. Lastly, if you do have an in person appointment at the Rader Clinic, we have a screening station set up in our main entrance. Please be prepared to answer some simple questions about your symptoms and your recent travels.



Help keep our #Team JBMHH Firefighters safe and ready to protect, support, and defend.

- If you are feeling sick, please do not visit a fire station for evaluation. Please call your medical professional right away.
- Please only utilize the 911 system only in the event of severe difficulty breathing or illness.
- Your efforts to protect our firefighters and will ensure that members can remain on the trucks where they can do the most good and continue to protect our communities.

May 5, 2020

Connect with Army Community Service

To keep all of us safe and healthy Joint Base Myer-Henderson Hall Army Community Service is closed for services, but will continue providing services telephonically and digitally.

There are two ways to contact ACS:

1. Call (703) 696-3435 to reach someone who will get you the service you are looking for.
2. Scan the QR code below to be taken directly to the email link and you will be contacted.

Online resources such as Army One Source (myarmyonesource.com) and the Community Resource Guide linked to the JBM-HH homepage are available as well.

Follow the QR code to connect with
JBM-HH Army Community Service!



Henderson Hall Career Resource classes suspended

All in-person classes at the Henderson Hall Career Resource Management Center are suspended until further notice. Please contact your unit transition coordinator for the most current guidance on completing your transition readiness seminar requirements.

Staff will remain available via email and telephone to complete individual counseling and capstone review appointments and related transition services. For transition support, please contact our office during normal business hours from 8 a.m. to 4:30 p.m. For more information on these services, visit the Henderson Hall CMRC online at <http://www.mccshh.com/crmc.html>.

Henderson Hall Car Wash is open

The Henderson Hall car wash is open.



Directorate of Human Resources curtails service

The Directorate of Human Resources Services has curtailed the following services.

- ID cards and services for DEERS are being done by appointments and walk-in are being done on an emergency basis and by certain exceptions. If an individual has an ID card that will expire before June 1, he or she will be prioritized.
- Transition services has suspended its walk-in services. Transitioning customers, who include those on ETS, retirement and chapter separations are being serviced using telephonic and automated systems. All separations actions will be serviced through the transition mailbox and individual email. SBP processing will be serviced through the mailbox, email and telephone.
- Casualty operations have been curtailed and suspended its walk-in customer service. Customers will be briefed telephonically and forms will be emailed for signature where feasible with walk-in appointments by exception. At this time, the only person allowed to report to the CAC is the noncommissioned officer in charge of the Funeral Honors Team.

Education Center curtailed Services

The JBM-HH Education Center has curtailed their services. The education center will shift to virtual service delivery in the following areas:

- Guidance and counseling
 - Tuition assistance and GoArmyEd assistance
 - Credentialing assistance
 - Career Skills Program
 - College program advising and enrollment
 - On-post college representatives and all classes are in online delivery format
 - Transition counseling and accessing higher education track course
 - Miscellaneous memorandums, transcript evaluations, course withdrawals, ETPs and helpdesk cases.
- The following services will not be available at the education center:
- Testing
 - Learning center and computer lab
 - Classroom management
 - Basic Skills Education Program

For more information about JBM-HH TA, CA and GoArmyEd, please call (703) 696-3178/1541/1588/1579; Fort Belvoir TA, CA and GoArmyEd, please call (703) 805-9268/9267; or Fort Meade TA, CA, GoArmyEd, please call (301) 677-5414/2064. For questions or information about the education center, please contact the education officer at (703) 696-3195, mobile (703) 402-8007 or by email at usarmy.jbmhh.asa.mbx.education-center@mail.mil.

Remote SFL-TAP offerings

The SFL-TAP program will provide remote or virtual services in the following areas:

- Initial counseling (one-on-one counseling)
- Preseparation briefing
- Financial counseling
- VA benefits counseling
- Capstone (completion of DD 2648)
- SFL-TAP will provide guidance on completing any requirements through JKO online
- VA claims information and orientation

Although SFL-TAP will provide some services remotely or virtually, the program will continue to respond to any inquiries and conduct business via email, telephone or videoconferencing. Soldiers who complete capstone while the center is closed will be automatically cleared by the program manager, Carlos Rodriguez, once DD 2648 is processed and signed electronically. Soldiers will ensure they get a copy of DD 2648 during their capstone appointment.

For more information about the virtual and remote service being provided by SFL-TAP, please call (703) 696-0973, (703) 794-5986 or email usarmy.jbmhh.asa.mbx.sfl-tap-center-myer@mail.mil. For more information about VA claims, please contact Eleonore Richards at (202) 641-6481 or by email at eleonore.richards@serco-na.com. For VA claims orientation, contact Chris Guthrie at (202) 480-0077 or by email at cguthrie@vfw.org.

Please view the next page for a flier on a remote federal resume and job hiring course offered by SFL-TAP.

Shipments abroad

Soldiers who are permanently changing stations and Families on orders to or from a country with a Centers for Disease Control and Prevention warning level category 3 for COVID-19 (Korea and Italy) will stop movement and delay travel until May 6 or further notice, according to an Army message. If you received orders from Joint Base Myer-Henderson Hall's Military Personnel Division, please contact Douglas Russell at (703) 696-3695, douglas.a.russell3.civ@usa.army.mil, with any questions.

Department of Defense customers who are or were expected to make PCS to Korea or Italy and previously arranged to have their household goods, unaccompanied baggage and privately owned vehicle shipments and official travel tickets issued by JBM-HH are requested to contact the JBM-HH Transportation Office.

The transportation office can be reached by phone at (703) 614-7190/91 or email at m_hnhl_hqbn_dmo@usmc.mil. Please contact the office with any questions regarding the rescheduling or cancellation of your shipments and flights due to the travel restrictions that are currently in place for Korea and Italy.

The direct point of contact for this transportation announcement is transportation officer Kenny Hopkins, who can be reached by phone at (703) 693-8541 and by email at kenny.r.hopkins@usmc.mil.



Joint Base Myer-Henderson Hall

UPCOMING VIRTUAL WORKSHOPS

APRIL MAY

To Register:

703-696-0973

jcarroll@invernesstechnologies.com

The Soldier for Life - Transition Assistance Program (SFL-TAP) is the Army's Transition Program responsible for providing Soldiers with the counseling, employment and education workshops, and seminars required to achieve the law and policy Career Readiness Standards (CRS) mandated compliance. SFL-TAP has undergone a re-engineering in order to "prepare" and "connect" Soldiers to ensure the greatest opportunities for successful personal and career achievement upon transition from active duty.



Myersfltap

APR 20
ARMY DAY (EXE)
0800 - 1500

APR 21
DOL FUNDAMENTALS OF EMPLOYMENT (EXE)
0800 - 1500

APR 21
BOOTS TO BUSINESS (2-DAY)
0800 - 1500

APR 22
DOL (2-DAY) EMPLOYMENT WORKSHOP
0800 - 1500

APR 27
SMART BANKING & USING CREDIT WISELY
1300 - 1500

APR 28
FINANCIAL INDEPENDENCE
1000 - 1200

APR 28
MARKETING YOURSELF FOR A 2ND CAREER
1300 - 1500

APR 28
TRICARE BENEFITS IN DEPTH
800 - 1000

APR 29
FINDING & APPLYING TO FEDERAL JOBS
0900 - 1200

MAY 04
ARMY DAY (ETS)
0800 - 1500

MAY 05
DOL FUNDAMENTALS OF EMPLOYMENT (ETS)
0800 - 1500

MAY 05
DOL (2-DAY) VOCATIONAL WORKSHOP
0800 - 1500

MAY 06
DOL (2-DAY) EMPLOYMENT WORKSHOP (ETS)
0800 - 1500

MAY 18
ARMY DAY (EXE)
0800 - 1500

MAY 19
DOL FUNDAMENTALS OF EMPLOYMENT (EXE)
0800 - 1500

MAY 20
DOL (2-DAY) EMPLOYMENT WORKSHOP
0800 - 1500

MAY 26
SMART BANKING & USING CREDIT WISELY
1300 - 1500

MAY 27
FINANCIAL INDEPENDENCE
1000 - 1200

MAY 27
MARKETING YOURSELF FOR A 2ND CAREER
1300 - 1500

MAY 28
FINDING & APPLYING TO FEDERAL JOBS
0900 - 1200

MAY 29
TRICARE BENEFITS IN DEPTH
800 - 1000

MAY 29
FEDERAL RESUME
1100 - 1500

May 5, 2020

Message from the **JBM-HH Client Legal** **Services and Tax Center**

Client Legal Services

Due to current operating restrictions JBM-HH Client Legal Services are no longer providing walk-in power of attorney or notary services and all appointments scheduled will be telephonic. If an individual would like to schedule a telephonic appointment, please call back during business hours which are Monday through Wednesday from 8 a.m. to noon and from 1 to 4 p.m., Thursdays from 1 to 4 p.m., and Friday from 8 a.m. to noon and 1 to 4 p.m. at (703) 696-0763. You may email client legal services at usarmy.jbmhh.mdw.mbx.jbmhh-cla@mail.mil. Additional updates can be found on Facebook at the Joint Base Myer-Henderson Hall Client Legal Services page.

We apologize for any inconvenience this causes and we appreciate your patience and understanding while we all try to navigate these changes. Please do not leave a message as this voicemail is not currently being monitored.

Tax Center

Due to current operating restrictions, all Tax Center operations are suspended. Those with scheduled appointments will not be rescheduled and the JBM-HH Tax Center is unable to book any new appointments at this time. Taxpayers who have already been seen this tax season and whose returns are currently in-progress will be individually contacted. Active Duty Service members and their dependents are encouraged to use MilTax, a free online tax preparation service through Military OneSource, available online at <https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services>.

2020 guidebook online

The JBM-HH 2020 Base Guide is now available online. Visit home.army.mil/jbmhh scroll down and click on the JBM-HH 2020 Base Guide icon.



Civilian leave assist

JBM-HH Directorate of Public Works employee Lisa Barnes has been approved to receive leave under the Volunteer Leave Program.

Department of the Army civilian employees who would like to donate annual leave can fill out form OPM630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf.

For those who wish to donate, please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil

Joint Base Myer-Henderson Hall Dining Facility



May 4 to 8

Breakfast \$3.50 Lunch \$5.65 Dinner \$4.90

Daily Breakfast Menu

Scrambled Eggs - Hard Boiled Eggs - Pork Bacon - Pork Sausage - Turkey Bacon - Home Fried Potatoes
Creamed Beef w/ Biscuits - Oatmeal or Grits - Waffles, French Toast, or Pancakes - Fresh Fruit Assorted Breakfast Pastries

Daily Short Order Menu

Grilled Hamburgers - Grilled Cheeseburgers - Grilled Cheese - Grilled Ham and Cheese - Chili - Baked Beans
Hot-Dogs - French Fries - Onion Rings - Variety of Potato Chips - **One Short Order Specialty Item** (i.e. Pizzas, Corn Dogs, Mozzarella Cheesesticks, etc.)

Main Menu

Monday

Spinach Lasagna - Chicken Parmesan - Buttered Ziti Noodles - Roasted Red Potatoes
Sautéed Summer Squash - Fresh Green Beans - Italian Pasta Salad - Garlic Breadsticks
Strawberry Topping Cheesecake - Oatmeal Raisin Cookies - Yellow Cake with Chocolate Icing

Tuesday

Mexican Chicken - Beef and Bean Burritos - Spanish Rice - Refried Beans - Mexican Corn
Steamed Carrots - Fruit Salad - Jalapeno Cornbread - Apple Filled Churros - Sugar Cookies
Chocolate Cake With Chocolate Icing

Wednesday

Sweet and Sour Chicken - Beef Yakisoba - Pork Fried Rice - Steamed White Rice - Sautéed Cabbage
Steamed Broccoli - Vegetable Egg Rolls - Carrot and Pineapple Salad - Dinner Rolls - Apple Pie
White Chocolate Macadamia Nut Cookies - Spice Cake with White Icing

Thursday

Barbecue Chicken - Braised Spareribs - Candied Sweet Potatoes - Macaroni & Cheese
Collard Greens - Corn on the Cob - Mustard Potato Salad - Cornbread Muffins - Peach Pie
Peanut Butter Cookies - Bread Pudding with Carmel Sauce

Friday

Grilled Steaks - Rotisserie Chicken - Mashed Potatoes - Rice Pilaf - Glazed Carrots
Sautéed Summer Squash - Cucumber and Onion Salad - Dinner Rolls - Cherry Pie
Chocolate Chip Cookies - Angel Food Cake

During this time, due to current events, the DFAC is rapidly shifting to a grab-and-go only serving style, while maintaining the same meal schedule. The DFAC operates strictly with to-go plates, with no dining in option.

JBM-HH Dining Facility hours and pricing

Monday through Friday:

Breakfast – 6:30 to 8:30 a.m. (\$3.50)

Lunch – 11:30 a.m. to 1 p.m. (\$5.65)

Dinner - 4:30 to 6 p.m. (\$4.90)

Saturday and Sunday:

Brunch – 9 a.m. to noon (\$6.30)

Supper – 4 to 5:30 p.m. (\$7.70)

The handout below provides general fire safety tips to review while we may be spending more time in our homes teleworking, home schooling, or being self-quarantined. It is to be used as general guidance for home fire safety. The JBM- HH Fire and Emergency Services recommends you check with your local Government websites or fire departments for additional information. It is important to note most fire departments are restricting access inside buildings during the current pandemic. If you cannot find answers online then call them on the phone.



Emergencies Call

911

**JBMHH
Fire Department
Non-Emergency
(703) 696-3483**

**Additional
Resources**

NFPA.org

USFA.FEMA.org

Ready.gov

NSC.org

Home Fire Safety

Have a Home Fire Exit Plan with Two Ways Out of Every Room

Fire Safety While Teleworking or Self Quarantined

Handout provides general fire safety tips to review while we may be spending more time in our homes teleworking, home schooling, or self quarantined. It is to be used as general guidance for home fire safety.

General Fire Safety

Check Home Smoke Detectors

- If older than 10 years replace the detector.
- Replace batteries annually, unless 10 year batteries are installed.

Cooking Safety

- Stay in the kitchen when cooking. No unattended cooking.
- Pot handles are always turned toward the back of the stove.

Electrical and Appliance Safety

- All electrical cords are in good condition and not broken or cut.
- Clean the dryer lint after every use.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Space Heaters

- Confirm heater has a seal from a qualified testing laboratory (UL, ETL, etc...).
- Place on solid flat surface.
- Plug directly into the wall outlet. Never use an extension cord or power strip.

JBMHH Fire & Emergency Services recommends you check with your local Government websites or fire departments for additional information. It is important to note most Fire Departments are restricting access inside buildings during the current pandemic. If you cannot find answers online then call them on the phone.

Fire Prevention Office Contact Information

James Dansereau
Fire Inspector
James.m.dansereau.civ@mail.mil

Joe Barrow
Fire Inspector
Joseph.l.barrow2.civ@mail.mil

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19