

Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Stop shaking hands and hugging



- Ensure you have enough food, medication, and other items to last at least 14 days—don't forget to gather supplies for babies and pets as well



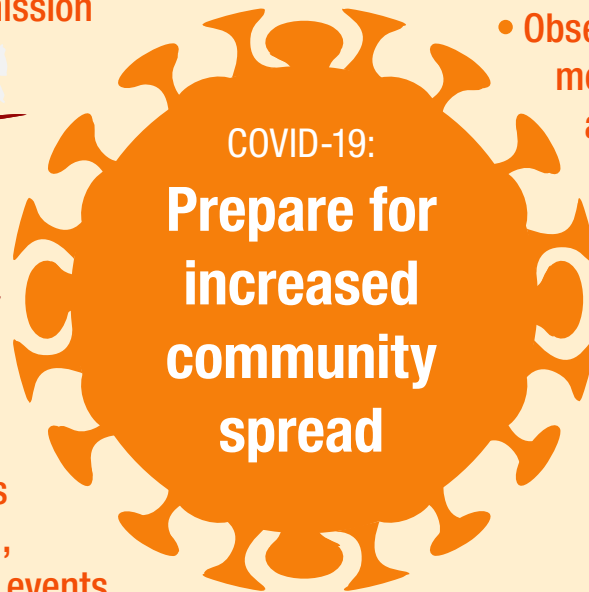
- Do not travel to areas experiencing active disease transmission



- Observe local guidance on movement restrictions, and access requirements for military installations



- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events



- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare



- Comply with medical orders for self-isolation or quarantine



For current COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

Pet Disaster Preparedness Kit

<https://www.cdc.gov/healthypets/emergencies/pet-disaster-prep-kit.html>



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For more information, contact your installation's Department of Public Health.