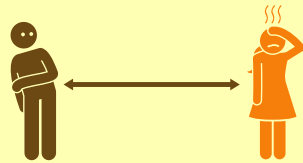


Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Continue taking everyday actions to stop the spread of germs



- Routinely clean and disinfect frequently touched objects and surfaces



If COVID-19
is present in
your community



- If you are sick, call your medical provider for instructions on receiving care before going to the clinic

- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies



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>



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