Restriction
Isolation
Close Contact
Self Monitoring
Quarantine
Social Distancing

• Personnel under ROM will immediately notify their chain of command and unit medical team if they
Sanitize shared spaces
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• Do not prepare food for non-restricted individuals
• Use
• If living with family members or roommates,
• Do not
• Stay within your home or
a. Administrative or punitive action under the Uniform Code of Military Justice (UCMJ) for Service Members
b. Temporary or Permanent bar from post
c. Suspension or Revocation of Individual Logistical Support (ILS)
d. Early Return of Dependents (EROD) subject to DoD travel restrictions
e. Criminal liability under Host Nation laws

The protocol and effect are the same between quarantine and isolation other than suffering from symptoms
you stay home 14 days from the onset of symptoms or a positive test result of someone in your household
whichever date is later. Within a household, the person with symptoms should also isolate from the rest of
the family in a separate room. If you have a positive test result or are seeing a doctor, you must be cleared
by them before the isolation period is lifted.

Individual Guidelines for Quarantine and Isolation Compliance:
• Stay within your home or quarters and monitor your health for signs of respiratory illness (cough, sore
throat, shortness of breath, or fever exceeding 100.4 F).
• Do not travel, visit public/crowded areas, or use public transportation.
• If living with family members or roommates, maintain separate living space to the greatest extent possible.
While this does not preclude all personal contact, limit proximity to at least 6 feet as much as possible.
Increase hand washing frequency, particularly before and after personal interactions.
Open windows to increase air flow.
• Use separate sleeping arrangements and hygiene areas when possible.
• Do not prepare food for non-restricted individuals.
• Sanitize shared spaces after utilization.
• Personnel under ROM will immediately notify their chain of command and unit medical team if they
experience a fever > 100.4F, subjective fever (feeling warm and cold), coughing, difficulty breathing, or
shortness of breath.

Guidelines for Command & Medical Teams
• Commands will conduct daily checks (for fever or other symptoms) to quarantines and ROM Service
Members via phone consultation. Personnel accountability methods for quarantined and ROM Service
Members will be determined by commands.
• Any redeploying person who displays fever, cough, or shortness of breath symptoms consistent with
COVID-19 while self-monitoring under ROM will call ahead before going to an MTF or emergency room,
and informing them of his/her symptoms and travel history.

• Units are responsible for ensuring Service Members and personnel under ROM order have life support
(food, hygiene, cleaning products, etc.)

• NOTE: Personnel residing in the home or residence of quarantined or isolated personnel are subject to the same restrictions.