

United States Army Garrison Stuttgart

Guidelines for "Restriction of Movement" Order



U.S. ARMY

On 11 MAR 20, the Secretary of Defense (SECDEF) implemented travel restrictions to, through and from CDC travel health notices level 3 countries for DoD Components in response to COVID-19.

The State Minister of Baden-Wurttemberg implemented new COVID-19 prevention measures which went into effect at 0000 hours, Saturday, 21 March 2020. These measures apply to host-nation citizens as well as all Service Members, Civilian Employees, Contractors and Family Members of the USAG-Stuttgart Community.

Definitions:

- **Restriction of Movement:** Someone in Isolation or Quarantine. May also include someone who is on a shorter period of distancing for illnesses such as influenza, strep, pink eye, etc.
- **Isolation:** Term for COVID-19 positive or presumed positive persons.
 - *Members of our community, under isolation or quarantine, may depart their residence for the following reasons only:*
 - Travel to see a medical provider
 - Briefly walking their pet – May take the pet outside, wearing a field expedient mask, (if medical masks not available), any gloves and cleans the rails and doors upon exit and entry. Walking of pets is limited to a 500 ft. range and 15 minutes. **NO CONTACT WITH OTHERS. MUST INFORM THEM YOU ARE IN ISOLATION.**
 - Will maintain a minimum of 10 feet distance from others in order to maintain proper social distancing
- **Quarantine:** Term for person with CLOSE CONTACT of someone with COVID-19 but is not showing any symptoms yet. Increased protective measures, hygiene practices, and physical contact limits are the same as those under Isolation. Move to "Isolation" category if they develop symptoms
- **Self Monitoring:** when individuals monitor themselves for fever >100.4 F, subjective fever (feeling warm or hot), coughing, difficulty breathing, or shortness of breath. This is a practice that all individuals under quarantines and ROM are required to do. Asymptomatic individuals not under quarantine or ROM are encouraged to Self Monitor when practicable. **DO NOT GO TO WORK IF YOU FEEL ILL.**
- **Social Distancing:** Avoiding close contact with people and putting distance (recommended 6 feet) between yourself and others in the community. No hand shakes. No hugs. 1-2 people at store instead of entire family
- **Close Contact:** Being within approximately 6 Feet (2 meters) of a COVID-19 case for a prolonged period of time or having distance contact with infectious secretions of a COVID-19 case (e.g. being coughed on).

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.

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.

Violations of the prohibition listed on this document may result in the following:

- 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

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.**

