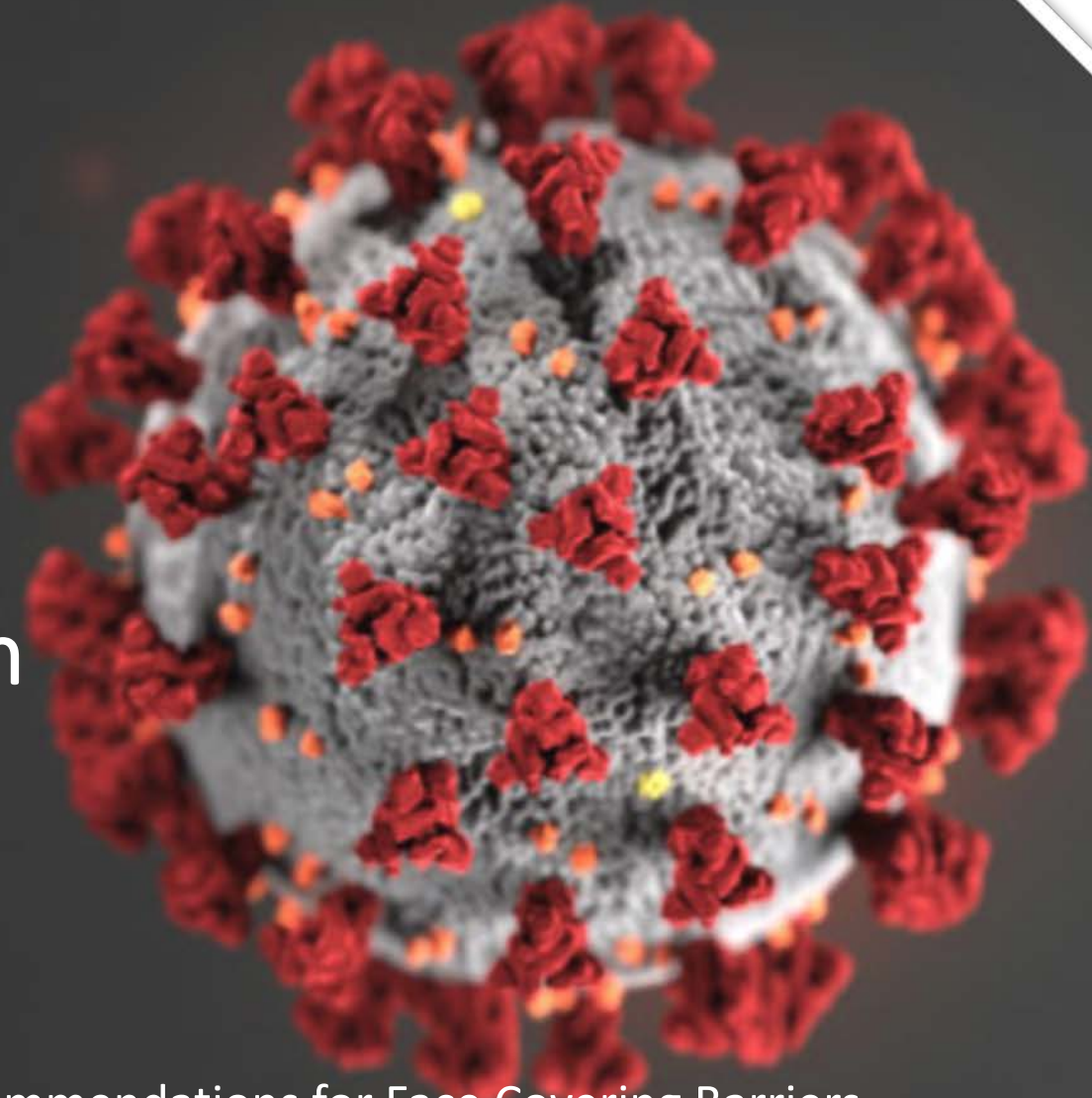


Novel Coronavirus (COVID-19) Prevention & Protection



*Includes Changes on Recommendations for Face Covering Barriers

As of 4 April 2020

How to Protect Yourself & Others: Novel Coronavirus (COVID-19)

- Primary means of preventing the spread of COVID-19:
 - ❑ Avoid Close contact and put distance between yourself and other people (6 feet for Social/Physical Distancing).
 - ❑ Stay at home as much as possible.
 - ❑ Hand washing and use of hand sanitizer that contains at least 60% alcohol and avoid touching your eyes, mouth, and nose with unwashed hands.
 - ❑ Cover coughs and sneezes.
 - ❑ Clean and Disinfect.
 - ❑ Cover your mouth and nose with a cloth cover when around others. (**NEW**)



Developments in Novel Coronavirus (COVID-19) Prevention

- The CDC has learned from recent studies that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”).
- Those who eventually develop symptoms (pre-symptomatic”) can transmit the virus to others before showing symptoms.
- The virus can spread between people interacting in close proximity: Speaking, coughing, or sneezing—even if those people are not exhibiting symptoms.
- In light of this new evidence, the Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where social/physical distancing measures are difficult to maintain.



Temporary Authorization to Wear a Face Covering While in Uniform

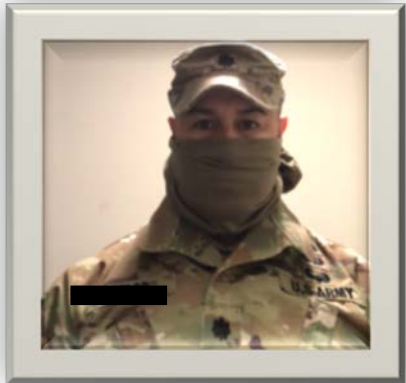
- Keeping in line with the CDC's guidance, the Army has authorized Soldiers to wear a cloth face covering while in uniform.
- Who should wear Face Coverings (Barriers)?
 - High risk personnel: Older Adults >60, People with Asthma, Chronic Lung Disease, HIV, Diabetes, Severe Obesity, Heart Conditions, Chronic Kidney Disease, and Liver Disease.
 - Personnel who are forced to work in close proximity (Within 6 Feet): Tank Crews, Soldiers Training in Close Contact Conditions, Military Police Officers, etc.
 - Personnel identified as mission critical and serve in a Force Protection Function.
- Where should Face Coverings (Barriers) be worn?
 - Retail Stores, Grocery Stores, Pharmacies, Doctors' Offices, When Working in Close Proximity, and Where Significant Community-Based Transmission Exists.



Types of Face Coverings (Mask vs. Barrier)



“**Masks**” are used to protect patients and healthcare workers from contracting illnesses, diseases, and prevent the spread of infection. Masks can be worn by both healthcare workers and patients.



Wearing a “**barrier**” can limit **your dispersal** of respiratory secretions to others. This strategy can be applied as **an adjunct to physical distancing** when individuals need to share spaces, such as entering stores to purchase necessities, working within tank crews, and by individuals needing to enter a workplace where others are present.

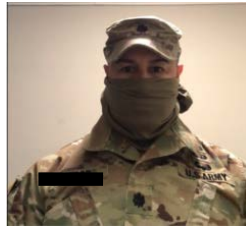
Selecting an Appropriate Face Covering (Barrier) for Uniform Wear

Face Covering Barriers Will:

- Be made of cotton and washable/dryable material.
- Select barriers that extend above your nose without interfering with eyewear, and below the chin to completely cover the mouth and nostrils.
- Fit snugly but comfortably against the sides of the face.
- Where a face barrier that is in “good taste”.
- Use your best judgement with the selection of color, fit, and Design.

Face Covering Barriers Will Not:

- Have printed wording or detract from the uniform.
- Contain profanity, racial slurs/gestures or derogatory logos, script, or imagery.



Creating Your Own Face Barrier/Mask



Use an extra t-shirt.



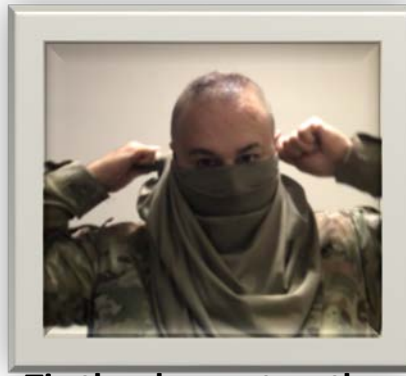
Poke your head through the hole.



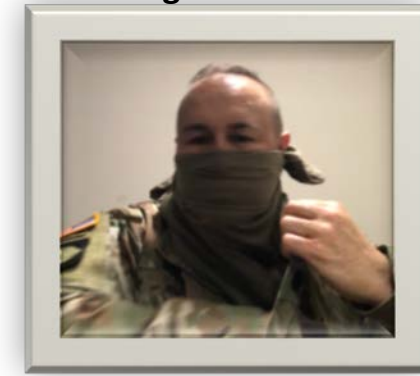
Grab each of the sleeves.



Bring sleeves behind your head.



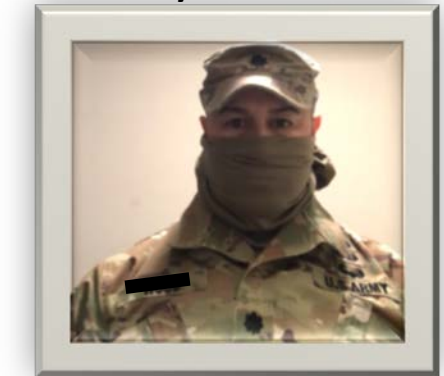
Tie the sleeves together behind your head.



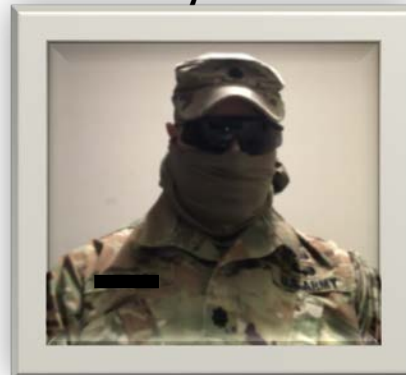
Tuck away excess.



Zip up blouse.



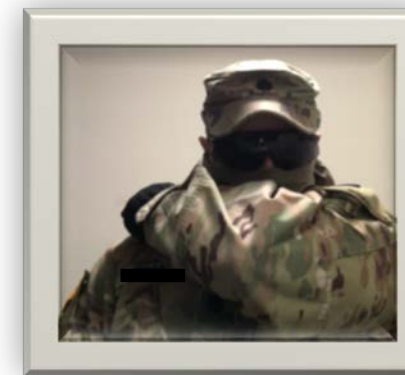
Wow worn with cover.



Cover and eyepro.



Cover, eyepro, gloves.



Still cover my cough.



Homemade PPE ready.