



# USAG Wiesbaden PCS Quarantine and Restriction of Movement (ROM) Guide

Updated 8 October 2020

*Our Home in Germany*

Please visit our website:

<https://home.army.mil/wiesbaden>





# References and Terms

## References

- a. Secretary of Defense Memorandum, Transition to Conditions-based Phased Approach to Coronavirus Disease 2019 Personnel Movement and Travel Restrictions.
- b. FRAGO 9 to HQDA EXORD 210-20 Coronavirus (COVID-19) Transition Framework, 312253ZJUL20.
- c. Secretary of Defense Memorandum, Transition to Conditions-Based Phased Approach to Coronavirus Disease 2019 Personnel Movement and Travel Restrictions, 22MAY20.
- d. FRAGORD 1 TO USAREUR TASKORD 20-0008, USAREUR Summer PCS Moves, 291626ZMAY20.
- e. IMCOM-Europe Operations Order 20-030, COVID-19 Preparation & Response 291800AFEB20.
- f. FRAGORD 45 to USAREUR TASKORD 20-0004, USAREUR Response to Potential Outbreaks of Corona Virus Disease 2019, 021650ZOCT20.
- g. General Order Number 1 (Amended 22 September 2020).





# References and Terms

## Terms

**Restriction of Movement (ROM)** is defined as limited movement of an individual or group to prevent or diminish the transmission of a communicable disease, including limiting ingress and egress to, from, or on a military installation; isolation; quarantine; and conditional release (DODI 6200.03).

Standards for ROM are:

- Restrict movement to a residence or other appropriate domicile
- Limit close contact (i.e., within 6 feet) with others, including family members and/or roommates.
- Consider ROM location as an official duty location

**Isolation:** the separation of an individual or group infected or believe to be infected with a communicable disease from these who are healthy in such a place and manner to prevent the spread of the communicable disease. (DODI 6200.03).

**Quarantine:** the separation of an individual or group that has been exposed to a communicable disease but is still not yet ill, from others who have not been exposed, in such manner and place to prevent the possible spread of the communicable disease. (DODI 6200.030).



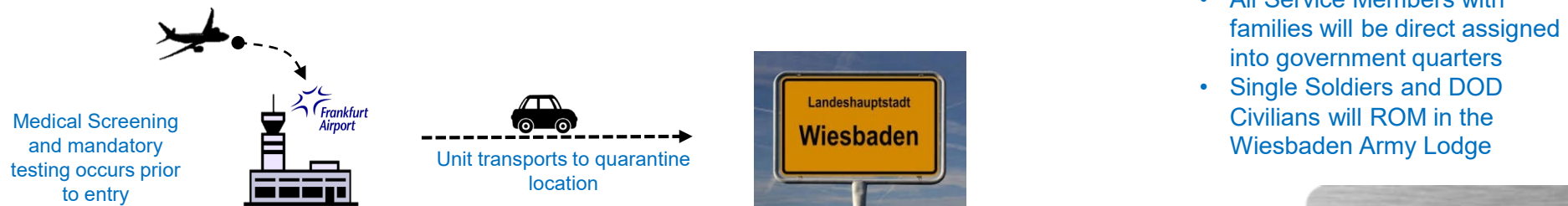
# Arrival in Germany



## DA Civilians / Single Service Members (E6(P) and above) / Soldiers W/ Families



## If you arrive via Frankfurt Airport





# ROM/Quarantine in the Army Lodge

**All personnel who are quarantined at the Wiesbaden Army Lodge will remain inside of the designated quarantine area.**

**Quarantine Area:** Grassy area located behind the Wiesbaden Army Lodge (see map).

- Service Members, DA Civilians, and Family Members will observe the Wiesbaden Army Lodge quarantine rules. This includes, but is not limited to, movement within the Lodge, laundering personal items, collection of trash, towels, and linens, delivery of food and other items, and direct interaction with the staff.
- The Lodge will identify designated exit doors for each wing of the lodge. Individuals will not deviate from this plan.
- Individuals (aged 10 and older) must wear a mask that covers their mouth and nose any time they open their room door or while walking throughout the Lodge.
- Individuals may conduct physical training (PT) outside during designated times. They must stay within the installation and away from all other individuals. While outside, they are not permitted to enter any buildings, service areas, or public areas. The only authorized times to conduct PRT are M-Su 1900-0900 hours.
- Individuals may take their pets outside; they must remain within the designated outdoor area surrounding the Lodge. Individuals may walk their pet as needed.
- Individuals will not enter the lobby, visit the breakfast area, or utilize the gym or other facilities during the ROM period.
- **The Service Member/DA Civilian is NO LONGER authorized escorted trips to the commissary and the PX complex.**







# ROM/Quarantine in Army Family Homes

**All Service Members with families will be directly assigned into their permanent government quarters.**

- Individuals are permitted to spend an unlimited time within the yard of their assigned quarters. Individuals residing in stairwell units must wear a mask, that covers their mouth and nose, any time they open their front door or while walking through public areas of the building (ex. hallways and landings).
- Individuals (aged 10 and older) must wear a mask that covers their mouth and nose any time they open their room door or while walking throughout the Lodge.
- Individuals may conduct physical training (PT) outside during designated times. They must stay within the installation and away from all other individuals. They may also take pets with them on a walk or run when they conduct PT. While outside, they are not permitted to enter any buildings, service areas, or public areas. The only authorized times to conduct PRT are M-Su 1900-0900 hours.
- Individuals will not leave their assigned housing area or use playgrounds, public recreation areas, or public facilities.
- Family Members listed on the Service Member/DA Civilian's orders are the only individuals permitted in the home. Non-Family Members, including friends, colleagues, and sponsors, are not permitted in the home or the garage.
- Individuals will not use the PED gates for any reason.
- **The Service Member/DA Civilian is NO LONGER authorized escorted trips to the commissary and the PX complex.**



**Stairwell Housing**



**Duplex / Single Family Homes**





# Medical Protocols and Testing While in ROM

Your Unit is responsible for tracking and releasing you and your family from ROM.

1. If you are sick **STAY IN YOUR ROOM OR ARMY FAMILY HOME**.
2. Please call Army Public Health Nursing (APHN) at 06371-9464-1311, M-F 0800-1600 for COVID screening.
3. If it is after hours and symptoms are manageable at home, stay home and call APHN during listed hours.
4. If you feel that you are having trouble breathing or are experiencing a medical emergency, call **112 for an ambulance**.
5. There is a 2-test requirement for PCS ROM personnel (Soldiers only). If not tested by medical personnel at your port of entry upon arrival, notify TRACE Team to schedule your test 1. Testing at a commercial airport should provide you with individual results.

## Release from ROM

- Your unit is the release authority from ROM. They will contact you on day 14 and clear you and your family from ROM.
- You will need to have completed 2 COVID-19 tests for ROM release.
- You will be provided a ROM release memo. You **MUST** present this memo at IACS for installation access.

## Signs and Symptoms of COVID-19

- Cough
- Shortness of breath or difficulty breathing
- Fever/Chills
- Sore throat
- Muscle pain/Fatigue

Hotline 061114-3548-8990  
M-Sun 0900-1630





# Items Provided and Suggested Packing List

## What's provided for my family?

- Each Army Family House will be outfitted with 1x ACS basic family kit.

### Army Community Service (ACS) Box:

Silverware	Coffee Mugs	Serving Tongs
Chef Knife	Drinking Cups	Cutting Board
Potato Masher	Bowles	Mixing bowls
Spatulas	Plates	Strainer/colander
Vegetable Peeler	Pots with Lids	
Can Opener	Pans	

- Extra items can be requested and picked up after your quarantine period or by your sponsor.
- It is the responsibility of your sponsor to pick up and sign for your family kit.

## Suggested Packing List / Items not provided

- Hygiene kit
- Sanitary items
- Towels
- Prescriptions
- Dietary items
- Phone chargers
- Baby requirements
  - Diapers
  - Wipes
  - Formula
- Pet supplies
- Bedding\*
  - Sheets
  - Pillows
  - Blankets
- Shower curtains

\* Each house is outfitted with 1x full size bed and 1x twin bed for each child.







# Pets in Quarantine/ROM

Incoming pets will reside in the quarantine/ROM rooms with their families.

Owners are responsible for supplying their own pet supplies including medications, food, and cat litter/pet waste bags. Please ensure you have enough of each to last for 2-3 weeks.

The Wiesbaden Veterinary Treatment Facility (VTF) is open **Monday, Tuesday, Wednesday & Friday** from 0800-1200 & 1300-1600 and **Thursday** from 0800-1200. The phone number is **(0)6371-9464-1544**.

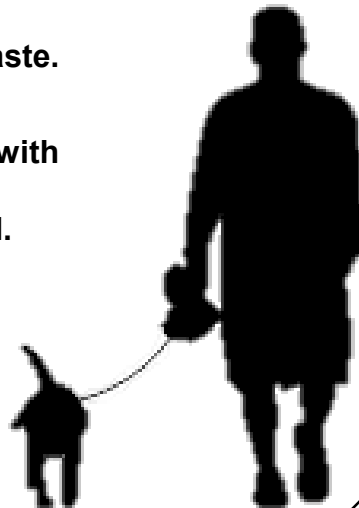
Pets must be registered with the veterinary clinic on post once the owner is released from quarantine/ROM. Registration occurs via walk-in (owner only - pets are not required to be present for registration). Please bring the pet's vaccination record when registering.

Pet owners are authorized walks as needed.

Owners are responsible for all pet waste.

Owners must wear a mask while out with their pet and must maintain at least 2 meters away from all other personnel.

Additional rules apply to quarantine/ROM while in the Lodge.



The on-post veterinary clinic can provide telephone consultations and minor sick call care while the pet is in quarantine/ROM.

Major sick call or **emergency** care will need to be provided by an off-post veterinarian. The closest 24-hour veterinary clinic is Tierklinik Hofheim (+49 6192 290290).





# Internet While in Quarantine/ROM

Internet is available for set up when direct assigned to permanent quarters.

## HOW TO GET YOUR INTERNET CONNECTED

1. Call the TKS Hotline 24/7 0631-3522-499 or email [service@tkscable.com](mailto:service@tkscable.com)
2. Your home is already wired with a modem
3. TKS will connect your internet in approximately 2 hours



**Wi-Fi will be available in the lodge**





# Spiritual & Mental Support

UNCLASSIFIED

## While you are on quarantine/ROM...

### For Confidential Counseling during Duty Hours

Contact the sponsor's Staff Duty for their Chaplain, or the Religious Support Office at 0611-143-548-5176

### For Emergency Religious Support After Hours

Call the on-call Chaplain at 0162-274-7337 or the MP Desk at 0611-143-548-7777, and they will connect you.

### For Virtual Religious Services & Programs

<https://www.facebook.com/RSOWiesbaden/> will take you to our Facebook page for frequent video posts, devotional articles, and links to each of our six congregations. Most services and auxiliaries have their own pages or groups. To find the links, click on "[Pages Liked By This Page](#)". Other programs are in [Events](#) or as flyers in [Photos](#).

### Virtual Youth Programs

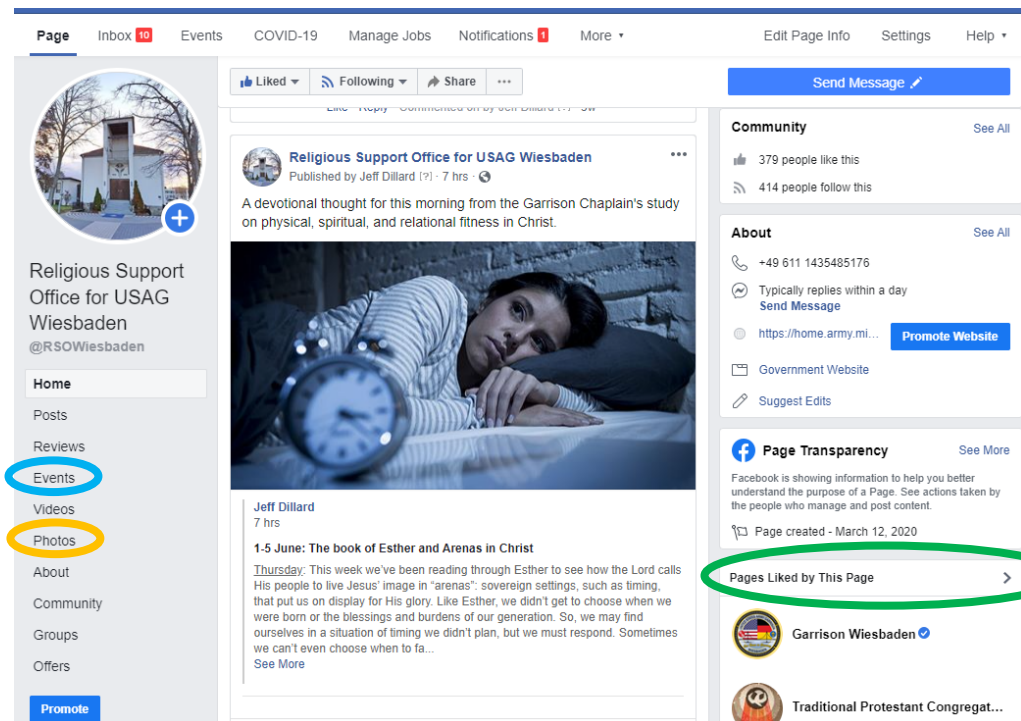
Club Beyond is our program for middle through high school. Their Facebook group is private for online safety. Access may be granted to assigned teens who demonstrate assignment to Wiesbaden



## When you come off quarantine/ROM...

Clay Chapel is across from the Health Clinic

Hainerberg Chapel is across from the High School





# School and CYS Services

## SCHOOL SUPPORT SERVICES: WHAT WE DO

### VISION

A driving force for student success

### MISSION

Army Child, Youth & School Services programs exist to support military readiness by reducing the conflict between a Soldier's mission requirements and his or her parental responsibilities.

### FOCUS

Engage community resources to reduce the impact of relocations and school transition.

Provide predictable support services.  
Identify barriers and develop solutions to ensure academic success.

Promote parent and community involvement.

Help parents, children/youth, commanders and communities to access resources that facilitate school transitions.

### PARTNERSHIPS IN EDUCATION

Enriching our Community, Preparing our Children

### OPPORTUNITIES IN ....

- Community Outreach
- School Transitions
- Adopt a School
- Mentoring
- Tutoring

### HELP BUILD MILITARY SCHOOL PARTNERSHIPS.

Contact your Principal, School Liaison Officer or School Home Community Partnership Coordinator at your school for information.

**Chart your course for success!**  
Point your children in the right direction ...  
and when they're older they won't be lost.



## PARENT CENTRAL SERVICES

Clay Kaserne, Bldg. 1213 Annex  
49 (0)-611-143-548-9356 DSN 548-9356

Hours of Operation:

Mon, Tues, Wed, Fri: 0800-1600

(Walk-ins and Appointments)

Thur: 1300-1800 (Walk-ins only)

Thur: 0800-1300 Closed for training

For more information, visit

**schools' [www.Wiesbaden.Army.mil](http://www.Wiesbaden.Army.mil)**

For the most up to date information from FMWR,  
visit **[Wiesbaden.ArmyMWR.com](http://Wiesbaden.ArmyMWR.com)**

### School Registration Contacts

[WiesbadenHS.Registrar@eu.dodea.edu](mailto:WiesbadenHS.Registrar@eu.dodea.edu)

[WiesbadenMS.Registrar@eu.dodea.edu](mailto:WiesbadenMS.Registrar@eu.dodea.edu)

[HainerbergES.Registrar@eu.dodea.edu](mailto:HainerbergES.Registrar@eu.dodea.edu)

[AukammES.Attendance@eu.dodea.edu](mailto:AukammES.Attendance@eu.dodea.edu)

Updated 17 JUL 2019



**School Liaison Officer**  
**USAG Wiesbaden**



Connecting Families, Schools & Communities

**PETER WITMER, SCHOOL LIAISON OFFICER**

49 (0)-611-143-548-9305 DSN 548-9305  
[peter.g.witmer.naf@mail.mil](mailto:peter.g.witmer.naf@mail.mil)





# School and CYS Services

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## SCHOOL REGISTRATION ONLINE

<https://dodea-registration.hosted.src-solutions.com/>  
After finishing online registration, contact the school registrar to complete registration.

### WHAT YOU'LL NEED ...

Sponsor's Orders  
Immunization Records  
Birth Certificate or Passport (primarily Elementary level)  
Transcript/School Record  
Sports Physical Evaluation Record

### BEFORE YOU MOVE ...

MAKE SURE YOU HAVE THE FOLLOWING DOCUMENTS.

Copy of School Records  
Course Descriptions  
Documents of Achievements and Awards Immunization Records  
Medical and Dental Records  
*Please don't pack these items with household goods! Hand carry them to your next location.*

### FREE & REDUCED LUNCH

Save \$300-\$500 per year per child! Apply for Free & Reduced Lunch Program online at <https://freeandreducedapps.aafes.com/>. A student ID number, provided by the school registrar's office, is required to complete the online application. DO NOT include Housing allowance in total income.

### SCHOOL LUNCH INFORMATION

Visit the Exchange to set up student lunch accounts. Students receive a 6-digit PIN. They use this PIN to purchase a prepaid school lunch. To receive Free or Reduced lunch students are also required to get a lunch account. For information on the school lunch program go to [www.aafes.com/about-exchange/school-lunch-program/](http://www.aafes.com/about-exchange/school-lunch-program/)

GET A YOUTH SPONSOR ... GRADES 6-12 In Wiesbaden, contact Contact School Support Services. Phone: 49 (0)-611-143-548-9305 DSN 548-9305 Email: [peter.g.witmer.naf@mail.mil](mailto:peter.g.witmer.naf@mail.mil)

### FREE TUTORING!!! 24 X 7 LIVE ONLINE HELP

Visit [www.tutor.com/military](http://www.tutor.com/military) or contact School Liaison Officer for details.

## CONTACT INFORMATION

### U.S. ARMY GARRISON WIESBADEN CHILD & YOUTH SERVICES

**Administrative Office**  
Building 7790, Hainerberg Housing Area  
49 (0)-611-143-548-9301 DSN 548-9301

**Youth Sports and Fitness**  
Bldg. 1213 Annex, Clay Kaserne,  
49 (0)-611-143-548-9363 DSN 548-9363

**Schools of Knowledge, Inspiration,  
Exploration & Skills (S.K.I.E.S.)**  
Bldg. 1213 Annex, Clay Kaserne  
49 (0)-611-143-548-9359 DSN 548-9359

**Child Development Center (CDC)**  
Building 1501, Clay Kaserne  
49 (0)-611-143-548-9372 DSN 548-9372

**Child Development Center (CDC)**  
Building 1502, Clay Kaserne  
49 (0)-611-143-548-9382 DSN 548-9382

**Child Development Home (CDC)**  
Building 7798, Hainerberg Housing  
49 (0)-611-7637627 or 49 (0)-611-9881033

**Hainerberg Child Development Center (CDC)**  
Building 7885, Hainerberg Housing  
49 (0)-611-143-548-9320 DSN 548-9320

**Hourly Care and Respite Care Line**  
Building 1215, Clay Kaserne  
49 (0)-611-143-548-9350 DSN 548-9350

**School Age Center (Clay Kaserne)**  
Building 1502, Clay Kaserne  
49 (0)-611-143-548-9391 DSN 548-9391

**School Age Center (Hainerberg)**  
Building 7894, Hainerberg Housing  
49 (0)-611-143-548-9331 DSN 548-9331

**Youth Center (Clay Kaserne)**  
Building 1215, Clay Kaserne  
49 (0)-611-143-548-9325 DSN 548-9325

**Youth Center (Hainerberg)**  
Building 7884, Hainerberg Housing  
49 (0)-611-143-548-9341 DSN 548-9341

**Family Child Care**  
Building 7790, Hainerberg Housing  
49 (0)-611-143-548-9310 DSN 548-9310

### U.S. ARMY GARRISON WIESBADEN SCHOOLS

**Aukamm Elementary School**  
Principal Mrs. Angella Hadley  
0611-705-6260 DSN 337-6260

**Hainerberg Elementary School**  
Principal Dr. Tonya Laliberte  
0611-705-2220 DSN 337-2220

**Wiesbaden Middle School**  
Principal Dr. Lee Hill  
0611-705-2240 DSN 337-2240

**Wiesbaden High School**  
Principal Dr. Heather Ramaglia  
0611-705-2260 DSN 337-2260

**School Bus Office**  
0611-705-2251 DSN 337-2251

**School Liaison Officer**  
Peter Witmer  
0611-143-548-9305 DSN 548-9305



## COMMUNITY RESOURCES

**Army Community Service**  
Family Advocacy Program  
Exceptional Family Member Program  
New Parent Support Program  
0611-143-548-9201/9202 DSN 548-9201/9202

**Educational/Developmental Intervention  
Services (EDIS)**  
06371-9464-1323 DSN 590-1323

**US Army Health Clinic Wiesbaden**  
06371-9464-1300 DSN 590-1300

**Medical Clinic Central Appointments**  
06371-9464-5762 DSN 590-5762

**Wiesbaden Dental Services**  
06371-9464-1515 DSN 590-1515

**Women, Infants, and Children (WIC)**  
0611-143-548-9290 DSN 548-9290







# MWR & Delivery Options

Delivery options are available at **ALL** government housing communities.

Please ensure you wear your **mask** when answering the door.

You **MUST** pay with a credit card to avoid exchanges!



**Bamboo Asian Restaurant** -- Delivery service is available from 5-8:30 p.m. Bamboo is closed on Mondays. Delivery number is DSN 548-9425 or civ (0611) 143-548-9425.

**Little Italy Catering Center** - Delivery telephone number is DSN 548-9413 or 548-9418 civ (0611) 143-548-9413/9418.

**Popeye's** - Delivery from 4 to 7 p.m. Monday to Friday and 11 a.m. to 7 p.m. Saturday and Sunday.

**Pizza Hut** - Open 11 a.m. to 7 p.m. daily for takeout. Delivery from 4 to 7 p.m. Monday to Friday and 11 a.m. to 7 p.m. Saturday and Sunday.

- **AAFES** food deliveries are online, **card only** and "drop off" - meaning that the delivery driver leaves items at the doorstep/customer's door and notifies the customer of the delivery so they can go outside and pick it up.
- **No contact** will be made during these deliveries.

## EXCHANGE

**AAFES Buy Online Pick-up Curbside** - The [Wiesbaden Main Exchange](#) is now offering curbside pick-up for online orders. It works as follows: 1. Receive an email that your order is ready for pick up. 2. Drive to the Main Exchange and park in one of the designated parking spots, which are conveniently located and identified with appropriate signage. 3. Call the phone number on the sign, provide your order number and vehicle description, and your purchase will be brought to you.

<https://wiesbaden.armymwr.com/promos/mwr-food-delivery-options>

