



### **Health Protection Guidance – COVID19**

Team 143d - the health and safety of our Soldiers, Civilians, and Families is always my highest priority. The very good news is that none of our personnel have displayed symptoms or are confirmed with the COVID-19 virus.

The risk of contracting the virus is low; however, in order to keep everyone healthy, please ensure that you and your families continue to heed the important protection measures from the U.S. Center for Disease Control (CDC):

- Reduce your potential exposure by continuing to practice good hygiene. This includes washing hands with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol. Also, avoid touching eyes, nose and mouth with unwashed hands, and avoid close contact with those who are sick.
- If you are sick, feel you have symptoms, or feel you have been exposed to the virus, stay home and contact your supervisor.
- Know your local county and state's instructions on where to call or report if you are sick. Many counties have set up phone centers to provide guidance specific to your local area.
- Additionally, Military OneSource has set up a dedicated website on COVID-19 at <https://www.militaryonesource.mil/coronavirus> with useful information and resources. Also, their Call Center number is 1-800-342-9647 and is always available with personnel who can address many of your individual concerns during this stressful time.

I realize you may have questions about upcoming missions, military schools, permanent change of station, battle assemblies, and travel. I have established Crisis Action Teams, at both the headquarters and brigade levels, to monitor the outbreak and to address issues within your respective commands and states. As always, please stay in regular contact with your chain of command to stay informed. As of today, this is the important information to know:

- All military personnel are restricted from officially traveling to LEVEL 2 & 3 countries (China, South Korea, Italy, Iran, and Japan) until further notice. **If you have traveled to, or through, any of these countries, you must notify your chain of command immediately.**
- Additionally, all military personnel (Soldiers, Civilians, and their Family Members) are restricted from official, government-funded travel within the domestic United States **from today through 11 May**. These travel restrictions are necessary to preserve the health and readiness of our Army team.
- The remaining Battle Assemblies for the month of March are postponed until a later date, to be determined.
- Battle Assemblies which are scheduled for April will be re-assessed shortly, as we continue to monitor this emergency and the travel restrictions. Commanders are authorized to grant rescheduled training (RSTs) based upon individual Soldier circumstances.
- Many military schools have been cancelled until further notice, or may be conducted “virtually”, so contact your respective schoolhouse for the current status.
- All Mass Medical events have been cancelled until further notice.
- Authorized leave for Full-Time Staff may only be conducted within the local area, which I’ve defined as 100 miles from your duty location. Commanders will disapprove non-local leave starting 17 MAR, until further notice, unless I have approved a travel exemption.
- All Full-time staff should ensure they are Telework-Ready with the necessary supervisor approvals and equipment, as well as enabled with VPN access should we need to implement virtual workplace measures.
- There have been no changes to units scheduled for mobilization or those who are returning from theater. This command will continue supporting all personnel and their families who are preparing for deployment.

Please continue to stay healthy, safe, and informed! Our Nation depends on you to remain ready at all times.

## **SUSTAINING VICTORY!**

Pamela L. McGaha  
Brigadier General, U.S. Army  
Commanding