



Commander's Update on COVID19

Team 143d – my number one priority through this emergency remains protecting the health and safety of our Soldiers, Civilians, and Families. We are still fortunate that none of our personnel have displayed symptoms or are confirmed with the COVID-19 virus.

Most of our personnel live in states where Governors have now issued Executive Orders cancelling public schools and the operations of non-essential businesses, as well as establishing local curfews. This is an important effort to contain the spread of the virus within our communities. As responsible citizens, we must adhere to the following guidelines to protect each other, our families, neighbors, and to reduce the stress on the healthcare systems.

- Avoid social gatherings in groups of more than ten (10) people and continue to keep at least six (6) feet between yourself and others.
- Avoid eating or drinking at bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.
- Avoid discretionary travel, shopping trips, and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- Practice good hygiene measures.

Starting yesterday morning, the 143d implemented telework options for our Staff in order to further protect the health of our personnel. **Unit operations still continue in our Reserve Centers, and all Staff are still accessible by both phone and e-mail.**

Additionally, I know that everyone depends on their monthly paychecks from performing duty as an Army Reservist. Many also have benefits, such as Tricare Reserve Select healthcare or school tuition, that is tied to your monthly drill performance. **U.S. Army Reserve Headquarters (USARC) is working on guidance and options to ensure that Soldiers maintain satisfactory performance and continue to receive pay and associated benefits.**

Here is additional information to know since my first message:

- For Soldiers who were scheduled to attend military schools, but now have been cancelled, your seat has been retained in the ATRRS system so that you keep your priority when the course is re-scheduled.
- For Soldiers who require PHA and Dental appointments, some LHI vendors are still open for business so you can complete your medical requirements. If, however, you elect to cancel these appointments because of your individual circumstances or concerns, there will not be penalties associated with that cancellation.
- You must log on to the ADPAAS website at <https://adpaas.army.mil> and ensure that your contact information and physical address is current. In emergencies, such as now, this is how we can ensure that you and your family members are accounted for and safe.
- The Army Emergency Relief fund will assist non-Title 10 USAR Soldiers on a case-by-case basis who are experiencing extreme or unusual financial hardship due to a cancelled deployment or the DoD travel ban. Apply for assistance at: <https://www.armyemergencyrelief.org/covid19/nontitle10reserve>
- Lastly, a reminder that Military OneSource has set up a dedicated website on COVID-19 at <https://www.militaryonesource.mil/coronavirus> along with their Call Center at 1-800-342-9647. We are also fortunate to have many unit Chaplains who are always just a call, text, or email away to keep us encouraged during uncertain times.

Remain disciplined in health protection measures, stay in regular contact with your chain of command for updates and, as always, **check often on your Army teammates to see if anyone needs help.**

Finally, I want to take a moment to especially thank all 143d ESC Soldiers who are working overtime as Healthcare professionals, First Responders, Transporters, Postal workers, Law Enforcement, Grocery Store employees, Utility teams, and many other roles providing Essential Services across America. Thank you for keeping everyone safe and well-supplied – America’s Army Reservists are truly “Twice the Citizen”!

SUSTAINING VICTORY!

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