



Commander's Update on COVID-19

10 April 2020

Team 143d – I want to thank everyone for your professionalism and adaptability during these past few weeks. Since we departed final formations in March, our daily way of life has completely transformed in order to #KillTheVirus and stop its spread in our communities. The national fight includes all military services, including the Army Reserve. The main effort is medical support, and thousands of Army Reserve Soldiers are in New York, Washington, and other communities that need help. Additionally, logistics commands have established staging bases to support the arriving personnel, equipment, and supplies. America's Army Reserve is making a huge difference when the Nation needs us most!

We still have a long way to go before we receive the "All Clear," so this is what I expect from all members within the command:

Take this threat to your health seriously. My number one priority remains protecting your health and safety. Positive cases of COVID-19 are spiking across the Southeast region, so it is critical that you stringently follow health protection guidelines on hand-washing and social distancing. Continue to stay home and avoid groups as much as possible. And remember that even if you do not display symptoms (asymptomatic), such as fever or cough, you may unknowingly be able to transmit the virus to others.

Maintain your readiness through Virtual Battle Assemblies (VBA). This past weekend, several units conducted a VBA trial-run by training via an online meeting platform. I'm pleased to say that it was a great success, and all 143d units will now execute their training plans "virtually" for the next few months. VBAs provide opportunities to maintain pay and benefits, as well as stay regularly connected with each other, until we are safely through this emergency. Temporary exceptions have also been allowed for PME and re-enlistment requirements so we can keep everyone on track with their careers.

Utilize resources such as TRICARE and Military OneSource. Remember that as an Army Reserve Soldier, you have earned many special benefits and have access to multiple resources. One very important item is quality health insurance for both yourself and your Family. “TRICARE Reserve Select” insurance is available for TPU Soldiers to purchase at discounted rates, and you can enroll at any time.

Stay physically and mentally fit. With the closures of fitness facilities, many are seeking alternative resources to stay fit and healthy. Check out the U.S. Army Warrior Fitness Instagram at [instagram.com/usarmywarriorfit](https://www.instagram.com/usarmywarriorfit) for daily home workouts. Or sign up for free health and wellness coaching sessions through Military OneSource. Now is the perfect time to set new fitness goals for yourself and become healthier and more resilient.

Remember to take some time each day to connect with a Family member, friend, and Army teammate. And as always, our inspirational Chaplains and Unit Ministry Teams are here if you would like to talk. Stay informed by following the 143d ESC social media accounts, and stay tuned for the introduction of a new blog that will provide you with all the daily changes that affect you and your Family.

“Team 143d” continues to ensure that you and your Family are getting the strength, support, and stability you need during this time.

SUSTAINING VICTORY!

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

STAY INFORMED & *Connected*

- How to protect yourself from Coronavirus at [coronavirus.gov](https://www.coronavirus.gov)
- Army Reserve COVID-19 updates at usar.army.mil/COVID19
- Up-to-date information about programs, services and resources at militaryonesource.mil/coronavirus



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