

# PUBLIC HEALTH ALERT

## Coronavirus Disease 2019 (COVID-19)

**Current Situation:** The Centers for Disease Control and Prevention (CDC), the Military Health System, and the U.S. Army Public Health Center are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus. Cases have been identified in a growing number of international locations, including in the United States, and transmission has occurred in communities near OCONUS U.S. installations. This is a rapidly evolving situation and information will be updated as it becomes available.

**Transmission:** Human coronaviruses are most commonly spread from an infected person to others through:

- the air by coughing and sneezing.
- close personal contact, such as touching or shaking hands.
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

**How to protect yourself and others:** There are currently no vaccines available to protect you against human coronavirus infection. To reduce your risk of infection or transmitting the virus to others:

- wash your hands often with soap and water for at least 20 seconds.
- avoid touching your eyes, nose, or mouth with unwashed hands.
- avoid close contact with people who are sick; and stay home while you are sick.

**Symptoms:** Common human coronaviruses usually cause mild to moderate upper respiratory tract illnesses, like the common cold. Most people get infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. Symptoms may include:

- runny nose
- cough
- fever
- headache
- sore throat
- general feeling of being unwell

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

**Testing:** If you had recent travel to the affected geographic areas identified by the CDC and get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

Your healthcare provider will order appropriate tests, if needed, and determine if additional precautions should be taken.

**Treatment:** There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. Medications for pain and fever can help relieve symptoms. If you are mildly ill, drink plenty of fluids, stay home, and rest. If you are concerned about your symptoms, you should contact your healthcare provider.



For additional information on the current outbreak, visit the CDC and APHC websites:  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>

## Coronavirus Disease 2019 (COVID-19):

# 10 things to do to manage your health at home

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

**1** **Stay home** from work, school, and away from public places. If you must go out, avoid using public transportation, ridesharing, or taxis.



**2** **Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



**3** **Get rest, stay hydrated, and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid the gym or other locations where you may come into contact with others.



**4** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



**5** For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



**6** **Take everyday actions** to prevent the spread of germs.

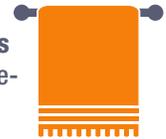
- Clean your hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover your cough/sneeze
- Avoid touching your eyes, nose, and mouth



**7** As much as possible, **stay in a specific room** and **away from other people** and pets in your home. Use a separate bathroom, if available.



**8** **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



**9** **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



**10** **Make the best of your time** at home by catching up on your reading, indoor hobbies, exercise videos, and television shows.



For current COVID-19 information:  
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:  
Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>



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For more information, contact your installation's Department of Public Health.

# CDC Definitions

## *Rank-ordered from least to worst risk*

(<https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>)

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- I. **Self-observation** means you should remain alert for subjective fever, cough, shortness of breath or difficulty breathing. If you feel feverish, develop cough or difficulty breathing during the self-observation period, then take and record your temperature, self-isolate yourself, limit contact with others, and seek advice by telephone from your doctor, your unit's surgeon, nurse's help line or your local health department who will determine if you need further medical evaluation.
  
- II. **Self-monitoring** means you should monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing. Don't forget to write down your temperature and the time at which you took it. If you feel feverish or develop a fever, cough, shortness of breath or difficulty breathing during the self-monitoring period, you must self-isolate yourself, limit contact with others, and seek advice by telephone from a healthcare provider, nurse's help line or your local health department to determine whether you need further medical evaluation.
  
- III. **Self-monitoring with delegated supervision** means, for certain occupational groups (e.g., hospital workers, laboratory personnel, airline crew members), self-monitoring yourself with *oversight* by medical personnel or state/local public health officials. The preventive medicine or infection control personnel from the Army hospital will establish points of contact between the Army, you, and the local or state health departments with jurisdiction for the location where you will be during the self-monitoring period.
  
- IV. **Self-monitoring with public health supervision** means Army MTF's preventive medicine departments assume the responsibility for *oversight* of your self-monitoring process. Army preventive medicine professionals will provide clear instructions on

what you should do and not do while the self-monitoring takes place.

**V. Active monitoring** means that the Army, state or local public health authorities assumes responsibility for establishing regular communication with you as a potentially exposed individual to assess for the presence of fever, cough, or difficulty breathing. The mode of communication will be determined by the Army, state or local public health authority. The methods to communication include telephone calls and any electronic or internet-based means of communication. You must stay engaged with the monitoring authorities.

**VI. Quarantine** in general means the separation from others of a person or group of people believed to have been *exposed to a communicable disease (such as COVID-19) but not yet symptomatic* to prevent the possible spread of the communicable disease. This is a law-enforcement action and violators will be subject to prosecution. If you are placed in quarantine, you must obey the instructions provided by the public health professionals.

**VII. Isolation** means that you are isolated because public health authorities reasonably believe that you are *infected with a communicable disease and potentially infectious* to others who are not infected. This action is to prevent spread of the communicable disease, such as COVID-19, to the general public. Isolation may be at a hospital or other locations deemed appropriate by public health professionals. Isolation for public health purposes may be voluntary or enforced by federal, state, local public health or legal Army orders.