



Command Service Announcement

Commanders and leaders from all levels of the Army play a critical role in protecting the health and safety of their Soldiers and their Families. Soldiers and their Families need to hear from you during the COVID-19 pandemic. Command teams should **encourage subordinate leaders to stay engaged.**

Below are **actions** you should take as an engaged leader:



Regularly **call, text, message**, or use some other form of communication to help decrease stress levels. Everyone is vulnerable to increased stress during this time.



Offer reassurance that feeling stressed is normal during a crisis. If you believe prevention assistance is needed, offer resources such as Military OneSource at **<https://www.militaryonesource.mil>**.



Encourage those that seem overwhelmed or feel that stress is interfering with their relationships or daily activities to contact Behavioral Health, which is offering telehealth for support.



Report suspected abuse or neglect to law enforcement immediately. You are obligated to take action.



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For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

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>

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

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Public Health
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:
Call 1-800-984-8523,
Overseas DSN 312-421-3700,
Stateside DSN 421-3700

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