

COVID-19 Risk Reduction

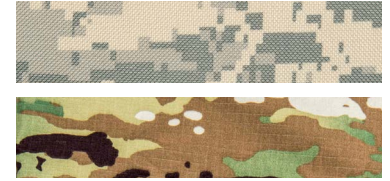
Face Coverings



The primary purpose of a cloth face covering is to prevent the spread of coronavirus between people interacting in close proximity where social distancing measures cannot be maintained.

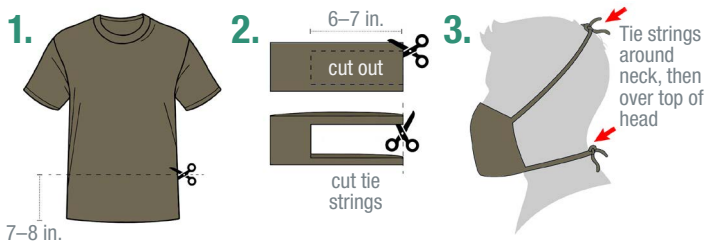
To the extent practical, DOD requires all persons on DOD property, installations, and facilities to wear cloth face coverings when they cannot maintain 6 feet of social distance in public areas or work centers (not to include housing).*

* For the guidance, visit <https://media.defense.gov/2020/Apr/05/2002275059/-1/-1/1/DOD-GUIDANCE-ON-THE-USE-OF-CLOTH-FACE-COVERINGS.PDF>



Army Combat Uniform (ACU) material is not recommended for use as a face covering because of the type of fabric used and the different treatments, like insect repellent and flame retardant, applied to the fabric.

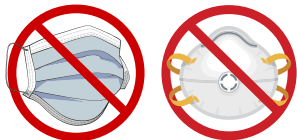
Make a cloth face covering from a t-shirt



Learn more: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

YOU SHOULD WEAR A SURGICAL MASK:

- when a medical provider diagnoses you with COVID-19
- if you are caring for someone confirmed to have COVID-19 (both you and the patient should wear masks when in close contact)



The face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must be reserved for healthcare workers and other medical first responders.

Proper wear and care of cloth coverings

- Do not place cloth face coverings on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the covering without assistance.
- Clean your hands with soap and water or an alcohol-based hand sanitizer before and after putting on the cloth face covering.
- Ensure your nose, mouth and chin are covered; ensure the areas around the nose, sides, and chin are tight, but do not restrict your ability to breathe.
- Avoid touching the cloth face covering. Remove by grasping the elastic ear bands or untying. Do not touch the front of the covering.
- Routinely wash by hand, or in a washing machine, using warm water and regular detergent.



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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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The Army COVID-19 Information Hotline:

1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700