

DEPARTMENT OF THE ARMY  
HEADQUARTERS, US ARMY FIELD ARTILLERY CENTER AND FORT SILL  
Fort Sill, Oklahoma 73503

USAFACFS Regulation  
No. 40-8

29 June 1981

Medical Services  
CONTROL OF RESPIRATORY AND MENINGOCOCCAL DISEASES

1. PURPOSE.

a. To establish policies and procedures to reduce the incidence of respiratory and meningococcal diseases among Fort Sill personnel.

b. To delineate responsibilities for action in the event an unusually high incidence of respiratory or meningococcal disease should occur.

2. GENERAL.

a. The spread of acute respiratory diseases, such as influenza, "strep" throat, and of meningococcal disease, is facilitated by close contact and crowding. These conditions promote direct passage of disease-containing aerosols (vapor droplets) between individuals. Air travel for relatively long distances (such as the length of a barrack) usually renders these aerosols noninfectious. It follows that respiratory disease controls should be directed toward increasing the distance between those individuals who may be carrying "germs" and those who are susceptible (not immune). Effective measures for separating individuals include, but are not limited to, providing adequate bunk spacing, head-to-toe sleeping, and unit isolation.

b. In addition to reducing exposure, measures must be taken to increase individual resistance so that those who are subjected to contact with disease-bearing droplets will not become seriously ill. Such measures include immunizations, adequate rest, graduated physical training, and prompt sick call when ill.

3. APPLICABILITY.

a. US Army Reception Station and basic training units will observe all provisions of this regulation.

b. All other units, to include advanced individual training units, will be required to observe only the appropriate provisions of housekeeping, living environment, and chilling.

4. RESPONSIBILITIES.

a. Commander, Medical Department Activities--

(1) Provides technical advice to unit commanders to facilitate the implementation of this regulation, including cadre training recommendations on the restrictions to be observed in units where meningococcal disease occurs.

(2) Performs bacteriological monitoring when deemed necessary.

(3) Assures prompt and effective management of all acute respiratory diseases.

(4) Conducts periodic inspections to assure that the provisions of this regulation are properly implemented.

(5) Supervises immunization programs directed at control of respiratory and meningococcal diseases.

(6) Will expand medical services and hospitalization capacities in accordance with MEDDAC Emergency Preparedness Plan.

b. Commander, US Army Field Artillery Training Center--

(1) Provides troop rosters and troop control personnel, upon the request of the Commander, MEDDAC, to expedite the taking of throat cultures.

\*This regulation supersedes USAFACFS \*This regulation supersedes USAFACFS Reg 40-8, 20 January 1976.

- (2) Assures that trainees and cadre are indoctrinated in the preventive measures to be used in controlling respiratory diseases and meningococcal infections.
- (3) Briefs newly assigned cadre on the contents of this regulation.
- (4) Requires newly assigned cadre to attend training on medical aspects of Basic Combat Training (BCT). This will be coordinated with the Commander, MEDDAC.
- (5) Assures prompt compliance with MEDDAC's recommendations that deal with the control of respiratory diseases.
- (6) Assures that all basic trainees, upon departure from Fort Sill at the completion of training, off-post pass, or on emergency leave, are instructed in health precautions, and are told to go immediately to the nearest military medical facility or private physician should they become ill.
- (7) Provides explicit battery CQ instructions describing procedures for conducting and recording night barracks temperature checks, looking for sick individuals, and referring individuals to sick call during nonduty hours.
- (8) Provides thermometers in each troop bay for use during temperature checks.
- (9) Assures compliance with the specific provisions of this regulation as stated below.

c. Directorate of Facilities Engineering--

- (1) Provides prompt service to requests from units when satisfactory temperature is not maintained in troop housing and classrooms.
- (2) Assures that heating is adequate to permit ventilation in barracks and classrooms.

5. PROCEDURE FOR THE FORT SILL PLAN FOR CONTROL OF UPPER RESPIRATORY AND MENINGOCOCCAL INFECTIONS.

a. General. URI (upper respiratory infections) and meningococcal infections reach seasonal peaks in winter. Phases I and II (Appendixes A and B) are implemented by the Commander, USAFACFS, whenever the incidence of URI reaches significantly high levels and more stringent control measures are required to control spread. Since sporadic URI and meningococcal disease cases may occur throughout the year between seasonal peaks, year-round control measures are required to minimize the introduction and rapid spread of URI.

b. Definitions.

- (1) Year-round control measures are those basic environmental and individual protective measures required by higher headquarters outlined in 5d below.
- (2) Phases I and II (Appendixes A and B) are those measures primarily concerned with the restriction of BCT movements in order to contain and reduce the further spread of URI.

(a) Phase I. A significant increase in the incidence rate of URI is such that restrictive control measures are considered necessary.

(b) Phase II. The rates of URI reach such proportions that measures taken under Phase I are considered inadequate. More stringent control measures are required. Only under extremely rare and unusual circumstances will Phase II ever need implementation. Whenever Phase II is implemented, it will most likely be limited to a relatively short period of time.

c. Execution of URI Phases.

(1) General. Commanders will incorporate measures to prevent URI into a standard unit-level program as outlined in this directive. A SOP on URI control will be published by each BCT Headquarters.

(2) Phase I. Upon receipt of information from MEDDAC that the rates of URI are such that control measures more stringent than normal are considered necessary, the Commander, USAFACFS, will direct implementation of Phase I of this plan (Appendix A).

(3) Phase II. If the rate of URI continues to increase and reaches such a proportion that measures taken under Phase I are considered inadequate, the Commander, USAFACFS, on recommendation of the Commander, MEDDAC, will direct implementation of Phase II (Appendix B).

(4) Termination of a phase. A URI phase will be terminated by direction of the Commander, USAFACFS, through guidance furnished by the Commander, MEDDAC.

#### 6. YEAR-ROUND URI CONTROL MEASURES.

##### a. Environmental Protective Measures.

##### (1) Platoon integrity.

(a) Form personnel arriving at the Reception Station into processing packets with receptees from the same geographic area assigned to the same packet as much as possible.

(b) Maintain platoon integrity during all phases of processing.

(c) Conduct classroom training, messing, and recreational activities of basic trainees by platoons or batteries to the maximum extent possible.

(2) Sleeping space. Receptees and basic trainees will have a minimum of 72 square feet in barracks. Personnel, other than basic trainees, will have a minimum of 55 square feet per man.

(3) Bed arrangement. Head-to-foot pattern of beds will be maintained.

(4) Blankets. Blankets will be aired or shaken outdoors at least weekly and laundered between cycles.

(5) Ventilation. During warm weather, barracks will be adequately ventilated while troops are sleeping and should be well aired during non-occupancy periods. The use of wind deflection boards on open windows to prevent draft is encouraged. Where deflection is not possible, windows will be opened by two inches at the top. During the heating season, non-mechanically ventilated barracks windows will be kept partially open (the top and/or bottom windows 1 or 2 inches alternately across the building) while troops are sleeping, and barracks will be aired once daily for not more than 30 minutes by opening every other window one inch. During all other periods, windows will be kept closed, and temperatures will be controlled by regulation of the heat source.

(6) Temperature and humidity control. Temperatures in barracks during the night and during periods of troop occupancy will be 64 to 68 degrees Fahrenheit. Temperatures in barracks during the day without troop occupancy will be 60 to 64 degrees Fahrenheit. However, modification of the above temperature standards may be necessary because of the fuel conservation program or an actual scarcity of fuel. Specific guidelines will be issued when necessary.

(7) Dust control. Excessive dust not only irritates the respiratory tract but actually carries germs. Dry sweeping of barracks will not be done. Use of the wet mop technique is mandatory.

(8) Restriction to battery area. All basic trainees in fill weeks 1 and 2 of training will be restricted to the battery area. Receptees are restricted to the Reception Station area. Visitors are not allowed during these periods of restriction.

##### b. Individual Protective Measures.

(1) Personnel hygiene. Individuals with colds will avoid coughing or sneezing openly, especially indoors. A handkerchief or tissue will be used as a nose and mouth cover.

(2) Clothing. Wearing of the proper uniform as determined by weather conditions and anticipated physical activities is essential to avoid excessive sweating and subsequent chilling. Extra dry socks and underwear will be available on marches and field training.

(3) Adequate rest. Basic trainees will be afforded the opportunity to receive eight hours of uninterrupted sleep each night. Compensatory sleep time will be given for night exercises and for extra night duty imposed on basic trainees. Noncommissioned officers will insure that quiet prevails in barracks after "lights out".

(4) "Buddy system." A "buddy system" will be instituted so that the trainees observe one another and report any indication of an illness to an officer or NCO. A trainee ill enough to be in bed must be medically evaluated to rule out the possibility of meningococcal diseases.

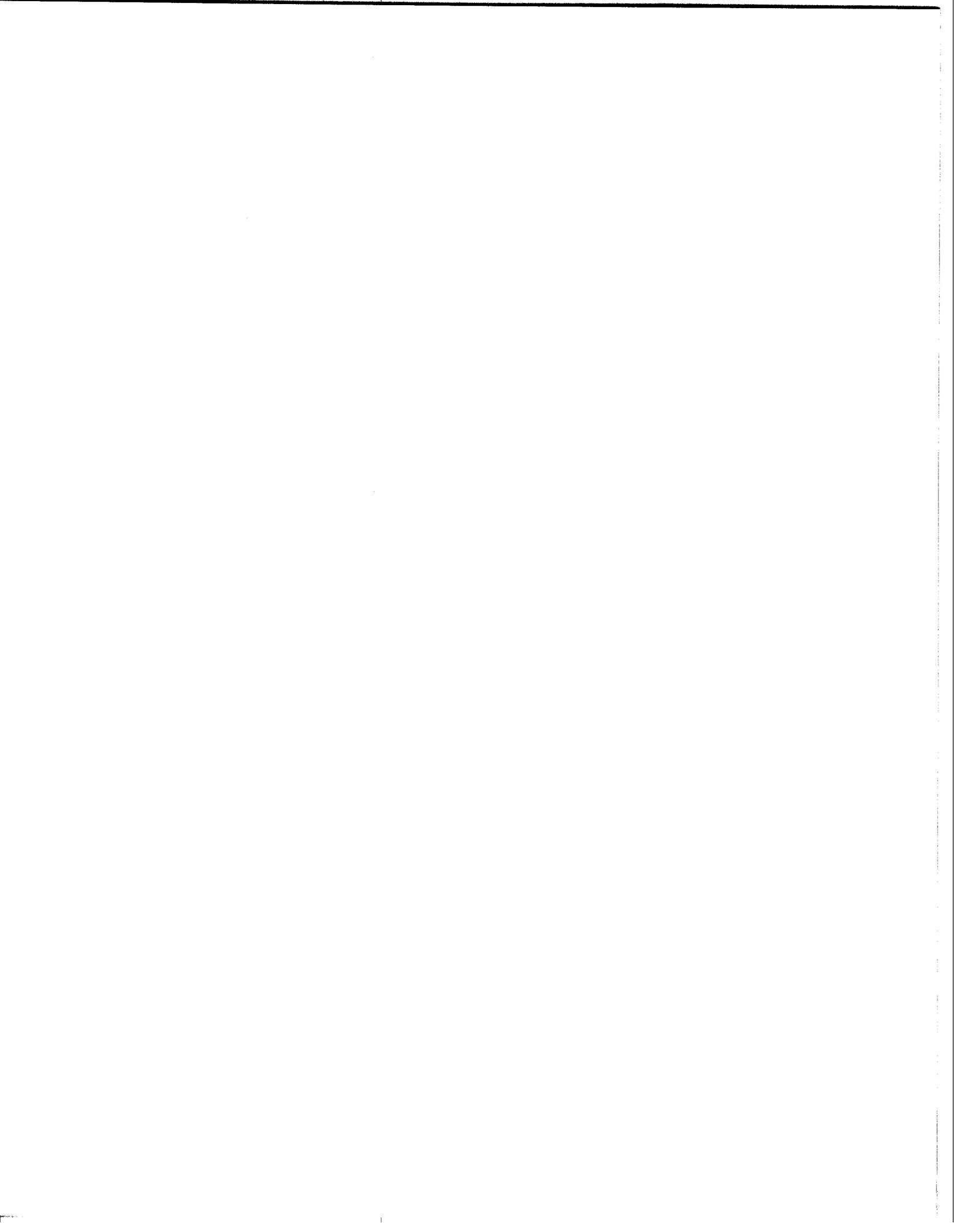
#### 7. REFERENCES.

##### a. TB MED 274.

USAFACFS Reg 40-8

29 Jun 81

- b. AR 40-5
- c. AR 210-18
- d. FM 21-10



## APPENDIX A

## PHASE I OF FORT SILL URI CONTROL PLAN

1. MOVEMENT CONTROL. Restrict all basic trainees in weeks 3 and 4 of training to training head-quarters areas except for mission essential and administrative requirements. (Basic trainees in weeks 1 and 2 of training are still restricted to the battery area.) Basic trainees in weeks 5 to 7 of training may have weekend pass privileges.
2. PLATOON INTEGRITY. Throughout the training cycle, reduce the probability of trainees coming into close direct contact with members of other platoons whenever possible by--
  - a. Maintaining the original platoon structure when assigning basic trainees to barracks in the BCT area.
  - b. Using the URI ID marker system. The selected marker is a single, colored dog tag or other suitable tag affixed to the right collar of each individual's outer garment. Each platoon will use a different color. Batteries will use the colors red, white, blue, and silver (natural) for the first, second, third, and fourth platoons, respectively. Batteries having a fifth platoon will use the color green. The marker will be worn during the entire training cycle.
  - c. Conducting orientation and classes by platoons. In facilities large enough to accommodate more than one platoon, platoons will be separated by a minimum space of three feet (one row of seats) in classrooms.
  - d. Feeding by platoons. Arrange tables into platoon areas with a minimum of 10 feet between platoons. Trainees will enter and leave the messhall by platoons and will not intermingle.
  - e. Requiring formations to be taken by platoons. Battery details and guard requirements are to be taken from the same platoon.
  - f. Conducting all training on a platoon basis to prevent intermingling of different platoons.
  - g. Requiring cadre to remain with their respective platoons throughout the training day to insure strict compliance with this plan.
  - h. Vacating billets and ventilating them thoroughly for a minimum period of 48 hours between fills.
3. VISITORS. Visitors will be allowed only in weeks 5 to 7 of training. Children age 12 and under will not be allowed in the battery area.
4. OFF-POST PRIVILEGES. Weekend off-post excursions are authorized basic trainees in weeks 5 to 7 of training.
5. RECREATION SERVICES ACTIVITIES.
  - a. Movie theaters. Use of theaters will be determined, depending upon their availability, by the Commander, USAFACFS, MEDDAC, and DPCA.
  - b. Recreation centers. Recreation centers located in the BCT areas will be reserved for the exclusive use of basic trainees in weeks 5 to 7 of training.
6. POST EXCHANGE FACILITIES. Post Exchange facilities will limit customers in training head-quarters exchanges to not more than 25 at a time.
7. CHAPELS. Chapels will implement a staggered seating arrangement with personnel of the same platoon grouped together. Extra services will be scheduled as necessary. Religious retreats and special meetings may be scheduled at the discretion of training headquarters commanders.
8. PHYSICAL EXERTION. Early morning prebreakfast runs will be discontinued.



## APPENDIX B

## PHASE II OF FORT SILL URI CONTROL PLAN

1. MOVEMENT CONTROL. Restrict all basic trainees in weeks 3 to 7 of training to training head-quarters areas except for mission essential and administrative requirements and recreation activities in week 5 of training. (Basic trainees in weeks 1 and 2 are still restricted to the battery area.) Post privileges for basic trainees will not be authorized, except by specially scheduled arrangements exclusively for batteries in 5 to 7 weeks of training.
2. PLATOON INTEGRITY. In addition to all measures in Phase I designed to preserve platoon integrity, dayrooms will be scheduled for use by one platoon at a time.
3. VISITORS. Visitors will be banned completely, except for graduating basic trainees ceremony.
4. OFF-POST PRIVILEGES. Off-post privileges will be banned for all basic trainees.
5. RECREATION SERVICES ACTIVITIES.
  - a. Movie theaters. Use of theaters will be determined depending upon their availability by the Commander, USAFACFS, MEDDAC, and DPCA.
  - b. Recreation centers. Recreation centers will be authorized for basic trainees in weeks 5 to 7 of training.
  - c. Libraries. Libraries will be restricted to basic trainees in weeks 5 to 7 of training.
6. POST EXCHANGE FACILITIES. Post Exchange facilities will limit customers in Training Head-quarters exchanges and snack bars to members of one platoon at a time on a scheduled basis.
7. CHAPELS. Chapels will be handled as in Phase I.
8. PHYSICAL EXERTION. Physical exertion will be handled as recommended by MEDDAC.

(ATZR-MD)

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