

Home Self-Quarantine Procedures

Current Situation: The United States is actively responding to an outbreak of respiratory illness caused by a novel (new) coronavirus (COVID-19) that started in China and continues to spread throughout the world. In order to mitigate the spread of COVID-19 transmission in the Lawton/Fort Sill area, all Soldiers, family members, and DA Civilians arriving from Level 2 or 3 countries must undergo self-quarantine for **14 days** to actively monitor for signs and symptoms of COVID-19. During this time, your movement is restricted and you must practice social distancing. Individuals can undergo home self-quarantine at their residence with family members that have not traveled.

The following self-quarantine procedures will help keep you, your family, and our community safe.

- **Remain in your home and avoid close contact with others during 14 day quarantine period.**
- **Wash your hands frequently, avoid touching your eyes, nose, and mouth to reduce the risk of infection or transmission.**
- **Keep at least 6 feet separation from others in the household.**
- **Stay in a dedicated area of the home (separate bedroom and bathroom).**
- **Monitor for signs and symptoms (fever, cough, or shortness of breath).**
- **Take temperature twice daily (0800 and 1600) and record on temperature log. An Army Public Health Nurse will call daily to check on you.**
- **If you start to experience symptoms or feel ill call the Fort Sill Public Health Hotline**
- **Avoid sharing household items (drinking glasses, eating utensils, towels, bedding, etc)**
- **Avoid contact with animals and pets.**
- **Maintain/clean home daily by wiping off contact surfaces (countertops, doorknobs, electronics, remotes, cell phones, etc) with household disinfectant**
- **Keep bathrooms clean and wipe down all surfaces after use**
- **Wash personal clothing and uniforms in washer with standard laundry detergent and completely dry all clothing on warmest temperature setting.**
- **Open windows or go outside in your immediate yard...fresh air is good.**
- **Conduct physical training in your home.**
- **Stop visitors from entering the home during this period.**
- **Avoid all public locations, events, or social gatherings (e.g. gyms, retail stores, movie theaters, food establishments, grocery stores, religious services, schools, etc).**
- **Coordinate with family, friends, or unit to deliver groceries and other necessities as required.**
- **Contact your unit if you prefer to conduct 14 day self-quarantine in designated barracks on Fort Sill.**

Fort Sill Public Health Hotline
580-574-4579

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Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Avoid close contact with people who are sick



- Wash your hands often for at least 20 seconds with soap and water



- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you are sick and avoid close contact with Family members and pets

Prevent COVID-19:
Take everyday actions to prevent the spread of germs

- Use hand sanitizer when soap and water are unavailable

- Avoid touching your eyes, nose, and mouth



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable

Visit the Center for Disease Control (CDC) for more information on COVID-19

www.cdc.gov

