Barracks 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 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 from others.

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

- Self-Quarantine for 14 days after arrival to the United States from Level 2 or 3 Country.
- Avoid close contact with those who are sick, wash your hands frequently, and avoid touching your eyes, nose, and mouth to reduce the risk of infection or transmission.
- Remain in your designated room and keep at least 6 feet separation from others.
- Monitor for signs and symptoms (fever, cough, or shortness of breath), to include taking and recording temperatures twice daily (0800 and 1600) at a minimum and document on temperature log.
- Army Public Health Nurse or unit provider will call daily to check on you.
- If you feel ill, take your temperature and call the hotline at 580-574-4579.
- Maintain/clean quarters by frequently wiping off contact surfaces (countertops, doorknobs, electronics, cell phones etc.) with disinfection wipes.
- Keep latrines clean and wipe down all surfaces after use with available cleaning materials.
- Wash personal clothing and uniforms in washer with standard laundry detergent and completely dry all clothing on warmest temperature setting.
- Coordinate with unit or designated leader to conduct physical training or outdoor activities.
- Avoid all public locations, events, or social gatherings (includes gyms, PX, commissary, and food establishments, public transportation, religious services, etc).
- Avoid contact with animals and pets

Fort Sill Public Health Hotline
580-574-4579
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
- 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
- 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

Visit the Center for Disease Control (CDC) for more information on COVID-19
www.cdc.gov