

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

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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

- Use hand sanitizer when soap and water are unavailable

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



- 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

