**HPCON: Health Protection Condition Levels COVID-19**

**Current HPCON Level: HPCON-B**

---

**0 Routine**

No community transmission

- Take everyday actions to stop the spread of germs:
  - Avoid close contact with people who are sick.
  - Wash your hands often and for at least 20 seconds with soap & water.
  - Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissue is unavailable.
  - Avoid touching your eyes, nose, and mouth.
  - 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 & pets.
  - Create an emergency preparedness kit.

---

**A Limited**

Community transmission beginning

- Continue all previous actions and:
  - Routinely clean & disinfect frequently touched objects & surfaces.
  - If you are sick, call your medical provider for instructions on receiving care before going to the clinic.
  - Stay informed by routinely checking reliable sources for information such as the CDC and your local public health agencies.

---

**B Moderate**

Increased community transmission

- Continue all previous actions and:
  - Avoid unnecessary contact with others, such as shaking hands & hugging.
  - Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
  - Ensure supplies of food, medication, and other items needed for babies & pets are available to last at least 14 days.
  - Prepare for travel restrictions & cancellation of public gatherings, such as schools, religious, and other community activities; make alternative arrangement for childcare.
  - Observe local guidance on movement restrictions & access requirements for military installations.
  - Seek guidance from employers & unit leaders about changes to work practices & TRNG events.
  - Comply with medical orders for self-isolation or quarantine.

---

**C Substantial**

Sustained community transmission

- Expect cancellation of in-person gatherings (schools, daycare, all community activities) & restricted ability to travel.
- Plan activities for family members, especially children, in case you are restricted to your home.
- Prepare for the potential of limited access to supplies & services, including severely restricted access to military installations.
- Implement remote work procedures as directed by employer.
- If outside the United States, authorized or ordered departures actions may be implemented.

---

**D Severe**

Widespread community transmission

- Except to remain home for extended periods of time as movement in the community may be restricted and at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and federal authorities; these actions are to protect the health and safety of you and your family.