

Civil Air Patrol Force Health Protection Guidance for COVID-19 26MAR20



Watch for symptoms:

- The symptoms of Coronavirus disease 2019 (COVID-19) range from mild symptoms to severe illness and death for confirmed coronavirus disease.
- These symptoms may appear **2-14 days after exposure** (based on the incubation period of the viruses) and present with:

- **Fever**
- **Cough**
- **Shortness of breath**



- If you develop emergency warning signs for COVID-19 such as trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, have bluish lips or face - get medical attention immediately (this list is not all inclusive). Please consult your medical provider for any other symptoms that are severe or concerning.

Take steps to protect yourself

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until dry.
- Don't touch your eyes, nose, mouth with unwashed hands; don't shake hands; avoid groups of >10 people.
- **Put a 6-foot distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick like those 65 years and older, people with serious heart conditions, chronic lung diseases, people who are immunocompromised, people with severe obesity, or those with not well controlled diabetes, liver, or kidney diseases.**

Take Steps to Protect others:

- **Stay home if you are sick**, except to get medical care.
- **Home Self-Assessment:** twice a day assess – do you have a fever, cough, or shortness of breath? If so, call your healthcare provider and stay home until released for duty.
- **Cover your mouth and nose with a tissue when you cough or sneeze** or use the inside of your elbow. **Throw used tissues in the trash.** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **IF SICK, wear a facemask:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- If you are **NOT** sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- **Clean AND disinfect frequently touched surfaces daily.** If surfaces are dirty, clean them: Use detergent or soap and water, prior to disinfection with a EPA recommended sanitizer.

Should I be Tested for COVID-19?

- Go to <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html> and click on the Coronavirus Self-Checker to identify if you need to be tested.

Am I at-Risk, if I was near a COVID-19 Positive person?

- If you were a close contact (defined as within 6-feet of a COVID-19 person or had exposure to a COVID-19 person's secretions) you are a medium risk and should quarantine from others and contact your healthcare provider, per CDC.

Force Health Protection Posture – Across All Uniformed Services

CAP Force Health Protection (Past Levels):

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 and water.
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are 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 and pets.
- Create an emergency preparedness kit.

ALPHA LIMITED

Community transmission beginning

Continue all previous actions and:

- Routinely clean and disinfect frequently touched objects and 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 of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE

Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands and 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 and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CAP Force Health Protection (Current Level):

CHARLIE SUBSTANTIAL

Sustained community transmission

Continue taking all previous actions and:

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

CAP - Next Force Health Protection Level:

DELTA SEVERE

Widespread community transmission

Continue taking all previous actions and:

- Expect to remain at 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.

Virus lasts up to 3 days on surfaces...Maintain 6-foot distance from people.

