

Have you traveled to a high-risk affected area or recently arrived from a high-risk area?

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- Notify your Chain of Command/Supervisor/FRG.
- Self-isolation or quarantine is required for 14 days.
- If you have flu-like symptoms during those 14 days, contact your primary care provider or call the Nurse Advice Line.



Any contact with a confirmed case of COVID-19?



Good news! You have no identifiable risk for COVID-19.

With it being flu season, do you have flu-like symptoms?

## YES

- Contact your health provider
- Notify Chain of Command/ Supervisor
- Stay home from work/school
- Avoid contact with others
- Do not travel
- Service members may be placed on quarters (up to 72 hours).
- Family members, DoD
  Civilians, Local Nationals,
  and contractors should stay
  at home until fever free for
  24 hours without the use
  of medication.



## Follow Preventative Measure Tips/Guidelines:

- Wash your hands often with soap and water for at least 20 seconds OR use alcohol-based hand sanitizer.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



For more Coronavirus updates and reference information visit https://www.eur.army.mil/Home/COVID19/