8TH TSC
Force Health Protection
COVID-19

U.S. UPDATES

The Centers for Disease Control and Prevention (CDC) is the lead agency for all things COVID-19. To find out what is currently happening in the United States, please view the official CDC website for the most up-to-date information.
https://www.cdc.gov/coronavirus/2019-ncov/index.html

GLOBAL UPDATES

The World Health Organization (WHO) publishes a daily situation report (SITREP) that provides the most current official summary on confirmed COVID-19 cases worldwide.
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/

TRAVEL

If you have upcoming travel and have questions on how to best protect yourself and your loved ones, please review the CDC guidance for all travelers. Travel advisories for various overseas locations can also be reviewed at the below website.
https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html

FEELING ILL?

Symptoms of COVID-19 may appear 2-14 days after exposure and include fever, cough, and shortness of breath. If you begin to feel ill, there is a process in place that must be followed to ensure safety of all individuals and healthcare personnel. Please follow the steps below:

1. Notify your Chain of Command, by phone, that you believe you should self-quarantine and stay in your quarters, until directed otherwise.
2. Call the Tripler Army Medical Center (TAMC) Nurse Advice Line at (800) 874-2273 **BEFORE** seeking medical attention in order to facilitate safe arrival and follow-on testing.

HOME CARE/HOME ISOLATION

In the event that you have traveled from countries with a travel restriction, you may be subjected to a 14-day home quarantine. This helps to prevent the potential spread COVID-19 throughout your local community. Appropriate procedures can be found at the following official website.
https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html