

## Midshipman COVID-19 Quick Guidance

- **Travel Restriction:** A DoD-wide travel restriction is in place. Remain in your local area. If you must travel for safety-related reasons, you are not to exceed 150 miles from your residence. *All air travel is banned.*
- **Daily accountability:** Ensure you fill out the Brigade Daily Accountability form by **1200 EDT!** This is crucial **every day** for reporting and ensuring we have good communication with the entire Brigade.
- **Chain of command check-in:** Ensure you are checking in daily with your chain of command and communicating any changes in your health, difficulties in your virtual studies, or other challenges that may arise.
- **Virtual learning:** **Distance learning begins this Friday, 20 March.** Be proactive in ensuring you have everything you need to be successful in your classes. If you have concerns, communicate with your instructors and your chain of command.
- **Observe ROM:** If you are restricted of movement (ROM), ensure you are abiding by the guidelines and remaining in your residence and away from others.
  - If you are ROM, you are also:
    - Placed in a 14-day, self-isolation immediately. You are restricted to your residence or other appropriate domicile and will limit close contact (within 6 feet) -- *This means no travel or public activity, e.g. do not go to areas where close contact is likely, such as the gym, shopping centers, movie theaters, churches, concerts, sporting games, utilizing public transportation.*
      - Directed to self-monitor symptoms:
        - Take your temperature 2x day
        - If you experience any symptoms and condition worsens, immediately self-isolate, contact your CoC, and seek medical advice from local hospital (call first)
      - To separate from other people in the home or dwelling if residing with roommates or family, and avoid sharing personal items.
      - To take extra precautions with good hygiene measures. For example:
        - Washing hands regularly with soap and water for at least 20 seconds
        - Resisting touching face with hands
        - Sneezing only into your elbow/ arm or a tissue and then immediately discarding tissue and washing hands
    - You are considered ROM if :
      1. **In the last 14 days, you traveled to or through a level 3 country** – *Italy, Japan, South Korea, China, and most of Europe (Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City)*
      2. Had **close contact with someone** with a confirmed infection of COVID-19
  - **If you require a medical screening or healthcare assistance:** Call BMU
    - COVID-19 Hotline: **443-837-8923**
    - All other healthcare assistance: 410-293-1760/1758
  - **Follow CDC Guidance:** Do your part to stop the spread of COVID-19
    - *CDC guidance is located at:* <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
  - **Stay engaged with each other:** As we are spread out across the country, don't forget to lean on each other and continue to check in as we navigate this new environment.

*Additional links resources and information can be found at:* <https://www.usna.edu/COVID-19/>