



DEPARTMENT OF THE AIR FORCE
1ST SPECIAL OPERATIONS WING (AFSOC)
HURLBURT FIELD FLORIDA

19 March 2020

MEMORANDUM FOR ALL HURLBURT FIELD PERSONNEL

FROM: 1 SOW/CC

SUBJECT: Coronavirus Disease 2019 (COVID-19) Self-Quarantine Expectations

1. This memorandum provides my expectations to Hurlburt Field personnel in regards to the self-quarantine procedures in response to COVID 19.
2. In order to protect the community and preserve our mission, members returning from OCONUS locations, whether on leave, TDY, in-processing, or otherwise directed by your command, will be required to follow the instructions of the Office of the Under Secretary of Defense Memorandum dated 11 March 2020, *Force Health Protection Guidance (Supplement 4)* and guidance from the Centers for Disease Control and Prevention. This requirement also applies to persons who have been in close contact with known positive cases of COVID-19. If you meet these conditions, you will immediately notify your chain of command and adhere to the following.
3. You will self-quarantine by staying home for 14 days, monitor your health, and practice social distancing.
4. When you are on self-quarantine, I expect you to take the following steps:
 - a. Remain at your residence to the maximum extent possible. Restrict movement outside of your self-quarantined area to obtain essential needs only, including, but not limited to, medical, food, and sanitary supplies, access to healthcare or financial institutions, and exercise (at safe distances from others).
 - b. Social distance yourself from others. Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
 - c. Self-monitor your health by taking your temperature with a thermometer two times a day and monitor for fever. If you feel sick, develop a fever (above 100.4°F or 38°C), a cough, or have difficulty breathing during the self-monitoring period, you must self-isolate, limit contact with others, immediately notify your supervisor or chain of command, and call the Appointment Line at (850) 881-1020.
 - d. Frequently wash your hands with soap and water for at least 20 seconds.
 - e. Frequently use hand sanitizer with at least 60% alcohol.

f. Cover your mouth and nose when you cough or sneeze and dispose of your tissues in your own trash.

g. Do not utilize public transportation, taxis, or ride-shares.

h. Avoid areas where others may gather and do not attend public activities (such as movie theaters or sporting events).

i. If you are feeling well during the quarantine period, I expect you to continue to physically exercise; however, do not use the gym or any public facilities. I expect you to workout alone as conditions permit.

j. If you share a residence with other people, use your common sense and keep surfaces as clean as possible. Keep a reasonable distance from your roommate; wipe down common areas after you use them; do not touch your roommate's personal things; wash and sanitize your hands frequently and do not use personal household items such as dishes, glasses, cups, utensils, towels, bedding, and toiletries.

k. If you have an emergency, call 911. Advise them of your recent travel or exposure and ensure that they know you are self-quarantining.

5. All DoD military personnel, civilian personnel, and family members must continue to remain vigilant to carefully monitor the ongoing outbreak of COVID-19, take necessary precautions, and exercise sound decision-making consistent with official guidance to limit the spread of disease and infection. Areas with confirmed COVID-19 cases are changing rapidly. For the most current situation reporting, reference the CDC COVID-19 website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

6. If you have any questions, please channel them through your leadership to Public Health.



MICHAEL E. CONLEY, Colonel, USAF
Commander