

Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495



The State of Hawaii is continuing to monitor the COVID-19 pandemic that started late last year, and grew exponentially in 2020. Multiple state departments are working together to keep the community safe, including the Hawaii Department of Defense. The Hawaii Emergency Management Agency has taken a lead role, and its director Maj. Gen. Kenneth S. Hara was appointed by the governor as Incident Commander of the state emergency.

While cases are continuing to emerge in the islands, the state has implemented several protocols to try to flatten the curve. This includes instituting a mandatory 14-day quarantine for residents and visitors coming into the state. The new policy went into effect March 26. Gov. David Ige has also asked that all non-essential workers stay home and practice social distancing to avoid

spreading the virus any further. Bars and clubs have been ordered to close, while restaurants are still allowed to operate - on a take-out only basis. Rules are continually updated as the state sees necessary to try to stop the spread of infection.

COVID-19, also known as the coronavirus, is a respiratory illness that can easily be spread from person-to-person through droplets produced when an infected person coughs or sneezes. It's also possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Symptoms of COVID-19 include fever, cough, and shortness of breath. If you have any of these symptoms, you're asked to stay home and call your health care provider for guidance. Make sure to cover your cough or sneeze with a tissue

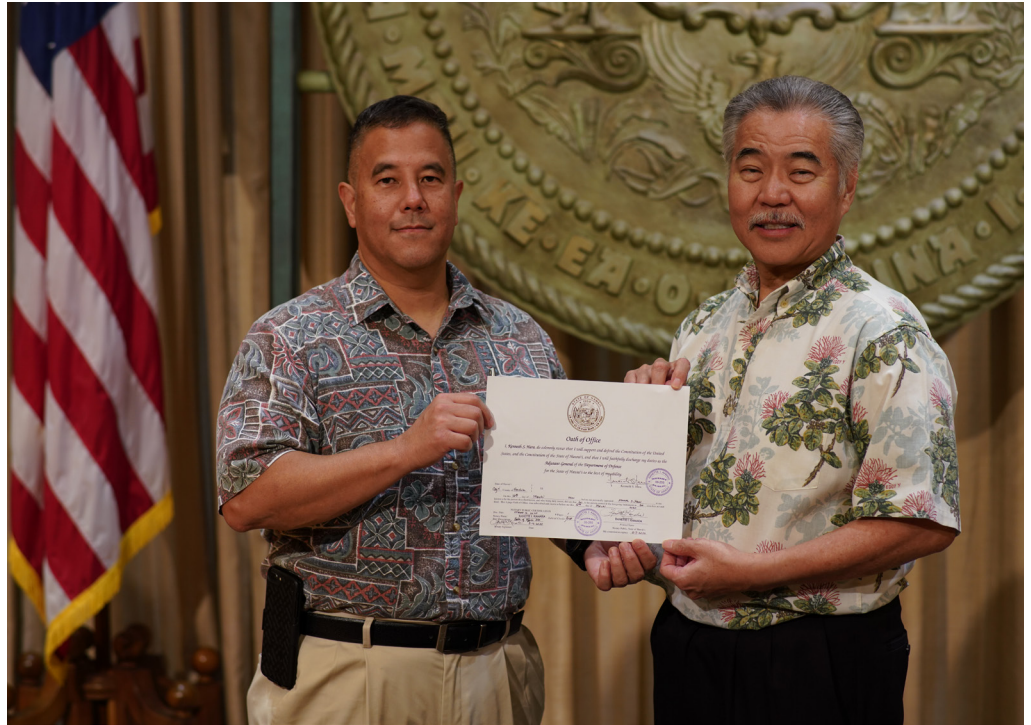
and make sure to throw that in the trash afterward. Also clean and disinfect frequently touched objects and surfaces.

If you're healthy, the best way to protect yourself from getting infected is by practicing at least six feet of social distancing. Avoid close contact with people who are sick. Avoid touching your eyes, nose, and mouth. Wash your hands often with soap and water for at least 20 seconds. If you can't physically wash your hands, using a sanitizer that contains at least 60% alcohol can also be effective.

**MORE INFO
ON COVID-19
PAGE 8**



Maj. Gen. Kenneth Hara officially swears in as the State of Hawaii Adjutant General, March 16, 2020 Honolulu. The ceremony was held at the Governor of Hawaii's ceremonial room directly after Hara and the Deputy Adjutant General, Col. Stephen F. Logan were confirmed by the Senate. (U.S Air National Guard photo by Tech. Sgt Andrew Jackson)



STARBASE



STARBASE Hawaii's elementary and middle school teams are ready for the Big Island VEX IQ Tournament on February 1, 2020.



STARBASE Hawaii's middle school team (Henry Shiro and Cahara Stecher) competes in the Big Island VEX IQ Tournament on February 1, 2020.



Hawaii STARBASE middle school team (Henry Shiro and Cahara Stecher) receive a STEM Research Project Award (VIQC) at the Big Island VEX IQ Tournament on February 1, 2020. This award recognizes the team with the most effective STEM presentation video.



Your Ohana Counts

Complete the 2020 Census Questionnaire

The 2020 Census is a count of every person living in the United States. The census is required by the U.S. Constitution and takes place once every 10 years. This year, the count will take place on Apr. 1, 2020. In mid-March, expect an invitation in the mail for your household to respond online to the 2020 Census questionnaire. You can respond by phone or on paper.

Your response to the 2020 Census questionnaire guides how more than \$675 billion in federal funding will be distributed. In 2016 alone, Hawaii received \$3.7 billion through 55 large federal spending programs that can directly benefit you and your loved ones, from keiki to kupuna.

Historically, Hawaii has lower census participation rates than the rest of the country and this leads to an under-count of our population. In 2010, the national average response rate was 74% but our state's response rate was just 68%, and neighbor island response rate even lower at 54%.

According to the U.S. Census Bureau, Hawaii was undercounted by 2.16% in 2000 and 0.44% in 2010, but the undercount rate is believed to be much higher due to our unique demographics. Each 1% of under count amounts to a loss of \$37 million a year or \$370 million over the course of 10 years.

It is your civic duty to take part in our democracy by completing the

census. It will only take a few minutes and you'll have peace of mind knowing that you are helping the state gain more representation, more funding, and a greater understanding of our population's demographics.

This March, please make sure everyone who lives in your home -- including kids, babies, and roommates, are counted. Counting everyone ensures that our state can receive our fair share of the billions in federal funding to support education, public transportation, healthcare, housing and safety net programs.

By law, your census questionnaire answers are confidential and cannot be used to identify you or your household.

Hawai'i National Guard Leadership visits JBPH-H during Sentry Aloha

154th Wing Public Affairs | Story by Tech. Sgt. Alison Bruce-Maldonado | Tuesday, January 21, 2020

Hawaii Adjutant General, Maj. Gen. Kenneth S. Hara, visited Joint Base Pearl Harbor-Hickam (JBPH-H) during the Sentry Aloha exercise training, Jan.

21, 2020. Approximately 35 aircraft and 1,000 personnel from eight states participated in the two-week air exercise.

Sentry Aloha is an ongoing series of exercises hosted by the Hawai'i Air Guard's (HIANG) 154th Wing located on Joint Base Pearl Harbor-Hickam (JBPH-H), Hawai'i. The training enables a tailored, cost effective and realistic combat

training for Air National Guard, U.S. Air Force, and other Department of Defense services. In addition, it provides U.S. war-fighters with the skill sets necessary to perform homeland defense and overseas combat missions.

F-22 Raptors belonging to the Hawai'i-based 199th and 19th Fighter Squadrons participated in exercises conducted with F-15 Eagles from the California Air National Guard and F-16 Fighting Falcons from Alaska, along with radar aircraft from Oklahoma and KC-135 Stratotanker air refueling support from the Wisconsin Air National Guard.

Hara was joined on the Hickam flight line by other distinguished visitors including Deputy Adjutant General of Hawai'i, Col. Stephen F. Logan, California Adjutant General, Brig. Gen.

Gregory F. Jones, 154th Operations Group (OSG) commander, Col. Michael Blake, 154th Wing Vice Commander, Col. James S. Shigekane, Sentry Aloha Lead Project Officer Lt. Col. Matthew Ohman, Hawai'i National Guard Command Senior Enlisted Leader Command Sgt. Maj. Dana Wingad and 154th Wing Command Chief Master Sgt. Carrol Orr.

Sentry Aloha exercises include back-to-back combat sorties with visiting aircraft from the U.S. Air Force's active, guard and reserve components. The training provides participants a multi-faceted, joint venue with supporting infrastructure and personnel. This recent iteration consisted of more than 1,000 Airmen from 15 Active Duty, ANG and Air Force Reserve units across eleven states.





First Round of Best Warrior Competition 2020

117th Mobile Public Affairs Detachment (Hawaii) | Story by Sgt. Tinisha Mellein | 01.12.2020

WAHIAWA, Hawaii - Hawaii Army National Guard Soldiers representing various units from the 29th Infantry Brigade Combat Team (29th IBCT) and 103rd Troop Command, competed to be named the top Soldier and top Non-Commissioned Officer during the 2020 Best Warrior Competition, Wahiawa, Hawaii Jan. 10-12, 2020. The annual event is designed to test each Soldier's mental and physical endurance.

"This is the first time the 29th IBCT and Troop Command have held a combined Best Warrior Competition," said Sgt. Maj. Russell Wong, S3 Operations Sgt. Maj. for Troop Command and overall facilitator of the competition. "It made it really competitive, as well as provided an opportunity to create new bonds amongst Soldiers in the Hawaii Army National Guard."

Soldiers endured a grueling three-day competition that included the Army Combat Fitness Test (ACFT), an undisclosed distance run and ruck march, evaluation on various warrior tasks and battle drills, warfare simulation stress shoot, day and night land navigation and an appearance board where Command Sgt. Maj. tested their knowledge.

For many Soldiers, this was the first time they performed the ACFT which is the replacement for the Army Physical Fitness Test (APFT). The new events include three repetition maximum

deadlift, standing power throw, hand release push-up, sprint drag carry, and leg tuck.

"The ACFT was a little rough," said first-time competitor Spc. Jordan Esporlas, combat engineer with Alpha Co, 227th Brigade Engineer Battalion. "The sprint drag carry was probably the hardest event for me, but I think you just have to work out on your own time and be physically and mentally prepared."

Another challenge for many Soldiers was the Command Sgt. Maj. appearance board where Soldiers were asked questions about military and current world events.

"The physical events are my strong points," said Sgt. Haleigh Romero, automated logistics specialist with Company B, 777 Aviation Support Battalion. "My most challenging event was the board. Because whatever I prepared for wasn't exactly what was asked, but I just realize I need to be well-rounded with my knowledge base."

Although the competition focuses on the individual ability of the Soldiers, both the Hawaii Army National Guard leadership and the competing Soldiers see a much greater benefit.

"This competition gives Soldiers an opportunity to broaden their horizons," said Maj. Deanna Manriquez, Commander of 777 ASB. "It also gives them the opportunity to test themselves

physically and mentally as well as test their resilience and build camaraderie between each of the units with their competitors and sponsors.

The Soldiers are not only competing to be the Hawaii Army National Guard Soldier and Noncommissioned Officer of the Year, but the winners will have earned the honor of representing their units at the state level competition to be held in March, with a potential to compete at the National level.

The Hawaii Army National Guard 2020 Best Warrior Competition winners for Troop Command were Noncommissioned Officer of the Year: Sgt. Denny J. Ganob, 111th Army Band and Soldier of the Year: Spc. Kaulana K. Saltiban, 230th Engineer Company.

The Hawaii Army National Guard winners for 29th IBCT were Non-Commissioned Officer of the Year: Staff Sgt. Matthan T. Ueese, Battery A., 1st Battalion, 487th Field Artillery Regiment, and Soldier of the Year: Spc. Jordan R. Esporlas, Company A., 227th Brigade Engineer Battalion. "These Soldiers competing today are the best and the brightest representing the Hawaii Army National Guard," said Wong. "They set an example of what it means to be a Soldier for their peers and we will guide them and support them as they move forward to the next level of competition."



GHSAC CONFERENCE

Story by Krystal Kawabata | Hawaii State DOD Public Affairs | Jan. 30, 2020

Homeland security advisors from across the nation came together recently to discuss an important topic: how to keep America safe. Leaders from different states were here for the Governor's Homeland Security Advisory Council (GHSAC) conference, hosted by the National Governor's Association (NGA) from Jan. 28-30 at the Hilton Waikiki Beach.

"The goal is to convene these folks, have a conversation about what the governor's priorities are around emergency management, homeland security, public safety and related issues," said Jeff McLeod, Director of NGA Homeland Security and Public Safety. "They learn about where the research is right now, what are best practices, what can we learn from events and issues that the states have had to deal with, and how to move forward."

One of the activities on the agenda was for different homeland security advisors to personally share with the audience the types of crises they faced, and the lessons learned. Should be: As host, Hawaii shared the 2018 volcanic eruption on Hawaii Island.

State of Hawaii Homeland Security Advisor, Hawaii Emergency Management Agency Director and Hawaii Adjutant General Maj. Gen. Kenneth Hara moderated a panel at the conference with other key authority figures who handled the emerging crisis and kept the public safe.

The panel included; Talmadge Magno, Hawaii Civil Defense Administrator, Christina Neal United States Geological Survey Hawaii Volcano Observatory, Mayor Harry Kim, Hawaii County; and Hawaii Emergency Management Agency Administrator Tom Travis, who says the

months-long disaster isn't just specific to Hawaii.

"The lesson I hope is taken away is that it doesn't matter what the cause of a disaster is," said Travis. "The elements and solutions of how we mitigate risk and how we respond, are all common throughout disasters. It doesn't matter if it's lava or a cyber attack."

While the conference is held annually, Program Director for Homeland Security Lauren Stienstra pointed out this is the first time it's been held here in the islands.

"It's been wonderful here to host this in Hawaii which is often on the front line for things, from natural disasters to natural security issues to threats - that permeate from one state to the next" said Stienstra.

INFO ON COVID-19
PAGE 8

The Best Warriors

Hawaii State Department of Defense

pupukahi
pupukahi "harmoniously united"



Sgt. Haleigh A. Romero of 777 of the 777th Aviation Support Battalion, maneuvering through an obstacle in her timed run through the obstacle course during the 2020 Best Warrior Competition held at Schofield Barracks, Hawaii, from March 6-8, 2020. The Best Warrior will receive the opportunity to represent the Hawaii Army National Guard at the Regional level. (U.S. Army National Guard photo by Sgt. John Schoebel)

117 MPAD | Story by Sgt John Schoebel and Sgt Matt Foster | Tuesday, March 08, 2020

SCHOFIELD BARRACKS – Soldiers of the 103rd Troop Command and the 29th Infantry Brigade Combat Team competed in the 2020 Hawaii Army National Guard’s (HIARNG) Best Warrior Competition 6-8 March between Schofield Barracks, and Schofield Barrack’s East Range. The state-level competition was to identify the top Noncommissioned Officer and top junior enlisted Soldiers within the HIARNG. Winners of this competition received the opportunity to compete in the regional competition later this year.

The competition was combined with the U.S. Army Reserve component, though each component was graded separately. Soldiers were graded on multiple tasks, consisting of the new Army Combat Fitness Test (ACFT), written test and essay, questions in front of a board, multiple 10-level warrior tasks, night and day land navigation, obstacle course, ruck march, and weapons qualification on both the M4 rifle and M9 pistol.

“The Hawaii Army National Guard’s Best Warrior Competition is a culmination of Battalions and Major Subordinate Commands (MSC) who have completed their best warrior competitions in order for Soldiers to meet from different MSC’s in head-to-head competition, to see, who in fact is the best warrior across

multiple army warrior tasks and tactical capabilities,” Command Sgt. Maj. Bret D. Moore said. “Over two days we rigorously test the Soldiers through a myriad of events, ranging from Army Warrior Tasks, Battle Drills, and written exams and oral boards to see who truly Hawaii’s best warrior is.”

The Best Warriors of this year’s competition, representing the Hawaii Army National Guard, are Staff Sgt. Matthan T. Uelese of Alpha Company, 1st Battalion 487th Field Artillery and Spc. Kaulana Saltiban, from the 230th Engineer Company.

“I love competing,” Uelese said. “I love striving for the next best thing. A goal, a really hard goal to obtain, that’s what I want to do. It makes me happy to smash goals.”

Uelese sees nothing but opportunity in competing in the Best Warrior Competition.

“I learned a lot during this competition,” Uelese added. “The training that went into preparing for it helps better yourself. When I go back to my unit and the next Best Warrior comes up, I will be their sponsor. I will be pushing guys to go and do better things. The schools are good, if that comes

my way, I’ll go to every school the Army has to offer.”

Saltiban was the junior enlisted Soldier representing the 103rd Troop Command in the HIARNG competition. His initial reaction when asked about the competition was, “Wow! Wow, it was a little bit of a push.” This was his first time competing in this type of event.

Spc. Saltiban said that there was one event in particular, that was the most difficult task throughout the competition.

“Mentally, it was a tough one for me,” said Saltiban. “Rucking with full battle-rattle, I was not expecting that. Well, the reason why we join the military is to push our

physical limits, I believe, and why not do it at the Best Warrior Competition where the best of the best are coming out to push themselves against everyone else too.”

Uelese is excited to represent the HIARNG in the regional competition and explained how others can follow in his footsteps.

“First, start training, then make a plan and execute it,” explained Uelese. “If you want to do something like this, attack it,

go wholeheartedly and look for a mentor, get out there and do it!”

Saltiban also wanted to add that the competition brought everyone closer, the mentors and each competitor, but that this

event is also the real deal.

“We were cracking jokes and having a damn good time,” Saltiban said. “But if you are going to compete, train for it.”

Uelese has met and overcome challenges, winning the NCO Best Warrior category and has gained experience to lead the Soldiers that choose to follow his path as a competitor of the Best Warrior Competition.

“Let’s go,” Uelese said. “Let’s start training, there are a few milestones you need to hit. First thing is to set up a plan. Get your plan ready and execute it. Just do it. If you have any little ‘wanting’ to do something like this, attack it. Do it! Go wholeheartedly and look for a mentor. Get out there and do it!”

Uelese and Saltiban will go on to the National Guard’s Region 7’s competition, in Guam. The winners of Region 7 will then move forward to the Army National Guard competition, which will crown the Army Guard’s Best Warrior. The final stage will be the all-Army Best Warrior Competition.

The events and challenges of the Best Warrior Competition push the limits of the competitors and test their mental and physical fortitude. Earning the title of “Best Warrior” has the potential to expand their opportunities within the Army.

“Competing is a great opportunity for Soldiers to get their name out to the HIARNG community, that in and of itself pays dividends to the Soldier as far as opportunities and schooling,” Moore said. “Being able to prove yourself as the best warrior within an organization is a sure-fire way to seek out better opportunities for career advancement.”



Spc. Kaulana Saltiban, with the 230th Engineer Company, tests his knowledge on warrior tasks during the 2020 Best Warrior Competition held at Schofield Barracks, Hawaii, from March 6-8, 2020. When asked for the hand and arm single for ‘I do not understand’, this was his response. The Best Warrior will receive the opportunity to represent the Hawaii Army National Guard at the Regional level. (U.S. Army National Guard photo by Sgt. John Schoebel)



Spc. Kaulana Saltiban, with the 230th Engineer Company, maneuvering through an obstacle in his timed run through the obstacle course during the 2020 Best Warrior Competition held at Schofield Barracks, Hawaii, from March 6-8, 2020. The Best Warrior will receive the opportunity to represent the Hawaii Army National Guard at the Regional level. (U.S. Army National Guard photo by Sgt. John Schoebel)



SSG Matthan T. Uelese of 1st Battalion, 487th Field Artillery participates in the obstacle course event, completing the challenge in 11 minutes 40 seconds. Soldiers and NCOs of the Hawaii Army National Guard compete in the annual Best Warrior, Competition held at Schofield Barracks from March 6-8, 2020. (U.S. Army National Guard photo by Sgt. Matthew Foster)

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



cdc.gov/COVID19-symptoms

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

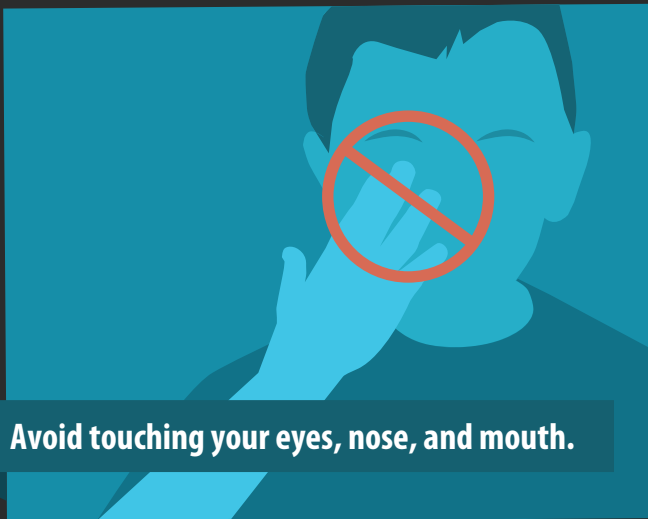
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission

Background

When a novel virus with pandemic potential emerges, nonpharmaceutical interventions, which will be called community mitigation strategies in this document, often are the most readily available interventions to help slow transmission of the virus in communities. Community mitigation is a set of actions that persons and communities can take to help slow the spread of respiratory virus infections. Community mitigation is especially important before a vaccine or drug becomes widely available.

The following is a framework for actions which local and state health departments can recommend in their community to both prepare for and mitigate community transmission of COVID-19 in the United States. Selection and implementation of these actions should be guided by the local characteristics of disease transmission, demographics, and public health and healthcare system capacity.

Goals

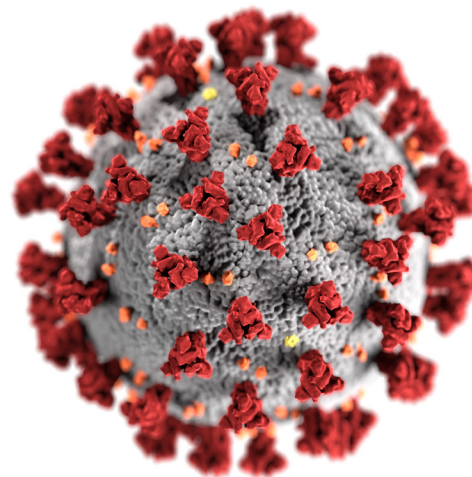
The goals for using mitigation strategies in communities with local COVID-19 transmission are to slow the transmission of disease and in particular to protect:

- Individuals at increased risk for severe illness, including older adults and persons of any age with underlying health conditions (See Appendix A)
- The healthcare and critical infrastructure workforces

These approaches are used to minimize morbidity and mortality and the social and economic impacts of COVID-19. Individuals, communities, businesses, and healthcare organizations are all part of a community mitigation strategy. These strategies should be implemented to prepare for and when there is evidence of community transmission. Signals of ongoing community transmission may include detection of confirmed cases of COVID-19 with no epidemiologic link to travelers or known cases, or more than three generations of transmission.

Implementation is based on:

- Emphasizing individual responsibility for implementing recommended personal-level actions
- Empowering businesses, schools, and community organizations to implement recommended actions, particularly in ways that protect persons at increased risk of severe illness
- Focusing on settings that provide critical infrastructure or services to individuals at increased risk of severe illness
- Minimizing disruptions to daily life to the extent possible



Guiding principles

- Each community is unique, and appropriate mitigation strategies will vary based on the level of community transmission, characteristics of the community and their populations, and the local capacity to implement strategies (Table 1).
- Consider all aspects of a community that might be impacted, including populations most vulnerable to severe illness and those that may be more impacted socially or economically, and select appropriate actions.
- Mitigation strategies can be scaled up or down depending on the evolving local situation.
- When developing mitigation plans, communities should identify ways to ensure the safety and social well-being of groups that may be especially impacted by mitigation strategies, including individuals at increased risk for severe illness.
- Activation of community emergency plans is critical for the implementation of mitigation strategies. These plans may provide additional authorities and coordination needed for interventions to be implemented (Table 2).
- Activities in Table 2 may be implemented at any time regardless of the level of community transmission based on guidance from local and state health officials.
- The level of activities implemented may vary across the settings described in Table 2 (e.g., they may be at a minimal/moderate level for one setting and at a substantial level for another setting in order to meet community response needs).
- Depending on the level of community spread, local and state public health departments may need to implement mitigation strategies for public health functions to identify cases and conduct contact tracing (Table 3). When applied, community mitigation efforts may help facilitate public health activities like contact tracing



For more information: www.cdc.gov/COVID19

STAY HOME

*Stay Safe
Save Lives*



Coronavirus Disease 2019

COVID-19

What you need to know to keep your family safe and healthy.

CONTINUE TAKING EVERYDAY ACTIONS TO PREVENT THE SPREAD OF GERMS.



Wash your hands often with soap and warm water for at least 20 seconds.



Cover your cough or sneeze with a tissue and immediately throw it away.



Avoid touching your eyes, nose, and mouth.



Avoid close contact with people who are sick.

Remember: Routinely clean and disinfect frequently touched objects and surfaces.



Phones



Light Switches



Keyboards



Door Handles



Faucets

Coronavirus Disease 2019

COVID-19

What you need to know to keep your family safe and healthy.

MYTH **VS** FACT



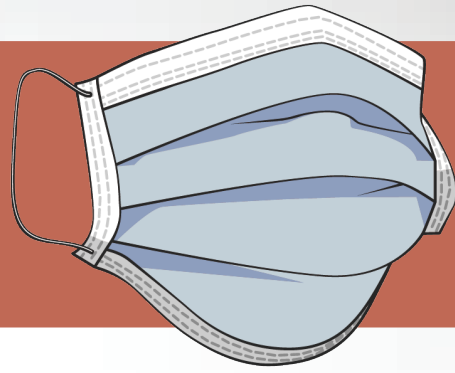
**There are no symptoms
for COVID-19.**



**Common signs and symptoms
include fever, cough, and
shortness of breath.**



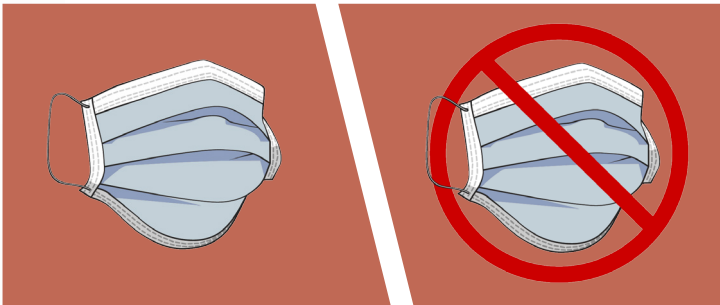
COVID-19 Facemasks



The primary purpose of a facemask is to prevent individuals who are **SICK** from spreading germs to others.

If you are healthy, you only need to wear a facemask when taking care of a person who has COVID-19.

There is no evidence that wearing a facemask prevents infection outside of healthcare settings, such as when traveling or going out in public.



WHEN TO WEAR A FACEMASK

You should wear a facemask if:

- a medical provider diagnoses you with COVID-19.
- you are caring for someone confirmed to have COVID-19. *Both you and the patient should wear masks when in close contact.*

PROPER WEAR & DISPOSAL OF FACEMASKS

- Clean your hands with soap and water or an alcohol-based hand sanitizer before putting on the facemask.
- Ensure the facemask covers your nose, mouth and chin; press the nose piece tightly against the bridge of your nose.
- Avoid touching the facemask.
- If the facemask becomes torn or wet, replace it with a new one.
- Remove the facemask by grasping the elastic ear bands or untying the mask and dispose in a lined trash container with other household waste. Do not touch the front of the facemask.
- Clean your hands immediately after removing facemasks.

N-95 respirators are not the same as facemasks and do not provide extra protection for the general public. N-95 respirators are for use by medical personnel who are caring for COVID-19 patients and performing procedures which increase their exposure risk. Users of N-95 respirators must be medically cleared to wear them, fit-tested to ensure proper function, trained on their use, and monitored as part of an occupational health program.

**COVID
19**
CORONAVIRUS
DISEASE

For current COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1

or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>



Public Health
Prevent. Promote. Protect.

U.S. ARMY PUBLIC HEALTH CENTER

For more information, contact your
installation's Department of Public Health.