Disease Prevention Best Practices
“the New Normal”

- Optimize telework
- Increases productivity in many cases
- Less crowded work environment decreases disease spread
- Make and maintain a Hygiene Kit:
  - Disinfectant, hand sanitizer, mask, mask case/pouch
- Preventive Medicine Team evaluations
  - Physical walk-through to identify problems
  - Review with action team to address threats
  - Re-evaluation quarterly
- Make a home/barracks plan
  - Talk about the New Normal with family
  - Pressure children
  - Review emergency contacts/resources

Maintain Hygiene

- Frequent handwashing and hand sanitizer
- Always cough or sneeze into an elbow/clothing
- This includes while you are wearing a mask
- If you do use your hand, immediately use hand sanitizer or wash hands
- Routine cleaning of frequently touched surfaces
  - Desktops/desk/table surfaces
  - Orange clothes/disinfect when returning home
  - No footwear in the house

Global Examples of Emerging and Re-Emerging Infectious Diseases

Agencies available to you

- ACS: (315) 757-2363 or 2372
- Behavioral Health (Bldg. 570): 737-5668
- Chaplain Office: 0503-357-3101/3100 or DSN 757-3101/3100
- On-Call Duty Chaplain - 010-9496-7445
- BDAACH COVID-19 Hotline (DSN: 737-2556 / Civ: 050-3337-2556)

Good Stories
It’s only a test …..

Almost everyone that passes through the Incheon JPPC tested and came back negative

COVID-19 FACT CHECK
#KILLtheVirus

OUT OF THE 58K USFK-AFFILIATED PERSONNEL, LESS THAN 0.4% CONTRACTED COVID-19

- THE ROK IS ON A VERY POSITIVE DOWNWARD TREND
- LESS THAN 50 NEW CASES PER DAY IN THE LAST 12 CONSECUTIVE DAYS

IT ONLY TAKES ONE
- 116 CASES IN KOREA (INCLUDING 1 USFK CASE) WERE LINKED TO A SINGLE FITNESS CLASS

STAY VIGILANT!
#SQUASHTheCurve
Restrictions
1) Keep your gloves and mask on at all times.
2) Stay within the designated area.
3) Restaurants and vendors are strictly prohibited.
4) Notify USFK personnel to use the restroom.
5) Only Authorized mode of transportation is coordinated through this desk.

Failure to comply may result in:
- Military: UCMJ
- DoD Dependents: Revocation of command sponsorship, mandatory early return of dependents (EROD) and/or, bar from USFK installations for no less than 24 months.
- Contractors, GS, and other DoD affiliated personnel: Bar from USFK Installations for no less than 24 months.