

# USAG-HUMPHREYS



# QUARANTINE GUIDE

A reference guide for Soldiers, Sailors, Marines, and Civilians inbound to USAG-Humphreys, Republic of Korea, regarding entering quarantine, required items for the duration of quarantine, and exiting quarantine.

# SECOND INFANTRY DIVISION ROK-US COMBINED DIVISION QUARANTINE GUIDE

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\* [CLICK HERE](#) FOR LATEST EDITION, OR VISIT:

[https://www.2id.korea.army.mil/news/2ID-RUCD\\_Quarantine\\_Guide-Book.asp](https://www.2id.korea.army.mil/news/2ID-RUCD_Quarantine_Guide-Book.asp)



**MG Steve Gilland**  
Commanding General,  
2ID/RUCD –  
ROK-US Combined Div.

## Welcome to Korea

On behalf of the Warrior Division team, it is our pleasure to welcome you to the Republic of Korea and the Warrior Division. We are excited to have you as a member of the “Warrior Family.” For our Soldiers inbound to 2ID/RUCD, this will be a unique and rewarding assignment as our division is a dynamic and critical piece to operations across the Korean Peninsula. Our Division is truly “Second to None.”



**CSM Phil Keli'i Barretto**  
Command Sergeant Major,  
2ID/RUCD –  
ROK-US Combined Div.

You are arriving at an uncertain time as the world faces the threat of COVID-19, but rest assured that you are in good hands. Our Warriors are working around the clock to make the arrival and quarantine process as seamless as possible without sacrificing safety for you, your family, and every other member of the team.

This Guide Book will answer many of the questions you may have regarding COVID-19 procedures. For all other questions regarding normal in-processing, please visit: [www.2id.korea.army.mil/soldiers/newcomers/index.asp](http://www.2id.korea.army.mil/soldiers/newcomers/index.asp). For all other questions and assistance, please take the time to login to Army Career Tracker (ACT) and complete DA Form 5434 to request a unit sponsor or complete your Service Branch related sponsor program.

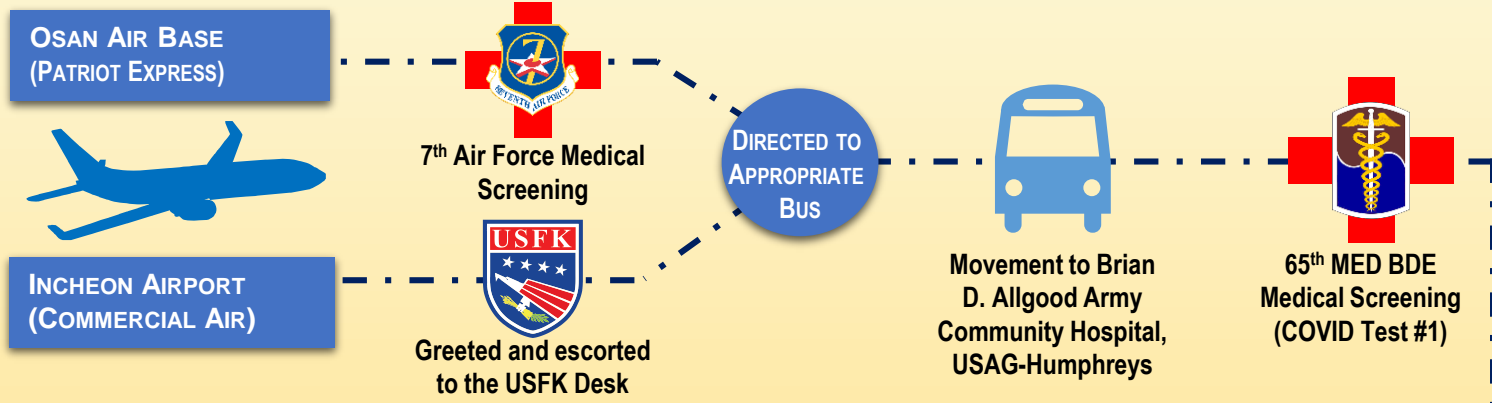
The Warrior Division is truly excited to have you as a member of our team and our family. We look forward to your arrival. *Second to None! Fight Tonight!*



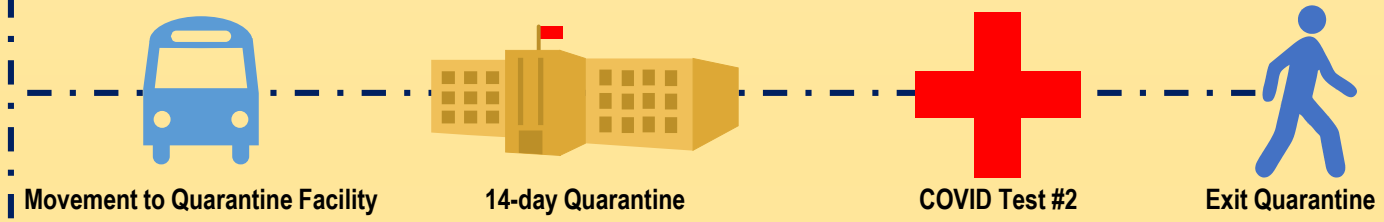
# ARRIVAL INTO KOREA FLOW CHART



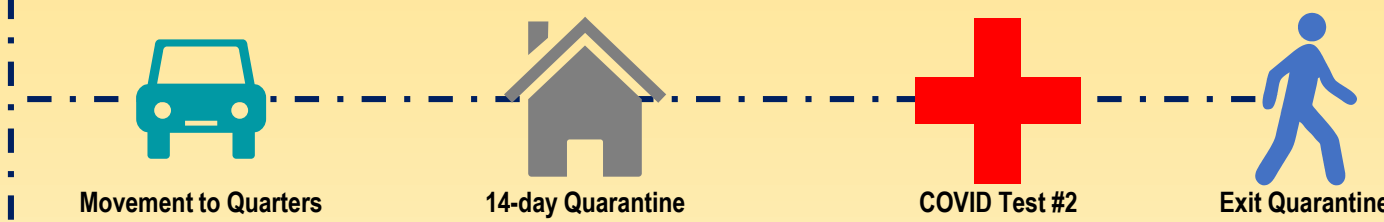
ALL USFK-AFFILIATED PERSONNEL ARRIVING TO KOREA FROM OVERSEAS ARE REQUIRED TO CONDUCT A 14-DAY QUARANTINE AND RECEIVE 2 COVID-19 TESTS WITH NEGATIVE RESULTS BEFORE BEING RELEASED.



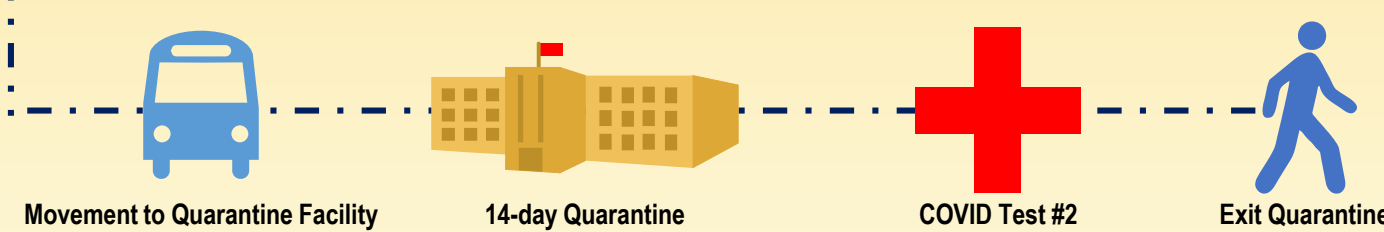
## NEWLY ARRIVING TO KOREA (PCS/TDY)



## RETURNING TO KOREA (LEAVE/VISITOR/TDY) • ALL OFF POST RESIDENTS AND ON POST (COMMAND SPONSORED)



## RETURNING TO KOREA (LEAVE/VISITOR/TDY) • ON POST (NON-COMMAND SPONSORED)



COORDINATE WITH YOUR UNIT/SPONSOR IN ADVANCE OF YOUR ARRIVAL TO CONFIRM YOUR PLAN. IF YOU TEST POSITIVE FOR COVID-19 OR DISPLAY SYMPTOMS YOU WILL BE TAKEN TO MEDICAL FOR TREATMENT. CONTACT YOUR CHAIN OF COMMAND WITH ANY QUESTIONS.



# LANDING AT OSAN AIR BASE



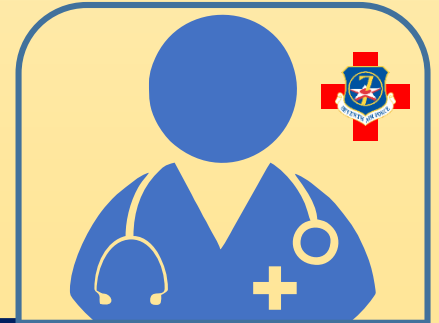
New arrivals will be escorted to a special gate area, given a mask and gloves, and screened with a temperature check and questionnaire.

For those above  
**100.4°F (38°C)**



Republic of Korea  
Customs

All personal baggage will be held during screening. After travelers are complete with medical screening, baggage will be released to travelers for the normal customs process.



Medical personnel will be on-site to conduct a follow-on screening for those that fail the screening or if their answers warrant further testing



COVID-19 Sample  
Collection



Asymptomatic

OR



Symptomatic

Asymptomatic individuals with an assignment to USAG-Casey or USAG-Daegu will be transported to that installation for quarantine.



## IMPORTANT PHONE NUMBERS:

Passenger Terminal: 784-6883 • COVID Command Cell: 784-0198

2ID Sustainment Brigade Special Troops Battalion (2STB): 756-5743



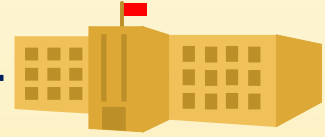
# ENTERING QUARANTINE



65th MED BDE  
Medical Screening

SERVICE MEMBERS AND FAMILIES WILL BE  
QUARANTINED FOR A MINIMUM OF 14 DAYS.

THIS TIME MAY BE EXTENDED IF ANY FAMILY MEMBER  
IS FOUND OUTSIDE OF THEIR ROOM.



14-day Quarantine



No face to face contact will be allowed with anyone outside of medical personnel and CQ staff.



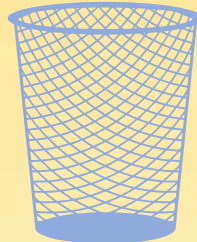
Wi-Fi will be available in all quarantine facilities. It is highly recommended that SM and families download messaging platforms like WhatsApp, KakaoTalk, Google Hangouts, etc. to facilitate contact with CONUS family members and military sponsors. A VPN might be necessary to watch your streaming apps in Korea.



Your room has been disinfected prior to your arrival in accordance with 65th MED guidelines for preventing the spread of COVID-19.



Each room has disinfectant wipes and hand soap provided. If any of these supplies are not present or run out during your stay, please notify the CQ.



Mops/brooms are available on request from your CQ personnel. Trash bags are provided to families in quarantine. When your trash is full, simply call CQ to notify them of needed trash removal, open your door, tie off the bag to avoid spills, and set it outside. CQ personnel will pick it up.



## RECOMMENDED PACKING LIST • ITEMS NOT PROVIDED



HYGIENE KIT



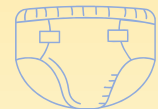
TABLET/PHONE W/ CHARGER



TOWELS



PRESCRIPTIONS



DIAPERS



14 DAYS WORTH OF CLOTHES



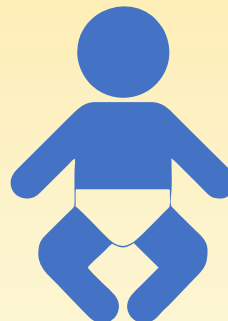
SHAMPOO AND SHOWER ITEMS



WATER CONTAINER



DIETARY ITEMS



BABY REQUIREMENTS



WIPES



FORMULA



# DAY-TO-DAY LIFE IN QUARANTINE



Single Soldiers will be provided three hot meals per day from the DFAC.

GS Civilians and Dependents can receive hot meals from the DFAC at own expense.

All food deliveries and DFAC meals will be delivered to the CQ staff, who will distribute it to you.

Chow will be delivered between the following hours 7 days a week:

Breakfast: 7:30-9:30 a.m.

Lunch: 11:30 a.m.-1:30 p.m.

Dinner: 5:00-7:00 p.m.



You will be visited once per day by medical personnel to check on your well-being.

Medics will take your temperature and ask you questions on signs or symptoms of COVID-19, and inquire about non-COVID 19 related medical concerns and behavioral health questions.



Smoking is not permitted in quarantine facilities. Nicotine patches are available through 65th MED. Please talk to Quarantine Cadre for further details.

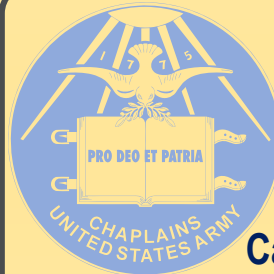


You may also order takeout for delivery from on-post restaurants.

Takeout orders will be delivered to the CQ staff, who will distribute it to you.

AAFES Food Delivery @

<https://aafesprem.imenu360.com/map/map.html>



Let the cadre know if you would like to speak with a chaplain or Military and Family Life Counselor (MFLC). They will put you in touch with the right people.

**Camp Humphreys On-Call  
Duty Chaplain at 010-9496-7445**

Families can request toys, games, etc. for children through Child and Youth Services.



You will be able to make online orders from the Camp Humphreys Post Exchange (PX) during your stay.

Orders will be paid online through the AAFES website (<https://www.shopmyexchange.com/>), and delivered to your room by the CQ staff.



Families can also request family snack packages from the United Service Organizations (USO).

More information about COVID-19 Religious Support Operations can be found on the Camp Humphreys Facebook page at: <https://www.facebook.com/HumphreysChapel/>



# PET PROCEDURES

Incoming pets will reside in the quarantine rooms with their families  
(On a Space Available basis)



Families may choose to have pets boarded at cost off site  
(Information provided upon request)

Camp Humphreys Veterinary Services @ <https://www.facebook.com/CampHumphreysVeterinaryServices>

All pets must be registered with the installation Veterinary Treatment Facility.

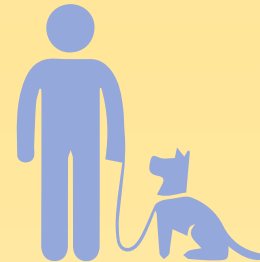
Pet registration documentation provided upon arrival, recommended to provide copies of medical history (records can be printed or sent by email to Veterinary Services).

Pets must meet Republic of Korea animal importation requirements.

Veterinary Services offers emergency care in addition to telehealth during quarantine.



One quarantined individual will be allowed outside to walk pets in designated areas.



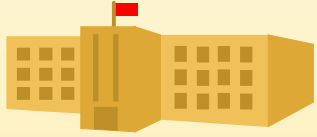
Limited to one pet outside at a time and must be accompanied by CQ personnel.

Owner responsible for providing all pet supplies (food, cat litter / pet waste bags, etc.) and any additional cleaning measures for the room upon discharge.





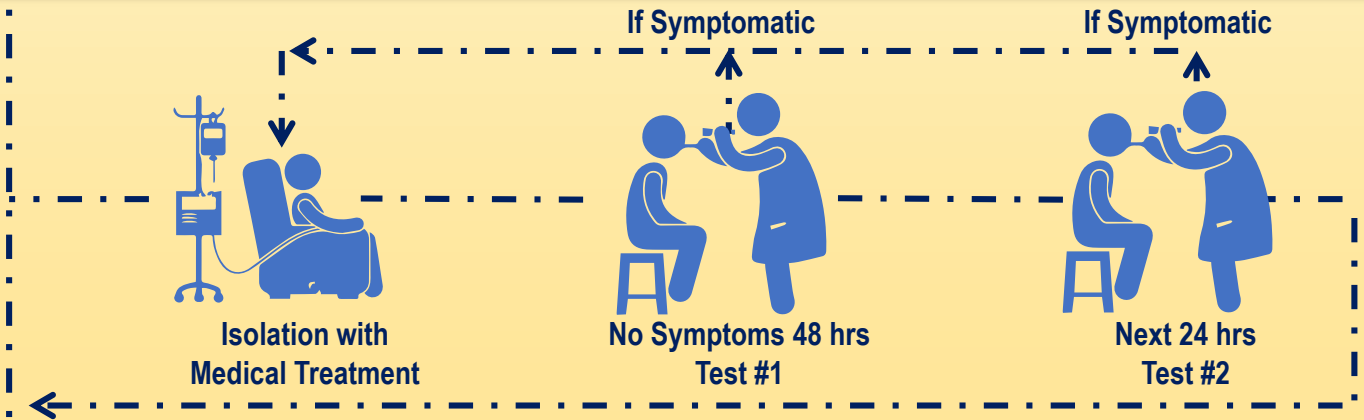
# OUT PROCESSING QUARANTINE



14-day Quarantine

After the 14 day quarantine period has completed, Soldiers and families will be released by the COVID Command Cell and medical personnel to their respective units to complete in-processing and return to duty. In order to make out-processing as smooth as possible, make sure to have your comment card complete and clean your room.

## IF TEST IS POSITIVE FOR COVID-19



## IF TEST IS NEGATIVE FOR COVID-19



### Clearing Checklist

1. Chain of Command Contacted
2. Public Health Official Release Signed (should be attached to clearing forms)
3. Room Cleaned - Ensure all surfaces are cleaned with Clorox wipes/bleach and hot water
4. Bed linen separated in preparation for washing
5. Belongings and laundry items staged for movement to the 1st floor
6. CQ NCOIC has checked and cleared the room





# NOTES/RESOURCES

## ITEMS AVAILABLE IN LIMITED CAPACITY IN QUARANTINE



**POTS/PANS**

\* FAMILIES ONLY



**PLATES/CUPS**

\* FAMILIES ONLY



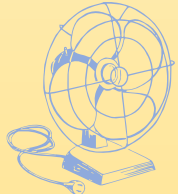
**REFRIGERATOR**

• 1 PER FAMILY / COMMON AREA USAGE FOR SINGLE SOLDIERS



**MICROWAVE**

## ITEMS NOT AVAILABLE IN QUARANTINE



**FAN**



**COFFEE MAKER**



**LAUNDRY SERVICE**



**CRIBS**

## PHONE NUMBERS

**OSAN Pax Terminal** 0503-384-6883 or  
DSN: 315-784-6883

**COVID Command Cell** 0503-384-0198 or  
DSN: 315-784-0198

**2STB Staff Duty** 0503-356-2782 or  
DSN: 315-756-2782

**19th HRC (ICN Arrival)** 0503-357-2387 or  
DSN: 315-757-2387

**COVID Hotline** 0503-337-2556 or  
DSN: 315-737-2556

**On-Call Chaplain** 010-9496-7445

CALLING A DSN FROM KOREAN CELL:

START WITH 05033+LAST 6 DIGITS OF THE DSN LINE

## ADDITIONAL RESOURCES

- USFK Facebook @ <https://www.facebook.com/myusfk/>
- Camp Humphreys Facebook Page @ <https://www.facebook.com/usaghumphreys/>
- Camp Humphreys Page @ <https://home.army.mil/humphreys/index.php>
- Camp Humphreys Veterinary Services @ <https://www.facebook.com/CampHumphreysVeterinaryServices/>
- 2ID Website home page @ <https://www.2id.korea.army.mil/>
- 2ID Facebook Page @ <https://www.facebook.com/2IDKorea/>
- DoDEA registration links @ [www.dodea.edu/DORS](http://www.dodea.edu/DORS)
- Crisis online chat: @ [www.VeteransCrisisLine.net/Get-Help/Chat](http://www.VeteransCrisisLine.net/Get-Help/Chat)
- AAFES Food Delivery @ <https://aafesprem.imenu360.com/map/map.html>
- Camp Humphreys and Area III Community Resource Guide @ <https://crg.amedd.army.mil/guides/usarpac/humphreys/Pages/azindex.aspx>



# STRESS & RESILIENCE

## MANAGING STRESS AND BUILDING RESILIENCE

### TOP TIPS FOR ANYONE & EVERYONE:



#### STAY ACTIVE – MENTALLY & PHYSICALLY

Maintain a daily routine and keep a list of goals or tasks



#### EXERCISE!

It's the best way we know to relieve stress & elevate mood



#### SLEEP

Try to keep consistent sleep and wake times to optimize sleep quality and restfulness



#### BE MINDFUL OF WHAT YOU INGEST

Both physically (food / nutrients) and mentally (news / rumors / attitudes / negative thoughts)



#### STAY CONNECTED

Use “distant socializing” – engaging with friends, family, and peers despite physical distancing precautions



# #PROTECTTHEFORCE





# STRESS & RESILIENCE

## MANAGING STRESS AND BUILDING RESILIENCE



























Technology is amazing. Use it to stay connected with friends, family, and peers while implementing distancing precautions.



You can also use it to fine tune your psychological health – check out the following mobile phone apps recommended by the Defense Health Agency (DHA):

### PRESCRIPTION FOR CONNECTED HEALTH MOBILE RESOURCES

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/>  ACT Coach*          | <input type="checkbox"/>  CPT Coach*          | <input type="checkbox"/>  Moving Forward*            | <input type="checkbox"/>  Stay Quit Coach*          |
| <input type="checkbox"/>  AIMS*              | <input type="checkbox"/>  DHA Opioid Safety  | <input type="checkbox"/>  Parenting2Go*             | <input type="checkbox"/>  T2 Mood Tracker          |
| <input type="checkbox"/>  Breathe2Relax      | <input type="checkbox"/>  Dream EZ           | <input type="checkbox"/>  PE Coach 2*               | <input type="checkbox"/>  Tactical Breather        |
| <input type="checkbox"/>  Breathe, Think, Do | <input type="checkbox"/>  LifeArmor          | <input type="checkbox"/>  Positive Activity Jackpot | <input type="checkbox"/>  The Big Moving Adventure |
| <input type="checkbox"/>  CBT-i Coach*       | <input type="checkbox"/>  Mindfulness Coach* | <input type="checkbox"/>  PTSD Coach*               | <input type="checkbox"/>  VetChange*               |
| <input type="checkbox"/>  Concussion Coach*  | <input type="checkbox"/>  Mood Coach*        | <input type="checkbox"/>  STAIR Coach*              | <input type="checkbox"/>  Virtual Hope Box         |

KOREA-WIDE SUICIDE CRISIS LIFELINE:

DSN 118 / CELL 080-8555-118

SUICIDE HOTLINE: (MILITARY/VETERAN):

050-3337-4673 (PRESS 1)

CRISIS ONLINE CHAT:

[WWW.VETERANSCRISISLINE.NET/GET-HELP/CHAT](http://WWW.VETERANSCRISISLINE.NET/GET-HELP/CHAT)

ON-CALL CHAPLAINS:

USAG-H: 010-9496-7445 • USAG Y/C: 010-2490-7943 • USAG-D: 010-8582-2833



# #PROTECTTHEFORCE



# DoDEA Online Registration for Students



DoDEA Online Registration for Students (DORS) eliminates manual forms and makes it easy for parents to register their child for school. Once a student's information is entered into DORS, it can be quickly updated anytime, anywhere. DORS also makes student re-registration for the following school year faster and more efficient.

- Who:** Students of families relocating and registering in schools serviced by Department of Defense Education Activity (DoDEA)
- What:** A secure, web-based DoDEA student registration system
- When:** Available 24/7 for New Student Registration
- Where:** Accessible online globally to families 24/7 via computers, tablets, and mobile devices
- How:** Visit [www.dodea.edu/DORS](http://www.dodea.edu/DORS) to access DORS (New Student Registration) and register your child

## Benefits of the NEW DoDEA Online Registration for Students

System Features	Old Process	New Process	Benefits
Web-based registration process	✓	✓	Families can complete registration forms from any location any time of day.
Enter common data once (for siblings)	✓	✓	Families only need to enter common data for multiple siblings once.
Upload supporting documents	✓	✓	Families can upload supporting registration documents from any location any time of day.
Includes all necessary registration fields		✓	Families can complete all necessary forms/fields in one central system. This limits additional forms and the amount of data registrars manually enter.
Field level dependency		✓	Families will complete only the necessary fields relevant to their registration situation. (e.g. Families whose primary home language is not English can be prompted to complete additional information)
Data validation process		✓	Registrars can validate appropriate data is being transferred to the Student Information System. (Less data errors)
Automated data transfers to Aspen SIS		✓	Registrars no longer need to manually type enrollment data within the SIS. This provides a smoother/faster registration process for registrars.
Mobile friendly		✓	Families can easily access the registration site on mobile devices.
Online registration update process		✓	Families can update contact information. (Update email, phone numbers, etc.)

## DoDEA USAG-Humphreys Schools



### Humphreys Central ES

School Registrar: Ms. Shannon Oh  
Email: [Shannon.Oh@dodea.edu](mailto:Shannon.Oh@dodea.edu)  
DSN: 756-9310 / Commercial: 0503-356-9310  
[PAC\\_HumphreysCentralES\\_Registrar@dodea.edu](mailto:PAC_HumphreysCentralES_Registrar@dodea.edu)



### Humphreys West ES

School Registrar: Ms. Koun Kwon  
Email: [Koun.Kwon@dodea.edu](mailto:Koun.Kwon@dodea.edu)  
DSN: 757-2710 / Commercial: 0503-357-2710  
[PAC\\_HumphreysWestES\\_Registrar@dodea.edu](mailto:PAC_HumphreysWestES_Registrar@dodea.edu)



### Humphreys MS

School Registrar: Ms. Alexis Green  
Email: [Alexis.Green@dodea.edu](mailto:Alexis.Green@dodea.edu)  
DSN: 757-7117 / Commercial: 0503-357-7117  
[PAC\\_HumphreysMS\\_Registrar@dodea.edu](mailto:PAC_HumphreysMS_Registrar@dodea.edu)



### Humphreys HS

School Registrar: Ms. Carol Chipps  
Email: [Carol.Chipps@dodea.edu](mailto:Carol.Chipps@dodea.edu)  
DSN: 756-9426 / Commercial: 0503-356-9426  
[PAC\\_HumphreysHS\\_Registrar@dodea.edu](mailto:PAC_HumphreysHS_Registrar@dodea.edu)

## DoDEA Osan AFB Schools



### Osan ES

School Registrar: Ms. Cassandra Christy  
Email: [Cassandra.Christy@dodea.edu](mailto:Cassandra.Christy@dodea.edu)  
DSN: 784-6912 / Commercial: 0505-784-6912  
[PAC\\_OsanES\\_Registrar@dodea.edu](mailto:PAC_OsanES_Registrar@dodea.edu)



### Osan MHS

School Registrar: Ms. Chongcha Kim  
Email: [Chongcha.Kim@dodea.edu](mailto:Chongcha.Kim@dodea.edu)  
DSN: 784-7256 / Commercial: 0505-784-7256  
[PAC\\_OsanHS\\_Registrar@dodea.edu](mailto:PAC_OsanHS_Registrar@dodea.edu)

## DoDEA USAG-Daegu Schools



### Daegu ES

School Registrar: Ms. Blair Allen  
Email: [Blair.Allen@dodea.edu](mailto:Blair.Allen@dodea.edu)  
DSN: 768-9503 / Commercial: 0503-368-9503  
[PAC\\_DaeguES\\_Registrar@dodea.edu](mailto:PAC_DaeguES_Registrar@dodea.edu)



### Daegu MHS

(Acting) School Registrar: Ms. Stephanie Lainez  
Email: [Stephanie.Lainez@dodea.edu](mailto:Stephanie.Lainez@dodea.edu)  
DSN: 763-6109 / Commercial: 0503-363-6109  
[PAC\\_DaeguMSHS\\_Registrar@dodea.edu](mailto:PAC_DaeguMSHS_Registrar@dodea.edu)



# WEARING YOUR MASK/FACE CLOTH



TIE/LOOP THE STRAPS AROUND YOUR HEAD OR OVER THE EARS  
ENSURE IT COVERS NOSE AND MOUTH FULLY

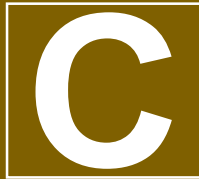


FOR CLOTH MASK, WASH DAILY

WASH HANDS BEFORE PUTTING IT ON AND TAKING IT OFF

**DO NOT TOUCH MASK WHILE USING • ONLY USE FOR AGES 2 AND UP**

HEALTH PROTECTION  
CHARLIE  
OR HIGHER



MIL/CIV/FAMILY  
ON/OFF-BASE:

WORN WHEN 6 FEET OF SOCIAL  
DISTANCE CANNOT BE ACHIEVED

WEAR AT ALL TIMES



POST EXCHANGE • FOOD COURT • COMMISSARY  
SHOPPETTE • BANKS • POST OFFICE



## STAY VIGILANT

CONTINUE:

WASHING HANDS • SOCIAL DISTANCE  
AVOIDING HOTSPOTS



**BE READY TO FIGHT TONIGHT!**

**#KILLTHEVIRUS #SQUASHTHECURVE #VIRUSVIGILANCE**