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.
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.”

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. 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!

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

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

- Movement to Quarantine Facility
- 14-day Quarantine
- COVID Test #2
- Exit Quarantine

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

- Movement to Quarters
- 14-day Quarantine
- COVID Test #2
- Exit Quarantine

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

- Movement to Quarantine Facility
- 14-day Quarantine
- COVID Test #2
- Exit Quarantine

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.

Overview of Quarantine Procedures • Landing in Osan • Entering Quarantine • Day-to-Day in Quarantine • Pet Procedures • Out Processing Quarantine • Notes/Resources
New arrivals will be escorted to a special gate area, given a mask and gloves, and screened with a temperature check and questionnaire.

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.

For those above 100.4°F (38°C)

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.

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

Republic of Korea Customs

COVID-19 Sample Collection

Asymptomatic

OR

Symptomatic

OVERVIEW OF QUARANTINE PROCEDURES • LANDING IN OSAN • ENTERING QUARANTINE • DAY-TO-DAY IN QUARANTINE • PET PROCEDURES • OUT PROCESSING QUARANTINE • NOTES/RESOURCES

VERSION 2:15MAY2020
**ENTERING QUARANTINE**

**Overview**

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.

**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
- 14 Days Worth of Clothes
- Shampoo and Shower Items
- Water Container
- Dietary Items
- Baby Requirements
- Diapers
- Wipes
- Formula

**Notes/Resources**

- Overview of Quarantine Procedures
- Landing in Osan
- Entering Quarantine
- Day-to-Day in Quarantine
- Pet Procedures
- Out Processing Quarantine
- Notes/Resources

*Published for Wide Distribution*

*Version 2-15MAY2020*
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.

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

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

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

AAFES Food Delivery @ https://aafesprem.imenu360.com/map/map.html

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/
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.
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**

1. Isolation with Medical Treatment
2. If Symptomatic
   - Test #1
3. If Symptomatic
   - Next 24 hrs Test #2

**IF TEST IS NEGATIVE FOR COVID-19**

1. Public Health Official Authorizes Release
2. Barracks Inspection
3. Released to Unit for Inprocessing

**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
# Tactical Notes/Resources

## Items Available in Limited Capacity in Quarantine

<table>
<thead>
<tr>
<th>Item</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pots/Pans</td>
<td>Families Only</td>
</tr>
<tr>
<td>Plates/Cups</td>
<td>Families Only</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>1 per Family/Common Area Usage for Single Soldiers</td>
</tr>
<tr>
<td>Microwave</td>
<td></td>
</tr>
</tbody>
</table>

## 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 a Korean Cell: Start with 0503+Last 6 digits of the DSN line.

## Additional Resources

- USFK Facebook: [https://www.facebook.com/myusfk/](https://www.facebook.com/myusfk/)
- Camp Humphreys Facebook Page: [https://www.facebook.com/usaghumphreys/](https://www.facebook.com/usaghumphreys/)
- Camp Humphreys Veterinary Services: [https://www.facebook.com/CampHumphreysVeterinaryServices/](https://www.facebook.com/CampHumphreysVeterinaryServices/)
- 2ID Website home page: [https://www.2id.korea.army.mil/](https://www.2id.korea.army.mil/)
- 2ID Facebook Page: [https://www.facebook.com/2IDKorea/](https://www.facebook.com/2IDKorea/)
- DoDEA registration links: [www.dodea.edu/DORS](http://www.dodea.edu/DORS)
- AAFES Food Delivery: [https://aafesprem.imenu360.com/map/map.html](https://aafesprem.imenu360.com/map/map.html)
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

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

**Be Mindful Of What You Ingest**
Both physically (food / nutrients) and mentally (news / rumors / attitudes / negative thoughts)

#ProtectTheForce
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):

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**PREScription FOR CONNECTED HEALTH**

**MOBILE RESOURCES**

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

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**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

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

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#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 to access DORS (New Student Registration) and register your child

Benefits of the NEW DoDEA Online Registration for Students

<table>
<thead>
<tr>
<th>System Features</th>
<th>Old Process</th>
<th>New Process</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Web-based registration process</td>
<td>✓</td>
<td>✓</td>
<td>Families can complete registration forms from any location any time of day.</td>
</tr>
<tr>
<td>Enter common data once (for siblings)</td>
<td>✓</td>
<td>✓</td>
<td>Families only need to enter common data for multiple siblings once.</td>
</tr>
<tr>
<td>Upload supporting documents</td>
<td>✓</td>
<td>✓</td>
<td>Families can upload supporting registration documents from any location any time of day.</td>
</tr>
<tr>
<td>Includes all necessary registration fields</td>
<td>✓</td>
<td>✓</td>
<td>Families can complete all necessary forms/fields in one central system. This limits additional forms and the amount of data registrars manually enter.</td>
</tr>
<tr>
<td>Field level dependency</td>
<td>✓</td>
<td>✓</td>
<td>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)</td>
</tr>
<tr>
<td>Data validation process</td>
<td>✓</td>
<td>✓</td>
<td>Registrars can validate appropriate data is being transferred to the Student Information System. (Less data errors)</td>
</tr>
<tr>
<td>Automated data transfers to Aspen SIS</td>
<td>✓</td>
<td>✓</td>
<td>Registrars no longer need to manually type enrollment data within the SiS. This provides a smoother/faster registration process for registrars.</td>
</tr>
<tr>
<td>Mobile friendly</td>
<td>✓</td>
<td>✓</td>
<td>Families can easily access the registration site on mobile devices.</td>
</tr>
<tr>
<td>Online registration update process</td>
<td>✓</td>
<td>✓</td>
<td>Families can update contact information. (Update email, phone numbers, etc.)</td>
</tr>
</tbody>
</table>

Students of families relocating and registering in schools serviced by Department of Defense Education Activity (DoDEA)
DoDEA USAG-Humphreys Schools

Humphreys Central ES
School Registrar: Ms. Shannon Oh
Email: Shannon.Oh@dodea.edu
DSN: 756-9310 / Commercial: 0503-356-9310
PAC_HumphreysCentralES_Registrar@dodea.edu

Humphreys MS
School Registrar: Ms. Alexis Green
Email: Alexis.Green@dodea.edu
DSN: 757-7117 / Commercial: 0503-357-7117
PAC_HumphreysMS_Registrar@dodea.edu

Humphreys West ES
School Registrar: Ms. Koun Kwon
Email: Koun.Kwon@dodea.edu
DSN: 757-2710 / Commercial: 0503-357-2710
PAC_HumphreysWestES_Registrar@dodea.edu

Humphreys HS
School Registrar: Ms. Carol Chipps
Email: Carol.Chipps@dodea.edu
DSN: 756-9426 / Commercial: 0503-356-9426
PAC_HumphreysHS_Registrar@dodea.edu

DoDEA Osan AFB Schools

Osan ES
School Registrar: Ms. Cassandra Christy
Email: Cassandra.Christy@dodea.edu
DSN: 784-6912 / Commercial: 0505-784-6912
PAC_OsanES_Registrar@dodea.edu

Osan MHS
School Registrar: Ms. Chongcha Kim
Email: Chongcha.Kim@dodea.edu
DSN: 784-7256 / Commercial: 0505-784-7256
PAC_OsanHS_Registrar@dodea.edu

DoDEA USAG-Daegu Schools

Daegu ES
School Registrar: Ms. Blair Allen
Email: Blair.Allen@dodea.edu
DSN: 768-9503 / Commercial: 0503-368-9503
PAC_DaeguES_Registrar@dodea.edu

Daegu MHS
(Acting) School Registrar: Ms. Stephanie Lainez
Email: Stephanie.Lainez@dodea.edu
DSN: 763-6109 / Commercial: 0503-363-6109
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