



PERSONNEL AND  
READINESS

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MEMORANDUM FOR CHIEF MANAGEMENT OFFICER OF THE DEPARTMENT OF  
DEFENSE  
SECRETARIES OF THE MILITARY DEPARTMENTS  
CHAIRMAN OF THE JOINT CHIEFS OF STAFF  
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DIRECTORS OF DOD FIELD ACTIVITIES

SUBJECT: Force Health Protection Guidance (Supplement 4) – Department of Defense  
Guidance for Personnel Traveling During the Novel Coronavirus Outbreak

This memorandum supplements requirements in DoD Instruction 6200.03 “Public Health Emergency Management (PHEM) Within the DoD,” March 28, 2019, with respect to coronavirus disease 2019 (COVID-19). The COVID-19 outbreak continues to spread globally and as a result, the Centers for Disease Control and Prevention (CDC) is rapidly issuing Travel Health Notices (THNs) and guidance for persons with travel in countries or areas with COVID-19 transmission. CDC THNs tier these locations as Level 3 (Widespread sustained (ongoing) transmission), Level 2 (Sustained (ongoing) community transmission) and Level 1 (Risk of limited community transmission), with associated monitoring guidance for returning travelers. The CDC THNs are at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>. This guidance applies to all DoD Components, except that it does not apply to air crew of military aircraft.

All existing Novel Coronavirus Outbreak FHP guidance remains in effect and applies to all DoD Components, including the Reserves and National Guard, and, as appropriate, foreign military personnel who are under DoD authority. The FHP guidance for China travelers (“Force Health Protection Guidance (Supplement 1) – Department of Defense Guidance for Monitoring of Personnel Returning from China During the Novel Coronavirus Outbreak,” dated February 7, 2020), remains in effect. FHP documents are at: <https://www.defense.gov/Explore/Spotlight/Coronavirus>. Individuals should continue to check the CDC COVID-19 website for additional updates at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

This document provides pre- and post-travel health guidance for all DoD travelers to enable mission assurance and Force Health Protection (FHP), utilizing the CDC THNs for DoD Component considerations. DoD Components may be more restrictive based on local risk assessment in consultation with public health authorities. Command location, local community transmission, risk to mission, and risk to force are all key considerations in DoD Component decision making.

## **Actions for all DoD travelers**

### *Actions prior to official travel:*

- DoD Components shall incorporate CDC guidance into the full scope of planning for official travel, to include the following:
  - Consider the risk profile of the traveler (e.g., older individuals or those with underlying diseases). Limit travel to those individuals who are healthy, to the greatest extent possible. For DoD civilian personnel, these considerations must be consistent with the requirements of the Rehabilitation Act of 1973, as amended.
  - Coordinate with the receiving installation to ensure the post-travel requirements in this document can be implemented at that location.

### *Actions upon departure/exit screening:*

- DoD Components should emphasize each individual's responsibility to avoid travel when sick.
- For travel on military aircraft, DoD Components should ensure exit screening is conducted at the point of embarkation. At a minimum, this should consist of a questionnaire<sup>1</sup> to assess risk of exposure, temperature check (fever is >100.4°F or 38°C per CDC), and visual check for signs and symptoms (i.e., feeling feverish, coughing or shortness of breath per CDC) of COVID-19. If the screening yields concerns, a secondary medical evaluation by a health professional should be conducted. DoD Components should also be prepared to appropriately manage a patient under investigation if such a determination is made, to include referral to the appropriate medical authority per CDC guidance found at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>.
- Travel on commercial air carriers may not include exit screening of travelers. Therefore, taking the appropriate action upon arrival is critical.

## **Actions for all Service members**

### *Actions upon arrival from a CDC THN Level 3 or Level 2 location:*

DoD Components should identify all Service members who travel or have traveled in the prior 14 days to, through, or from a CDC THN Level 3 or Level 2 country. This includes travel by military or commercial means, as well as private conveyance, and includes all forms of travel to include Permanent Change of Station, Temporary Duty, and leave. DoD Components should place these Service members under a 14-day restriction of movement (ROM). During the ROM (starting from the day of departure from the Level 3 or Level 2 country):

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<sup>1</sup> Guidance to support questionnaire development is at <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

- Service members should be restricted to their residence or other appropriate domicile for 14 days and limit close contact (within 6 feet or 2 meters) with others during this 14-day period. Immediate supervisors will not require Service members to report to their duty location or otherwise disregard the ROM.
- Service members should self-monitor by taking their temperatures twice a day to check for fever, and remain alert for cough or difficulty breathing. If they feel feverish or develop a fever ( $>100.4^{\circ}\text{F}$  or  $38^{\circ}\text{C}$  per CDC), cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, notify their supervisor or chain of command, and seek advice by telephone from the appropriate healthcare provider to determine whether medical evaluation is needed.
- For any in-person assessments of Service members (including asymptomatic individuals), medical personnel should apply CDC guidance to include wearing appropriate personal protective equipment (<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>).
- Service members living in open-bay settings, or rooms with shared bathrooms and/or kitchen facilities, should be placed in separate lodging to span the 14-day ROM period. The DoD Component to which the Service member is assigned will arrange and fund the separate lodging if needed.
- Service members should separate themselves from other people in the home or dwelling if residing with roommates or family members and avoid sharing personal items.
- Service members should not travel, visit public or crowded areas, or use public transportation and should avoid interaction with pets or other animals.
- Medical evaluation and care should be immediately arranged if the Service member displays fever or symptoms consistent with COVID-19, as per CDC guidance (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>).
  - The Service member should call ahead before going to a medical treatment facility, informing medical staff of his/her symptoms and travel history.
  - Medical staff should follow CDC guidance when assessing individuals displaying fever and symptoms consistent with COVID-19.
  - DoD Components should appropriately report an individual if identified as a patient under investigation, per previously published Under Secretary of Defense for Personnel and Readiness guidance, “Force Health Protection Guidance for the Novel Coronavirus Outbreak,” dated January 30, 2020.



*Actions upon arrival from a non-CDC THN Level 2 or Level 3 CONUS or OCONUS location:*

DoD Components should identify and track all Service members who travel or have a history of travel in the prior 14 days to, through, or from a non-CDC THN Level 2 or Level 3 CONUS or OCONUS location. This includes travel by military or commercial means as well as private conveyance and includes all forms of travel to include Permanent Change of Station, Temporary Duty, and leave. DoD Components should ensure that these Service members take the following actions for the next 14 days:

- Implement self-observation, i.e., remain alert for fever, cough, or difficulty breathing.
- To the extent possible, implement social distancing, e.g., remain out of congregate settings, avoid mass gatherings, and maintain 6 feet or 2 meter distance from others when possible.
- Immediately self-isolate, limit contact with others, and seek advice by telephone from the appropriate healthcare provider to determine whether medical evaluation is required, if individuals feel feverish or develop measured fever, cough, or difficulty breathing.

**Actions for DoD civilian employees, contractor personnel, and family members**

DoD strongly recommends that DoD civilian employees, contractor personnel, and family members who travel to, through, and from countries with a CDC THN for COVID-19 follow this DoD guidance, which is more stringent than CDC guidance. DoD Components should restrict DoD workplace access for 14 days for DoD civilian employees and contractor personnel whose travel has included THN Level 2 and Level 3 locations. If these civilian employees and contractor personnel feel feverish or develop a fever, cough, or difficulty breathing, they should notify their supervisor or chain of command. For all other travel, DoD Components will encourage self-observation and accommodation of social distancing. To restrict access from the DoD workplace and maximize telework options, DoD Components shall implement the Under Secretary of Defense for Personnel and Readiness memorandum, "Civilian Personnel Guidance for DoD Components in Responding to Coronavirus Disease 2019," dated March 8, 2020. For contractor personnel, DoD Components should implement measures in consultation with the appropriate contracting office.

This guidance is effective March 13, 2020. My point of contact is COL Jennifer M. Kishimori, who may be reached at (703) 681-8179 or [jennifer.m.kishimori.mil@mail.mil](mailto:jennifer.m.kishimori.mil@mail.mil).



Alexis Lasselle Ross  
Performing the Duties of the Under Secretary of  
Defense for Personnel and Readiness

Attachment:  
Quick-Reference for Travel during the COVID-19 Outbreak

Attachment 1. Quick Reference for Travel during the COVID-19 Outbreak.

CDC THN Level <sup>1</sup>	CDC Definitions	Actions Upon MIL AIR Departure	Actions Upon Arrival <sup>2</sup>
3	<ul style="list-style-type: none"> <li>Widespread sustained (ongoing) transmission</li> <li>Avoid non-essential travel</li> <li>Travelers should stay home for 14 days</li> </ul>	Risk Assessment: <ul style="list-style-type: none"> <li>Questionnaire</li> <li>Temperature Checks</li> <li>Visual assessment for signs and symptoms</li> </ul> Medical Team Assessment (if indicated): <ul style="list-style-type: none"> <li>Health evaluation</li> <li>Transfer to command health authority if needed</li> </ul>	<ul style="list-style-type: none"> <li>Stay at home for 14 days</li> <li>Practice social distancing</li> <li>Self-monitoring</li> </ul>
2	<ul style="list-style-type: none"> <li>Sustained (ongoing) community transmission</li> <li>Special Precautions for High-Risk Travelers</li> </ul>		<ul style="list-style-type: none"> <li>Stay at home for 14 days</li> <li>Practice social distancing</li> <li>Self-monitoring</li> </ul>
1	<ul style="list-style-type: none"> <li>Risk of Limited community transmission</li> <li>Practice usual precautions</li> </ul>		<ul style="list-style-type: none"> <li>Ensure personnel tracking</li> <li>Practice social distancing for 14 days</li> <li>Self-observation for 14 days</li> </ul>
N/A	<ul style="list-style-type: none"> <li>All other countries/areas</li> </ul>		<ul style="list-style-type: none"> <li>Ensure personnel tracking</li> <li>Practice social distancing for 14 days</li> <li>Self-observation for 14 days</li> </ul>

<sup>1</sup>Travel Health Notice (THN), <sup>2</sup>Does not apply to air crew.

**Actions prior to official travel:**

- DoD Components shall incorporate CDC guidance into the full scope of planning for official travel to include the following:
  - Consider the risk profile of traveler (e.g., older individuals or those with underlying diseases). Limit travel to those individuals to those who are healthy, to the greatest extent possible. For DoD civilian personnel, these considerations must be consistent with the requirements of the Rehabilitation Act of 1973, as amended.
  - Coordinate with the receiving installation to ensure the post-travel requirements can be implemented at that location.

**References:**

DoD COVID-19 Homepage (includes all Force Health Protection Guidances):  
<https://www.defense.gov/Explore/Spotlight/Coronavirus>

CDC COVID-19 Homepage (CDC authoritative information on COVID-19):  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC Travel Health Notice Information (CDC Country Level Notifications):  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

CDC Travel Precautions (includes COVID-19 symptoms such as fever, cough, shortness of breath):  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

CDC Healthcare Provider Information (includes Infection Control information and Personal Protective Equipment Guidance):  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>