

***ACTION TO PROTECT
YOURSELF FROM COVID-19
KEEP YOUR TEAM AND THE
AIR FORCE HEALTHY***



U.S. AIR FORCE

What to Look For/How to Self-Monitor

- Fever
- Chills
- Cough
- Fatigue
- Diarrhea
- Shortness of breath
- Difficulty breathing
- Body aches
- Loss of smell/taste

- Symptoms typically appear 2-14 days after exposure to the virus or an infected person.

- Some people do not develop symptoms, but can still spread the virus.

How Does COVID-19 Spread?

- Between people who are in close contact with one another (within about 6 feet).

- Through respiratory droplets when an infected person coughs, sneezes or talks.

- Possibly though touching contaminated surfaces and touching your eyes, mouth, nose.

How To Stop COVID-19

Wash your hands often, with soap and water for 20 seconds or >60% alcohol hand sanitizer, especially after being in public, coughing, sneezing, or blowing your nose.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people; stay at least 6 feet apart (about 2 arm's length).

Avoid contact with people who are sick, even household members when possible.

Cover your mouth and nose with a cloth face covering when around others

Don't share personal items.

Clean frequently touched surfaces.

Monitor your health/symptoms, especially after close contact with others.

What To Do If You Feel Ill

Isolate yourself at home/or a location away from other people

Contact a healthcare provider for what to do next (call ahead first if not an emergency)

Inform your supervisor and/or commander

Continue to monitor your symptoms

Seek Emergency Medical Attention if you have or see the following signs or symptoms: trouble breathing, constant pain/pressure in your chest, inability to stay awake, bluish lips or face

