

# DMAFB COVID-19 Information

[www.dm.af.mil/COVID-19-Updates](http://www.dm.af.mil/COVID-19-Updates)

## STOP THE SPREAD OF GERMS:

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick except to get medical care.
- Wash your hands often with soap and water for 20 seconds.

## IF YOU FEEL SICK:

- 1 - Stay home. Do not report to 355th MDG Clinic.
- 2 - Notify your chain of command
- 3 - Call the DMAFB COVID-19 Helpline

A team member will provide further instructions, including what to do if your symptoms worsen, and the process for returning to duty.

## RESTRICTION OF MOVEMENT

The Department of Defense has instated a 14-day Restriction of Movement (ROM) period for personnel traveling from OCONUS. Contact your chain of command before returning to duty for additional guidance. Lodging, dorm and DMAFB housing residents should notify their residence managers to ensure DoD personnel do not enter your space during the 14-day ROM period.



Please scan here for links to updates & info from the Department of Defense, Davis-Monthan Air Force Base, and the Pima County Health Dept.

## DMAFB COVID-19 Helpline

# 520.228.1904

The 355th Medical Group has established a COVID-19 Helpline to provide Desert Lightning Airmen and families a single point of contact for COVID-19 related health concerns.

Business Hours - 0730-1630

After Hours Nurse Advice Line - 1.800.874.2273, option 1

*If you need immediate medical attention, please seek urgent care or call 911.*



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