

HPCON

Health Protection Condition Levels

Coronavirus Disease 2019 (COVID-19)

Department of Defense Public Health Emergency Management policy assigns health protection condition (HPCON) levels to disease outbreaks, such as the spread of COVID-19, based on the severity of the disease and the level of transmission occurring in the local community.

HPCON levels outline specific actions you can take in response to a health threat. While it's always important to prevent the spread of germs, there are additional steps you can take if COVID-19 transmission becomes more widespread in your community. Regardless of the current HPCON level, always follow the guidance from your installation and local public health agencies.

Take the following actions to protect the health and safety of your Family and your community.

0 ROUTINE

No community transmission

Take everyday actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- Wash your hands often and for at least 20 seconds with soap and water.
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable.
- Avoid touching your eyes, nose, and mouth.
- Ensure all immunizations are up to date, including your seasonal flu shot.
- Stay home if you are sick, and avoid close contact with Family members and pets.
- Create an emergency preparedness kit.

ALPHA LIMITED

Community transmission beginning

Continue all previous actions and:

- Routinely clean and disinfect frequently touched objects and surfaces.
- If you are sick, call your medical provider for instructions on receiving care before going to the clinic.
- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE

Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands and hugging.
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
- Ensure supplies of food, medication, and other items needed for babies and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CHARLIE SUBSTANTIAL

Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

DELTA SEVERE

Widespread community transmission

Continue taking all previous actions and:

- Expect to remain at home for extended periods of time as movement in the community may be restricted, and at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and Federal authorities; these actions are to protect the health and safety of you and your Family.

For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat.

Visit <https://www.health.mil/I-Am-A-Media/Media-Center/NAL-Day-at-a-glance> for more information.

