



# HPCON: Health Protection Condition Levels COVID-19

Current HPCON Level: **A** - LIMITED

**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 & water.
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissue is 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 & pets.
- Create an emergency preparedness kit.

**A**

## Limited

Community transmission beginning

Continue all previous actions and:

- Routinely clean & disinfect frequently touched objects & 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 for information such as the CDC and your local public health agencies.

**B**

## Moderate

Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands & 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 & pets are available to last at least 14 days.
- Prepare for travel restrictions & cancellation of public gatherings, such as schools, religious, and other community activities; make alternative arrangement for childcare.
- Observe local guidance on movement restrictions & access requirements for military installations.
- Seek guidance from employers & unit leaders about changes to work practices & TRNG events.
- Comply with medical orders for self-isolation or quarantine.

**C**

## Substantial

Sustained community transmission

Continue all previous actions and:

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

**D**

## Severe

Widespread community transmission

Continue all previous actions and:

- Except to remain 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.