



43 AMOG COVID-19 INFORMATION TRI-FOLD

Current as of May 29, 2020

**If experiencing symptoms contact the
Nurse Advice Line:
1-800-TRICARE (874-2273), option 1**

Miscellaneous Information

- Telework guidance attached
- Follow Ft Bragg and Pope AAF Facebook page for updated installation guidance
- Download the Pope App for COVID-19 resources and information
- For relaxed grooming standards contact your Chain of Command
- Refer to MYPERS for PCS/Separation guidance.
- Be aware of COVID Hotspots and how you may be quarantined if having visited one
- **Fitness Testing During COVID-19:** Effective 21 May 2020, all Official Fitness Assessment Testing is suspended until 1 October 2020. The abdominal circumference component will be temporarily suspended until 1 October 2021.
- **Uniform Transition:** The effective date for the Operational Camouflage Pattern (OCP) and Two-Piece Flight Duty Uniform (2PFDU) changes for military items (such as rank, flag, badges, T-shirts, boots, socks) was extended from 1 June to 1 September. The final OCP transition of 1 Apr 21 remains the same.
- Utilize the 43 AMOG Sharepoint page for more information
<https://eim2.amc.af.mil/org/PopeAAF/43AMOG/43icc/SitePages/43%20AMOG%20COP.aspx>

Leave Policy

What are the movement restrictions?

A stop movement order, issued by the SECDEF, is currently in effect until June 30, 2020 – to include international and domestic travel.

Effective 28 May 2020, 43 AMOG personnel Leave and Pass requests beyond the local area and up to a 250 miles radius of Pope AAF may be approved. POV is the only authorized means of travel while on leave or pass. Leave or pass requests will not include transportation by any commercial means. The Squadron Commander or first O-5 in the chain of command is the approval authority for all leave and pass requests submitted for destinations beyond the local leave area. The approval authority will carefully review all leave and pass requests to ensure sufficient risk mitigation measures are included. Particular attention must be given to travel and activities associated with COVID-19 areas of concern. Furthermore, approval authorities will reference the NC Department of Health and Human Services (NCDHHS) COVID ZIP code map to help determine which areas of NC offer elevated risk of exposure to COVID-19..

Face Coverings

All individuals on DoD property, installations, and facilities will wear cloth face coverings when they cannot maintain six feet of social distance in public areas or work centers (this does not include in a service member's or service family member's personal residence on a military installation). This includes all: military personnel; DoD civilian employees; family members; DoD contractors; and other individuals on DoD property, installations, and facilities. This directive applies both indoors and outdoors as well as while in uniform. Face coverings must be kept clean, professional, and functional by covering the mouth and nose. Authorized colors include white, black, sage green with ABU, and coyote brown with OCP.

Unit Commanders will have face coverings available if you do not have one

Workplace Decontamination

DO NOT MIX:

BLEACH + VINEGAR

Bleach and vinegar mixture produces chlorine gas, which can cause coughing, breathing problems, burning and watery eyes.

BLEACH + AMMONIA

Bleach and ammonia produce a toxic gas called chloramine. It causes shortness of breath and chest pain.

BLEACH + RUBBING ALCOHOL

Bleach and rubbing alcohol makes chloroform, which is highly toxic.

HYDROGEN PEROXIDE + VINEGAR

This combination makes peracetic/peroxyacetic acid, which can be highly corrosive

Clean
AND

disinfect frequently touched objects and surfaces such as workstations, keyboards, telephones, handrails, and doorknobs before and after each shift

- Follow manufacturer's guidelines for use of all cleaning and disinfection products



Medical Information

HPCON

CHARLIE SUBSTANTIAL
Sustained Community Transmission

The community is continuing the spread of infection

Is there still Drive-Thru screening?

Drive-Thru screening is currently inactive. The system is on standby if a spike in testing is needed and can resume within 24 hours.

Active Duty Primary Care:

During normal duty hours Byars Clinic can be reached via:

(910) 570-3087



Relay Health Secure Messaging can also be used to communicate with healthcare providers.

Contact the Nurse Advice Line for after-hours care via: 1-800-TRICARE.

Mental Health:

In-person or telephone appointments are available by walk-in or calling (910) 907-6825.

Pharmacy:

Patients can call (910) 907-7427 to arrange pickup. Annex is open daily for refills.

COVID Screening:

Performed only at WAMC UCC M-F 0700-1900

See attached guidance for more info

What is open and closed?

BX/Commissaries: Open

Chapel: Virtual counseling

<https://doxy.me/chaplain4iesous>

Child Development Centers: Open

Fitness Centers: Closed

Gate Hours: Normal hours

A&FRC: Appointment only

(910) 394-2538

Pope Legal Office: Appointment only

43AMOG.JA.LegalAssistance@us.af.mil

Pope Finance Office: Appointment only

43CPTS.FOF.CustomerService@us.af.mil

Pope Inspector General: Appointment only with email

Derek.root@us.af.mil

SAPR Office: Telephone only

24/7 Helpline (910) 394-7272

Suicide Prevention: Hotline contact

1-800-273-8255

CAC expiration within 30 days: Visit the RAPIDS scheduling site to schedule an appointment.

<https://home.army.mil/bragg/index.php> for updates

AIR FORCE TELEWORK CAPABILITIES

Connect to the AFNet Virtual Private Network (VPN) only if you need to access CHES Office 365, Skype for Business, or Global Video Services. For those in the Air Reserve Component, launch Desktop Anywhere for access to email, file sharing, group workspace and chat capabilities. All other AFNet users can connect using EURAM VPN or TMG VPN.

CAPABILITIES KEY

Video Conference	Conference Call	Webcast
File Sharing	Email	Chat
Group Workspace	Group Workspace	Group Workspace

CAC TYPICALLY REQUIRED	NO CAC REQUIRED	PUBLIC
<p>CHES O365 (Excludes NCR/ANG) </p> <ul style="list-style-type: none"> Features: Includes SharePoint, OneDrive, Exchange/Email, Teams. How to Access: https://cs2.eis.af.mil/sites/10007/external/AFNICP/objects/cp/SitePages/Home.aspx 	<p>DoD Commercial Virtual Remote (CVR) - MS Teams Environment</p> <ul style="list-style-type: none"> Features: Provides collaboration through video, voice, and text communication. How to Access: https://www.cloud.mil/CVR 	<p>WebEx </p> <ul style="list-style-type: none"> Features: Create and join meetings from a web browser. How to Access: https://www.cis.af.mil/government/external/amp.html
<p>Skype for Business </p> <ul style="list-style-type: none"> Features: Secure video conferencing tool for hosting meetings, includes instant messaging capabilities. How to Access: https://cs2.eis.af.mil/sites/10007/external/AFNICP/objects/cp/SitePages/Home.aspx 	<p>Secure Access File Exchange (SAFE)</p> <ul style="list-style-type: none"> Features: Exchange unclassified files up to 8.0 GB that can't be sent through email. How to Access: https://safe.apps.mil/ 	<p>Zoom Gov </p> <ul style="list-style-type: none"> Features: A more secure way to host video conferences from a web browser. How to Access: https://zoomgo.af.mil/
<p>Global Video Services (GVS) </p> <ul style="list-style-type: none"> Features: Provides a full suite of on-demand, high quality, VTC capabilities for users to interact face to face within the US. How to Access: https://globalvideoservices.csd.disa.mil/gvs-web/ 	<p>milSuite</p> <ul style="list-style-type: none"> Features: Collaboration space with the ability to post information for the enterprise, upload trainings or other video, or collect feedback through surveys. How to Access: https://www.milsuite.mil/ 	<p>All Partner (APAN) </p> <ul style="list-style-type: none"> Features: Web-based file sharing. How to Access: https://www.apan.af.mil/
<p>ChatSurfer</p> <ul style="list-style-type: none"> Features: Secure chat platform with integration of DCS Chat and Intelink Messenger chatrooms. 	<p>milDrive</p> <ul style="list-style-type: none"> Features: Short-term secure cloud solution that provides continuous and reliable access to your files anytime, anywhere. How to Access: https://disa.deps.mil/service/milDrive/SitePages/Home.aspx 	<p>MatterMost</p> <ul style="list-style-type: none"> Features: Workplace messaging from web browser or mobile device. How to Access: https://chat.collab.cd.af.mil/
<p>DEE Webmail (NCR only)</p> <ul style="list-style-type: none"> Features: Provides secure cloud-based email to the DoD enterprise designed to increase operational efficiency and facilitate collaboration across organizational boundaries. How to Access: https://web.mail.mil/ 	<p>Government Phones and Tablets </p> <ul style="list-style-type: none"> Features: Can be used to check email, join, conference calls, and has limited file sharing and group workspace capabilities. How to Access: Contact your local Communications Squadron. 	<p>Wickr RAM</p> <ul style="list-style-type: none"> Features: Mobile messaging app that allows users to set expiration times on messages, share files and host conference calls. How to Access: https://www.wickr.com/
<p>RocketChat</p> <ul style="list-style-type: none"> Features: Collaboration platform that allows teams to communicate - chatting in real time and sharing files. How to Access: https://rocketchat.gs.mil/ 	<p>Outlook Web Access + (OWA+)</p> <ul style="list-style-type: none"> Features: Secure web-based version of Outlook email, includes SharePoint and OneDrive. How to Access: External to AFNet (At home) https://owa.us.af.mil/externaltoAFNet https://web.mail.apps.mil/ 	<p>Zoom </p> <ul style="list-style-type: none"> Features: Classic conferencing capabilities, does not include video capability. How to Access: Contact your local Communications Squadron

Mishap Prevention Information

Ensure all personnel exposed to hazardous chemicals, employers must comply with OSHA's Hazard Communication standard (in general industry, 29 CFR 1910.1200), Personal Protective Equipment standards (in general industry, 29 CFR 1910 Subpart I) and other applicable OSHA chemical standards.

- Continue to report mishaps, on and/or off-duty IAW AFI 91-204
- COVID-19 can be a recordable illness if a worker is infected as a result of performing their work-related duties

Contact 43 AMOG/SE at pope.safety@us.af.mil for additional information.

Due to COVID-19 safety restrictions, the 43 Medical Squadron is currently postured to support readiness (pre/post deployment processing, virtual PHAs, etc) and PCS requirements only. Members who feel sick are asked to stay home and contact their primary care provider via phone or Relay Health for guidance on seeking care. Until further guidance is passed, in person appointments are by exception only. Emergencies or life threatening conditions should be addressed at the Emergency Department.

Active Duty Members Access to Medical Care

Primary Care:

1. During normal duty hours Byars clinic staff can be reached via: 910-907-7673, Option #5, Option #1, or 910-570-3087 (direct number).
2. Relay Health Secure Messaging can also be used to communicate with healthcare providers.
<https://tricare.mil/FindDoctor/AllProviderDirectories/Military/SecurePatientPortal/SecureMessaging>
3. After hours members should contact the Nurse Advice Line at 1-800-TRICARE, option #1 or WAMC 24/7 Public Health Hotline at 910-916-3544 for COVID-19 specific questions.

Mental Health:

The Womack Army Medical Center Department of Behavioral Health is available for care. In case of emergency services are available at the WAMC Emergency Department, nearest Emergency Department or by calling 911. Higher level psychiatric care is also open and available if needed. The current posture has forced consolidation of in-person outpatient care to the WHSC. In-person or tele-behavioral health outpatient appointments are available by calling or walking-in to the WHSC clinic.

WHSC: Bldg 4-3219, 2817 Reilly Rd, Fort Bragg

First Floor: Family Members (children, spouses, caregivers) and abuse/neglect concerns: 910-907-8272/6128

Ground Floor: All AD and Reservist on Active Status: 901-907-6825/8679

Afterhours: Nurse Advise Line 24/7, 1-800-TRICARE, option 1 or Military One Source 24/7, 1-800-342-9647.

In case of emergency please call 911 and/or proceed to the nearest emergency room.

Pre-Deployment Processing

Public Health:

1. UDMs Only: Once member has been notified of an upcoming deployment and the UDM has entered their name into ASIMS DMC, follow steps below:
 - a. UDM will email SrA William Sujack, william.k.sujack.mil@mail.mil or SSgt Kathleen Fury, kathleen.r.fury.mil@mail.mil to begin medical pre-deployment out-processing actions.
 - Email must include a good contact number (preferably a cell phone).
 - This number will be used by Public Health to call the member if there is any information needed to initiate the pre-deployment checklist.
 - b. If required, members will be emailed the Ppre-deployment checklist.
 - Checklist will include instructions on how to complete pre-deployment tasks (i.e. audiograms, labs, immunizations).
 - It is important that members follow instructions in the email as this process changes frequently.
2. Member will email completed checklist to Public Health POCs above to be scheduled for their out processing appointment.
 - a. Once Public Health receives the member's completed pre-deployment checklist via email, a Public Health technician will contact the member using the phone number provided to schedule a final out appointment.
 - b. Members will be provided a date and time to report to the Byars Health Clinic parking lot to complete out processing actions and pick up medical records (if required).
 - c. Public Health "final outs" are by appointment ONLY. Members who come to the clinic without an appointment will be turned away.

Dental:

1. Members need to contact the Pope Dental clinic to verify if they are due for an exam prior to deploying.
 - a. Tuesdays or Thursdays from 0800-1200 contact by phone at 910-570-3003 or visit in-person at 5424 Reilly Rd, Pope AAF.
 - b. All other day/times contact the following POCs via email TSgt Victor Myers, victor.j.myers2.mil@mail.mil and TSgt Johnnie Anderson, johnnie.n.anderson.mil@mail.mil.
2. Members will need to remain current/"green" throughout their deployment, not just part of their deployment.

Mental Health: No action required. Mental Health is notified via ASIMS and records are reviewed daily.

Post-Deployment Processing

Public Health:

1. All deployers are required to be quarantined for 14 days from the date they departed a high risk area per SECDEF.
2. Once the 14 day quarantine period is over, they will begin in-processing actions through Public Health (IAW Force Health Protection Guidance, 11 Mar 2020).
 - a. Groups of less than 5: Member or UDM must email SrA Sujack, william.k.sujack.mil@mail.mil or SSgt Fury, kathleen.r.fury.mil@mail.mil to notify them of the completion of the quarantine period.
 - b. Groups greater than 5: UDM must email the group roster to SrA Sujack and SSgt Fury to notify them of the completion of the quarantine period.
3. Public Health will review each member's requirements and email them a checklist with instructions on how to complete in-processing actions (i.e. scheduling DRHA 2, completing post-deployment questionnaires or labs if required).
 - *Depending on the number of required appointments, Public Health will coordinate with Flight Medicine to schedule member's one appointment to complete all requirements at one time.

Primary Care DRHA (required up to 120 days prior to deployment for DRHA1 and within 30 days after returning from deployment for DRHA2):

1. Can be scheduled by reviewing their IMR and emailing Ms. Michelle Wells, michelle.b.wells.ctr@mail.mil or SrA Sujack, william.k.sujack.mil@mail.mil.
2. A Public Health technician will schedule the appointment and give the member instructions for completing ancillary services (lab, immunizations, etc).

Mental Health:

1. UDM will contact SSgt Jessica Duran via email at jessica.n.duran2.mil@mail.mil to schedule member's mandatory reintegration briefing.
2. Reintegration briefings will be provided based on current health guidance (phone, video conferencing or in-person).

PCS Processing

Members are required to begin their checklist in vMPF.

Primary Care:

1. Member can submit request no earlier than 120 days from PDD
 - a. Log onto IMR via AF portal - select “*Medical Clearance*” - read Instructions - select “*Start Medical Clearance*”.
 - b. Answer all questions - add your location, PPC, and RNLTD in the comments section - check to box for acknowledgement - click “*Finish*”.
 2. OCONUS PCS
 - a. Also send “Medical Clearance Memo” to the BOMC org box: usaf.bragg.43-aw.mbx.43-mds-bomc@mail.mil.
 3. Once member has completed the above requirements, the record will be reviewed by clinic staff (please allow 7-10 days).
 - a. Once record has been reviewed, the member will be notified by clinic staff via phone. Notification will include directions for completing any additional requirements if necessary.
 - b. Members requiring a PCS waiver will be notified by clinic staff and the PEBLO (Mrs. Davis) with instructions. All waivers must be approved by the gaining base before the clearance can be completed. Once the clinic has received the proper waiver approval, the medical clearance request will be finalized and the member will be notified.
- *Members may report to Clark Clinic or another clinic to accomplish labs and immunizations*

Dental: Members need to provide a copy of PCS orders via email to TSgt Victor Myers, victor.j.myers2.mil@mail.mil and TSgt Anderson, johnnie.n.anderson.mil@mail.mil. If unable to email, the orders can be dropped off in person on Tuesdays or Thursdays from 0800-1200 at the Pope Dental Clinic front desk, 5424 Reilly Rd, Pope AAF. Pope Dental Clinic staff can be reached during those days/hours at 910-570-3003.

Mental Health: No action required. Mental Health accesses virtual out processing list via vMPF and record reviews are completed daily.

Outpatient Medical Records:

1. Members need to provide a copy of PCS orders via email to Ms. Samantha Wood, samantha.wood5.ctr@mail.mil and A1C Ayandaja Sneed, ayandaja.j.sneed2.mil@mail.mil. If unable to email, Medical Records can be contacted at 910-570-3314 or 910-570-3183, Mondays, Thursdays, or Fridays from 0800-1100 and 1300-1500 and a records tech will meet member at the Byars Clinic ECP to receive the orders. Records technicians are available during these times for any assistance.
2. Once orders are received, Medical Records will send record to gaining base.

Helpful Resources

Ft Bragg COVID-19 updates: <https://home.army.mil/bragg/index.php/about/covid-19>

Womack Army Medical Center Guidance: <https://tricare.mil/mtf/womack>

Good starting point for information on dependent care on post: go to “*getting care*” tab, then “*Nurse Advice line*”

Other Fort Bragg Clinics (CAO 4/30/20)

- Byars Health Clinic: Clean clinic providing care for healthy newborns and non-COVID well child exams (focus on immunizations)
- Joel Health Clinic: Clean clinic providing non-COVID related care to seniors and at-risk populations

Pharmacy: limited on-post clinic windows, main outpatient pharmacy drive through is open weekdays to fill new prescriptions and clinician entered renewals; annex is open daily for refills. Patients can call 910-907-PHAR/7427 to arrange pick up. Stay current at https://tricare.mil/mtf/Womack/Health-Services/M_S/Pharmacy

Lab: routine labs drawn at WAMC main laboratory

Radiology: Acute and same day films are taken at WAMC main radiology department. Stay current at https://tricare.mil/mtf/Womack/Health-Services/M_S/Radiology

Optometry/Physical Therapy/Pain Mgt/Intrepid Spirit/Behavioral Health: Essential care only out of WAMC/WHS

COVID screening testing: is currently at the WAMC Urgent Care Clinic M-F 0700-1900, subject to change check their website for current info: https://tricare.mil/mtf/Womack/Health-Services/T_Z/Urgent-Care