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.

**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/wheeze with a tissue, then throw it in the trash; cough/wheeze into your elbow if a 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 and pets.
- Create an emergency preparedness kit.

**Take everyday actions to stop the spread of germs:**
- 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.

For more information:
- [https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx](https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx)

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<table>
<thead>
<tr>
<th>HPCON Level</th>
<th>Description</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ROUTINE</strong></td>
<td>No community transmission</td>
<td>Take everyday actions to stop the spread of germs:</td>
</tr>
<tr>
<td><strong>0</strong> ROUTINE</td>
<td>No community transmission</td>
<td>Continue all previous actions and:</td>
</tr>
<tr>
<td><strong>BRAVO</strong> MODERATE</td>
<td>Increased community transmission</td>
<td>Continue all previous actions and:</td>
</tr>
<tr>
<td><strong>CHARLIE</strong> SUBSTANTIAL</td>
<td>Sustained community transmission</td>
<td>Continue taking all previous actions and:</td>
</tr>
<tr>
<td><strong>DELTA</strong> SEVERE</td>
<td>Widespread community transmission</td>
<td>Continue taking all previous actions and:</td>
</tr>
</tbody>
</table>