



Frequently Asked Questions and Resources

Resources:

BASE CLOSURES AND ACTIVITIES—visit <https://www.quantico.marines.mil/> and scroll down to read the text beneath “COVID-19 Alerts” at the center of the webpage. It includes the most up-to-date business and services closures; event cancellations; etc.

1. WHAT TO DO IF YOU THINK YOU MIGHT BE SICK:

The main symptoms of COVID-19 include:

- Fever
- Cough
- Shortness of breath

People with COVID-19 are the most contagious when they're very sick. Some spread may be possible before people show symptoms.

****If you are concerned that you may have symptoms of COVID-19, *don't* make an appointment or walk into your local military hospital or clinic.****

Instead, **contact** a Military Health System (MHS) Nurse to assess your symptoms by one of the following means:

- **Call the MHS Nurse Advice Line at 1-800-874-2273, option 1 (in the U.S.)**
- Visit www.mhsnurseadviceline.com

The MHS Nurse may recommend a virtual visit with a provider, or self-care advice, or other course of action.

****You must report any recommendations involving quarantine, restriction of movement (ROM), in person clinic follow-up, or other changes to your ability to come to work to your chain of command!****

2. WHAT TO DO IN AN EMERGENCY:

In adults, emergency warning signs for COVID-19 include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

****If you *reasonably* think that you have an emergency, go to the nearest **emergency room** or **call 911** immediately.****

Let the emergency room or 911 dispatcher know if you believe you have COVID-19. This will help them take care of you, limit their own exposure, and protect other patients.

3. WHAT TO DO IF YOU ARE SICK AT HOME (10 Steps) :

1) Stay home except to get medical care

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or public areas.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

2) Separate yourself from other people and animals in your home

- Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Limit contact with pets & animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

3) Call ahead before visiting your doctor. Call ahead: If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

4) Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

5) Cover your coughs and sneezes

- Cover: Cover your mouth and nose with a tissue when you cough or sneeze.
- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

The Wounded Warrior Regiment was established in April 2007 and immediately assumed responsibilities for non-medical wounded warrior care. This mission of the WWR is to provide and enable assistance to wounded, ill, and injured Marines, sailors in direct support of Marine units, and their family members, throughout the phases of recovery.

6) Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

7) Avoid sharing personal household items

- Do not share: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Wash thoroughly after use: After using these items, they should be washed thoroughly with soap and water.

8) Clean all "high-touch" surfaces everyday (High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.)

- Clean and disinfect: Practice routine cleaning of high touch surfaces.
- Disinfect areas with bodily fluids: Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Household cleaners: Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

9) Monitor your symptoms

- Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- Wear a facemask when sick: Put on a facemask before you enter the facility.

These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

10) Discontinuing home isolation

- Stay at home until instructed to leave: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- Talk to your healthcare provider: The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

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4. WHAT TO DO IF YOU HAVE ADDITIONAL QUESTIONS OR CONCERNS:

Our Wounded Warrior Call Center remains open 24/7 at 1-877-487-6299 to assist you. If you prefer email, please reach out to WWR_pao@usmc.mil. The appropriate personnel within the regiment will reply as soon as possible.

References:

- <https://tricare.mil/coronavirus>
- https://tricare.mil/CoveredServices/BenefitUpdates/Archives/03_11_2020_tracking_covid19_know_the_symptoms_and_how_to_get_care
- <https://www.mhsnurseadvice.com/home>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>
- <https://www.marines.mil/Coronavirus/>

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