

5

Measures to Protect Your Health While Moving in a COVID-19 Environment



14 Apr 2020

1

Work with your chain of command and transportation office to reschedule your pack-out or delivery if you are not comfortable with movers entering your home.

- Visit <https://www.move.mil/customer-service> to find the contact info for your local shipping office.

2

Discuss health related concerns before any work begins in your residence. Use the following questions to frame this discussion. If any party (including family members present at the residence) answers 'Yes' to any one of these questions, the pack-out or delivery should not proceed:

- Have you (or anyone in your party) had a fever of 100.4 or greater in the last 72-hrs?
- Do you (or anyone in your party) have a cough?
- Are you (anyone in your party) experiencing shortness of breath or difficulty breathing?
- Have you (or anyone in your party) had any EXPOSURE to or CONTACT with a POSITIVE or SUSPECTED COVID-19 person?

3

Limit the number of family members in the residence to those needed to supervise your move.

- If this is not possible, prepare a dedicated room where family members can stay while personnel are working.
- Moving companies have also been directed to bring the minimum number of personnel required to handle the shipment.

4

Wear cloth face coverings. Anyone in your home during your move, whether on or off a military installation, should follow CDC guidelines on the use of face coverings.

- A cloth face covering shall extend above the nose without interfering with eyewear, and below the chin to cover the mouth and nostrils completely.
- CDC guidance on use and instructions for homemade face coverings can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

5

Routinely clean frequently touched surfaces.

- Visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html> for cleaning guidance.