

COVID-19 HEALTH MONITORING STATUS

FOR FULLY VACCINATED USFK ARRIVALS

An approved QAP is required prior to arrival to Korea or prior to initiating travel off-peninsula

MANDATORY MASK WEAR OFF-INSTALLATION  **FOLLOW ALL ROK RULES, REGULATIONS & LAWS**

CONTINUE TO PRACTICE THE USFK CORE TENETS



PROTECT YOURSELF

- STRICT HYGIENE AND WORKPLACE SANITATION
- ACTIVE LIFESTYLE AND HEALTHY DIET
- REST AND SLEEP
- WORK / LIFE BALANCE

READY, RESILIENT, RESPECTFUL



PROTECT THE BUBBLE

- RECOMMEND 2M (6FT), MINIMUM 1M (3FT) SOCIAL DISTANCE
- MASK: WORN WHEN SEPARATION CANNOT BE MAINTAINED
- AVOID LARGE GROUPS AND CROWDS
- NO HANDSHAKES

MIND THE METER



PROTECT OTHERS

- STAY HOME WHEN SICK
- MAXIMIZE TELEWORK, FLEXIBLE SCHEDULES, AND SICK LEAVE
- CALL THE USFK COVID-19 HOTLINE IF YOU FEEL SYMPTOMS: 050-3337-2556

MASK AT THE READY

SICKLY? LEAVE QUICKLY!! 

TO ENTER HEALTH MONITORING STATUS INDIVIDUALS MUST HAVE AN APPROVED QUARANTINE ACTION PLAN (QAP)

UNTIL RECEIPT OF DAY 12 NEGATIVE PCR TEST RESULT, VACCINATED ARRIVALS MUST



- ▶ **ADHERE TO USFK ARRIVAL PROCEDURES AND MAINTAIN CORE TENETS**
- ▶ **RECEIVE DAY 1, 6 & 12 NEGATIVE PCR TEST RESULTS**
- ▶ **MUST REMAIN IN APPROVED QUARANTINE FACILITY UNTIL RECEIPT OF NEGATIVE DAY 1 PCR TEST RESULT**
- ▶ **FOLLOW ALL HPCON RESTRICTIONS AND MASK WEAR GUIDANCE ON-INSTALLATION**
- ▶ **FOLLOW ALL USFK AND ROK RULES & REGULATIONS OFF-INSTALLATION**
- ▶ **IF AN INDIVIDUAL DISPLAYS SYMPTOMS OF COVID-19, THE INDIVIDUAL MUST IMMEDIATELY GET TESTED AND REMAIN QUARANTINED UNTIL TEST RESULTS COME BACK**

LIMIT OFF-INSTALLATION ACTIVITIES TO MISSION ESSENTIAL REQUIREMENTS AND TRAVEL TO/FROM DOMICILE - MAXIMIZE USE OF ON-INSTALLATION SERVICES

MISSION ESSENTIAL ACTIVITIES ARE LIMITED TO THE FOLLOWING:

- ▶ **ALL DUTY ACTIVITIES**
including combined training and exercises on USFK & ROK MND installations
- ▶ **Public transportation only to accomplish MISSION ESSENTIAL activities**
- ▶ **HEALTH, LIFE AND SAFETY ACTIVITIES**
emergency services, hospitals/health care providers/pharmacies, child care, gas stations, banks/money exchange/realtor
- ▶ **PURCHASING FOOD, CLOTHING AND ESSENTIAL NEEDS**
at retail stores, convenience stores, grocery stores, and markets (indoor malls & department stores prohibited)
- ▶ **TAKE-OUT, DELIVERY AND DRIVE-THRU FROM RESTAURANTS**
- ▶ **LODGING IN APPROVED LOCATIONS**
lodging location must be pre-approved by USFK, GOVT, or Component Commander
- ▶ **OUTDOOR HIKE, WALK, BIKE, RUN**
(FOLLOW ROK RULES ON GROUP SIZES)



All personnel must minimize these activities as much as possible. Only the activities listed may be conducted off-post.
All other activities are prohibited, unless an O-6, or civilian equivalent, has granted an exception to policy.



**FOR THE LATEST HOTSPOT INFORMATION BY AREA VISIT
WWW.USFK.MIL/CORONAVIRUS OR YOUR INSTALLATION'S FACEBOOK PAGE**