

KUNSAN AIR BASE ***REPUBLIC OF KOREA***



“THE WOLF PACK”



NEWCOMER'S GUIDE ***COVID-19 EDITION***

A REFERENCE GUIDE FOR ENTRY INTO THE REPUBLIC OF KOREA
AND KUNSAN AIR BASE, DURING A PANDEMIC...

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QUESTIONS?

Contact the **Public Health Emergency Working Group (PHEWG)**
DSN 782-7439 / COMM 063-470-7439 / +82 63-470-7439
8FW.Covid-19.Workflow@us.af.mil

Contact the **8th Fighter Wing Command Post** at
DSN 782-6000 / COMM 063-470-6000 / +82 63-470-6000

COVID-19 EDITION NEWCOMER'S GUIDE

WELCOME



On behalf of the 8th Fighter Wing leadership team, it is our pleasure to welcome you to the Republic of Korea and Kunsan Air Base! We are excited to have you as a member of the Wolf Pack. This will be a unique and rewarding assignment, as the Wolf Pack plays a critical role in operations across the Korean Peninsula.

You are arriving at an uncertain time as the world faces the threat of COVID-19; but rest assured, you are in good hands. Our team is working around the clock to ensure your arrival and quarantine are as seamless as possible.

This guide will answer many of your questions regarding the Wolf Pack's COVID-19 procedures. For all other questions regarding COVID-19, we encourage you to reach out to your sponsor or chain of command, and follow the Kunsan Air Base Facebook and Instagram accounts.

We are truly excited to have you as a member of the Wolf Pack.
We look forward to your safe arrival!



***DEFEND THE BASE
ACCEPT FOLLOW-ON FORCES
TAKE THE FIGHT NORTH***

WOLF PACK!

PRIOR TO PCS



ATTENTION

You must get a COVID-19 PCR test within 72 hours of your arrival in the ROK and you must hand-carry your negative test results to present to airline and customs agents.

- ◆ The polymerase chain reaction (PCR) test is molecular and is the **ONLY** viral test accepted by the ROK government.
- ◆ If you arrive in the ROK with antigen or antibody test results, you will be deported at personal expense on the first flight back to the United States.

For details on the pre-travel testing requirements, visit the 'Inbound/Outbound ROM & Travel Guidance' page at www.kunsan.af.mil.

- ◆ Make sure you have an established line of communication with your sponsor throughout the PCS process, to include arrival and quarantine.
- ◆ Provide the following information to your sponsor ASAP:

Name & Rank

DOD ID #

Phone Number

Personal & Official Email Addresses

Facebook Messenger, WhatsApp, etc.

Detailed Travel Itineraries (Flight Numbers, Travel Dates & Times, etc.)

NOTES

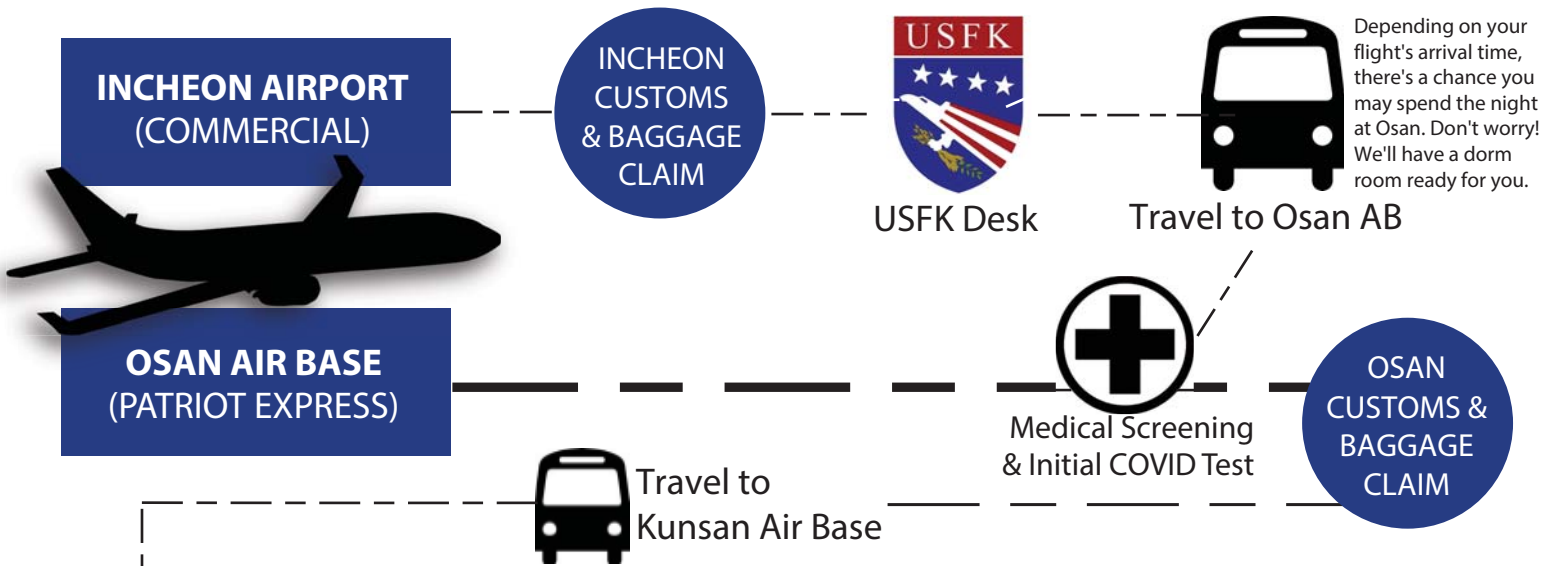
We highly encourage you to visit www.kunsan.af.mil prior to your PCS. While this document walks you through your arrival, the 8th Fighter Wing On- and Off-Base Quarantine Rules of Engagement provide more details on what to expect during quarantine. Those documents can be found on the 'Inbound/Outbound ROM & Travel Guidance' page. The 8th Fighter Wing Senior Staff Directives, or SSDs, on the 'Wolf Pack COVID-19 Information' page will give you an idea of what to expect after quarantine.

ARRIVING IN KOREA



ATTENTION

You will need your Common Access Card, Orders, and negative COVID-19 PCR test results to present at customs!



ARRIVING AT KUNSAN AIR BASE (PCS/TDY/Leave)



IF YOU TEST POSITIVE FOR COVID-19...
you will be transported to an isolation facility at Osan Air Base

IMPORTANT PHONE NUMBERS

Osan AB Passenger Terminal: DSN 784-6883

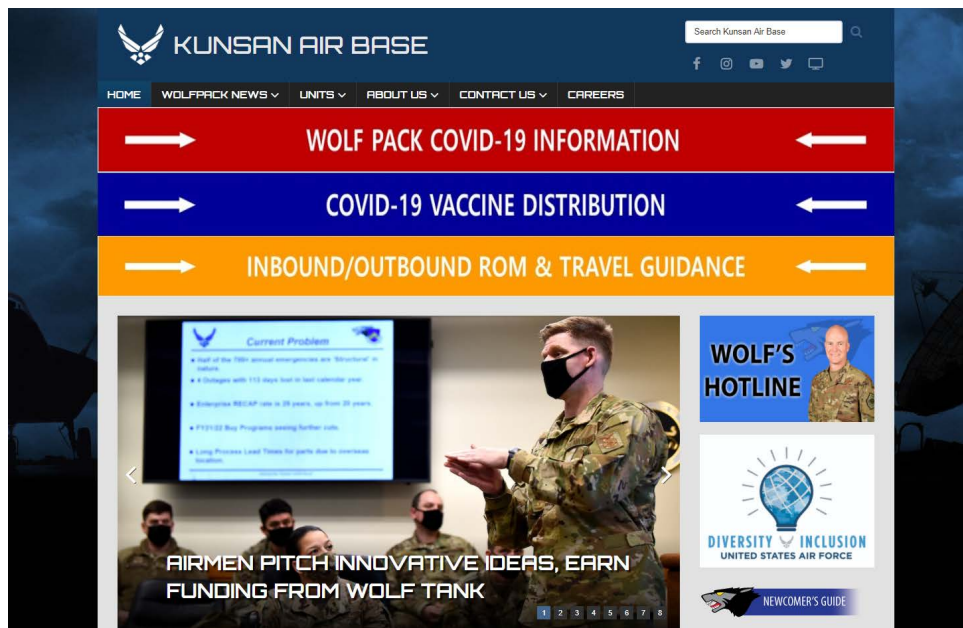
Kunsan Public Health Emergency Working Group:

DSN 782-7439 / COMM 063-470-7439 / +82 63-470-7439

IN-PROCESSING & SUSTAINMENT



- ◆ **Meals:** Unit representatives will deliver your breakfast, lunch and dinner from the O'Malley Dining Facility. Members in quarantine are authorized to receive government meals without charge. The base also has food delivery services. Visit www.ShopMyExchange.com or www.KunsanFSS.com for details.
- ◆ **Mail:** You can designate an individual to pick up your mail. Complete U.S. Postal Service Form 3801 prior to your arrival.
- ◆ **General Support:** You should reach out to your sponsor/unit for all needs during your PCS and quarantine. Again, please make sure you have a way to communicate with your sponsor!
- ◆ **Visit www.kunsan.af.mil for more details on quarantine and beyond!**



NOTES

For more information and updates, please refer to the 8th Fighter Wing Senior Staff Directives (SSDs) and 8th Fighter Wing On- and Off-Base Quarantine Rules of Engagement on www.kunsan.af.mil.

SUGGESTED PACKING LIST



ATTENTION

Confirm your information and travel details with your sponsor/unit prior to arrival to ensure your ground transportation and lodging are booked!

Required

Toothbrush & Toothpaste
Shampoo & Conditioner
Body Wash
Deodorant
Shower Curtain
Towel
Blanket
Sheets
Pillow
Socks
Underwear
Comfy Clothes
Feminine Hygiene Products
Medications
Mask

Recommended

Laundry Detergent
Games & Snacks
Phone/Electronic Devices
Books/Reading Material

***ANYTHING TO KEEP YOU OCCUPIED
WHILE QUARANTINED FOR 14 DAYS***

Provided

Thermometer
Mask & Gloves

NOTES

WiFi is available for those quarantined in Wolf Pack lodge. For connectivity in your dorm room, coordinate with your sponsor prior to arrival.

COVID-19 EDITION NEWCOMER'S GUIDE

MANAGING STRESS & BUILDING RESILIENCY



STAY MENTALLY & PHYSICALLY FIT

Maintain a daily routine and keep a list of goals or tasks!

Do at-home exercises to relieve stress and elevate your mood.

Play games or complete puzzles.

PRACTICE PROPER SLEEP HYGIENE

Try to keep consistent sleep and wake times to optimize sleep quality and restfulness.

Create a good sleep environment, block out noise and light.

STAY CONNECTED

Use “distant socializing” - engaging with friends, family and peers despite physical distancing precautions.

BE MINDFUL OF WHAT YOU INGEST

Both physically (food, nutrients, etc.) and mentally (news, rumors, attitudes, negative thoughts, etc.).

WOLF PACK RESOURCES

Military & Family Life Counselor: 1-888-780-2932

Airman & Family Readiness Center: DSN 782-5644

Wolf Pack ROM Bulletin Board Facebook Page

IMPORTANT PHONE NUMBERS

Korea-wide Suicide Crisis Lifeline: DSN 118 / 080-8555-118

Suicide Hotline (Military/Veteran): 050-3337-4673, Option 1

Crisis Online Chat: www.veteranscrisisline.net/get-help/chat

RESOURCES



STAY CONNECTED, STAY INFORMED

Kunsan Air Base Facebook/Instagram/Twitter: @KunsanAirBase
www.kunsan.af.mil

7th Air Force Facebook: @7thAF

U.S. Forces Korea Facebook: @myUSFK

www.USFK.mil

Air Force Connect App: 8th Fighter Wing