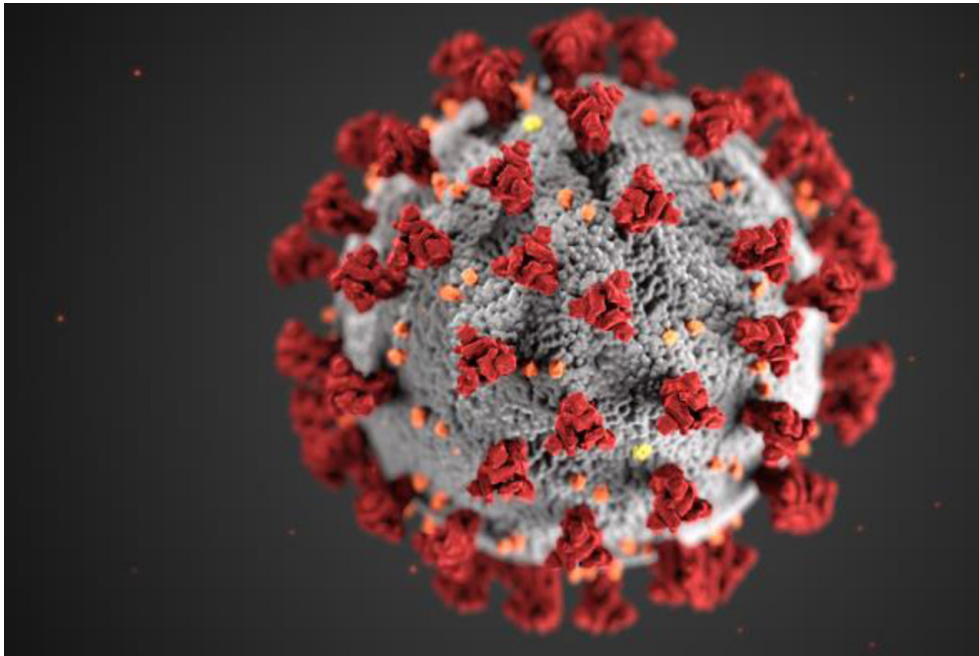


UPDATE, November 9 - Bowling Center to reopen

By Public Affairs Office 05 November 2020



Call ahead before arriving at Dunham Army Health Clinic or the Carlisle Barracks Dental Clinic, or any health care provider. Find practical, valuable guidance at the CDC and Pa. Health Department links on this page.



DEPARTMENT OF THE ARMY
US ARMY GARRISON (USAG) CARLISLE BARRACKS
23 ADELPHI DRIVE
CARLISLE, PENNSYLVANIA 17013-0001

IMCL-ZA

24 March 2020

MEMORANDUM FOR All Members of the Carlisle Barracks community

SUBJECT: US Army Garrison (USAG) Carlisle Barracks (CBPA) Temporary Policy Letter #02, Fitness Center Equipment Usage and Cleaning

1. References

- a. AR 215-1, Military Morale, Welfare, and Recreation Programs, and Non-appropriated Fund Instrumentalities, 24 September 2010.
- b. AR 600-20, Army Command Policy, 6 November 2014.
- c. IMCOM OPORD 20-038: Installation Management Command (IMCOM) Preparedness and Response in Support to the 2019 Novel Coronavirus (COVID-19)

2. Applicability: This policy applies to all eligible Morale, Welfare and Recreation (MWR) patrons.

3. General: It is the responsibility of the Garrison Commander to ensure the safety, health and welfare of all individuals on CBPA to combat the risk of getting the 2019 Novel Corona Virus (COVID-19) and to prevent the spread of COVID-19 through outdoor and surface contact transmission at CBPA Fitness Centers, the following measure shall be implemented immediately:

- a. Each Fitness Center patron must adhere to established equipment cleaning and wiping procedures. During this time of heightened sanitation and cleanliness due to the COVID-19 pandemic, all Fitness Center patrons must properly clean and wipe down equipment within two (2) minutes of reporting a piece of equipment. Patrons will follow all other posted sanitation and cleaning procedures as well.
- b. Each patron will maintain proper social distancing at all times while in the Fitness Center.

c. Patrons will not move equipment that has been spaced by the Fitness Center staff or "unblock" equipment that the Fitness Center staff blocked to ensure proper social distancing. Contact Fitness Center staff if you have questions regarding placement or blocking.

IMCL-ZA

SUBJECT: US Army Garrison (USAG) Carlisle Barracks (CBPA) Temporary Policy Letter #02, Fitness Center Equipment Usage and Cleaning

4. Any individual who is determined by fitness center staff of failing to adhere to this guidance as well as any other posted equipment cleaning and wiping procedures may have Fitness Center access privileges revoked. I give the CBPA Fitness Center staff the permission to reduce, limit, and/or deny any patron from use of all CBPA Fitness Centers if the patron abuses the privilege of use by not following posted sanitation and cleanliness procedures.

5. Administrative sanctions may be imposed for a violation of this policy letter. In addition to loss of Fitness Center privileges, administrative sanctions may include, but are not limited to, a bar from the installation.

6. For any additional information, contact Mr. Bruce A. Wooten, Director, MWR, 717-245-4070.

COURTNEY A. SHORT
LTC, AD
Commanding

Nov. 9 UPDATE - New information in **BOLD**. Carlisle Barracks is at Health Protection Condition CHARLIE [see chart on this page]. Cumberland County and all of Pennsylvania are coded GREEN (based on health stats/healthcare readiness). Pennsylvania wide COVID cases are rising, Cumberland is relatively steady, but neighboring counties fare more poorly.

Scroll thru this page to find: Pennsylvania COVID data -- guidance for season flu shots -- hours of operation across the post -- definitions of 'isolation' and 'quarantine', etc. -- the HPConditions chart --as well as links to the Pa Health Dept dashboard -- the TRICARE nurse healthline -- CDC -- and the best darn handwashing tutorial in less than 90 seconds.

No Kidding: Masks are required at the Carlisle Barracks entry gates. Current policy requires that we open the car window to display an ID card for the entry scanner -- and that means wearing a face covering when your window is open.

USAG CBPA Temporary Policy Letter #02

HPCON Health Protection Condition Levels Coronavirus Disease 2019 (COVID-19)

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.



Commanders' Townhall Meeting -- Thursday, Oct. 29 at noon on www.facebook.com/usawc. Look for videos on that site -- or check out the townhall notes to be published Friday, Oct 29 and linked from this page. Remember: You can always submit a question or concern to the command group via the USAWC public email box: USArmy.carlisle.awc.mbx.atwc-cpa@mail.mil.

If you experience abnormal symptoms of illness, contact your physician for further guidance or testing as directed.

Masks are mandatory for everyone during public interactions, in the Exchange, Commissary, and retail and dining facilities, with personal responsibility to maintain social distancing and use hand sanitizer.

Current, key policies:

*** Carlisle Barracks military personnel will file an Exception to Policy with a leave request beyond 150-mi radius.**

*** Masks will be worn on Carlisle Barracks installation when -- within 6 feet *** in hallways, entryways, elevators, stairways *** entering and departing buildings *** in class/seminar *** in restrooms *** in retail spaces *** in food and beverage services. This applies to all employees, residents, visitors.**

SEASONAL FLU SHOTS:

Call the clinic for information on pediatric flu vaccine: 717.245.3400.

Beneficiaries of any TRICARE program may visit any TRICARE network participating pharmacy location and receive a flu shot at no cost. Presenting a DOD ID Card is necessary to prove coverage.

-- If a TRICARE beneficiary wishes to visit a TRICARE authorized Provider for the flu shot, an office visit co-pay may be charged. Beneficiaries should inquire with the Provider's office before choosing this option if they wish to avoid a co-pay.

-- The most common TRICARE network pharmacy locations in South Central Pennsylvania are Rite Aid, Walgreens and Walmart.

-- Beneficiaries can go to the TRICARE site (search: Flu vaccine) ... Or,

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/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are 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.

ALPHA LIMITED
Community transmission beginning

Continue all previous actions and:

- Routinely clean and disinfect frequently touched objects and surfaces.
- If you are sick, call your medical provider for instructions on receiving care before going to the clinic.
- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE
Increased community transmission

Continue all previous actions and:

- 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.

CHARLIE SUBSTANTIAL
Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

DELTA SEVERE
Widespread community transmission

Continue taking all previous actions and:

- Expect to remain at home for extended periods of time as movement in the community may be restricted, and at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and Federal authorities; these actions are to protect the health and safety of you and your Family.

For more COVID-19 information:
<https://phc.armod.army.mil/https://www.cdpr.ca.gov/COVID19.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
Emergency Kit Checklist for Families:
<https://www.cdc.gov/childrensafety/kit-and-families.html>
The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat.
Visit <https://www.health.mil/Am-A-Media-Media-Center/NAI-Day-at-a-glance-for-more-information>.

TA-504-0320
03/18/20
version 1.1

APHC
U.S. ARMY PUBLIC HEALTH CENTER
Approved for public release; distribution unlimited

COVID 19
CORONAVIRUS DISEASE

Health Protection Condition HPCon Levels, Measures for COVID-19

RELATED LINKS

[WHO-approved hand-washing \(1:25 min\)](#)

[Force Health Protection Supplement](#)

[CDC - for COVID-19](#)

[The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat to TRICARE beneficiaries.](#)

[Pennsylvania Dept of Health about coronavirus](#)

CONTACT THE TRICARE East Contractor, Humana Military, at 800.444.3444 ... the Dunham US Army Health Benefits Office at 717.245.4112 ... or the TRICARE Nurse Advice Line at 800.874.2273 (OPTION 1).

As of Oct. 25 -- Ashburn Gate will open daily 6:30 a.m. to 2 p.m.

IN PENNSYLVANIA -- In Pennsylvania, masks must be worn whenever anyone leaves home. Masks are mandatory in all public spaces. COVID-19 cases are on the rise in discrete parts of the country. How about Pennsylvania and Cumberland County?

As of Oct 29 at noon – the Pennsylvania-wide rate has exceeded the 5% threshold for new cases, with more than 1000 new cases a day for several days. o Overall: total Pa, positive cases rose from 160,772 to 202,876 in the past 3 weeks.

o Cumberland County reports a 3-week increase from 1875 confirmed cases to 2500 -- representing 994.3 cases per 100,000 people.

o Using the comparison tool of cases per 100K, the incidence rate for nearby counties is currently highest in Lebanon and Huntingdon counties - both reporting more than 2000 per 100K.

Visit the Pa Dept. of Health coronavirus website for a COVID dashboard, sharing statistics by county and incident rates.

Mask tips -- A mask can protect others from your outgoing germs. As to protecting you -- A mask made with two layers of heavy Yro or flannel, worn properly, will increase your chances of avoiding the virus, according to published reports. If your glasses fog when wearing a mask, try these options to improve the seal of the mask around its top: mold the mask (if it didn't come with bendable metal strips to mold across your nose, use a pipe cleaner); seal the top with medical or athletic tape; tuck your mask under the glasses so the weight of glasses holds it in place; try anti-fog treatments for lenses; tighten it to fit more snugly (your breath should be going thru the mask, not around it).

AT CARLISLE BARRACKS –

Army War College:

Resident Class of 2021 -- In-seminar learning is underway, with masks required, in classrooms throughout post that are large enough for six-foot

[real-time Dunham Army Health Clinic updates](#)

[State Dept. Travel Advisories RE COVID-19](#)

[White House & CDC coronavirus/ COVID-19 guidance](#)

[Anonymous symptom checker: Is it COVID?](#)

[Seasonal flu guidance from TRICARE](#)

distancing.

The Army Strategists' Congratulations to the 14 new graduates of the Army Strategists qualifying course, BSAP, as of August 21.

The Nominative Leader Course completed a two-week fully virtual executive leadership course in September for select command sergeants major/ sergeants major.

USAWC Library services fully available online; reduced Library manpower serving faculty and student needs.

The Army Heritage and Education Center research area is now open to the public -- in addition to the exhibits.

Security - The automated installation entry system requires that you - wear a face covering for the gate guard clearance; offer the back of your ID card to be scanned. Claremont Visitor Gate and Ashburn Gate on Route 11 are both open for ID card holders & registered pass holders only. Visitors can request a pass at the Visitor Center at Claremont Gate. Claremont: 24/7 -- Ashburn: weekdays 6:30 a.m. to 2 p.m., except federal holidays. The Ashburn Pedestrian Walking Gate is operational when the vehicle gate is closed: requires registration at the Visitors Center.

Dunham Army Health Clinic -- call for F2F and telehealth appointments: 717.245.3400. Healthcare available: pharmacy, acute physical therapy requirements, readiness-related optometry, mammograms, immunizations.

NOTE: Dunham is authorized for COVID testing in cases of symptoms or exposure, with a health care professional recommendation. Dunham completed Surveillance Testing on all incoming international students and US students, following 14 days quarantine or restricted movement (depending on the origination).

If/when someone feels ill, call Dunham Clinic (717.245.3400) or your health care provider and receive advice, to include guidance if testing may be required.

If/when the public health team is notified of a positive or suspected positive case that impacts the installation, they call the affected individual to determine specifics of symptoms and timeline and any known close contacts during the pre-symptomatic and symptomatic period; works to reach each contact and assess exposure/symptoms and recommendation for quarantine or testing. Throughout the process, the public health team

will protect the personal identifying information of the positive case individuals to the fullest extent possible. Those who are called as part of a contact tracing effort should support the privacy of the affected individual and not share information or speculate publicly.

Dunham Pharmacy – ALL prescriptions are picked up at the Dunham Clinic curbside service.

Carlisle Barracks Dental Clinic -- Fully operational: accepting appointments for annual exams/cleaning. COVID-related health precautions are resulting in longer appointments. Appointment basis only; call ahead to 717.245.4542.

Veterinary Clinic - Open Monday, Tuesday, Wednesdays, 8:30 am - 3:30 pm. closed over lunch. Call 717.245.4168. All appointments will be curbside service due to COVID-19 precautions. Prescriptions require 24-48 hours processing, weekdays only.

Military Family Life Counselor - Call 717.448.4509 to make an appointment and see if this counselor can help.

MySymptoms.mil is an anonymous tool that does not diagnose disease but assesses the likelihood someone may have COVID-19 based on a series of simple health related questions and then provides information on how to seek further advice. Designed for DOD personnel, available for public use.

Morale, Welfare and Recreation (MWR) Services

o **Child Development Center** and **Youth Services Summer Camp** are operating at restricted capacity. Prospective new patrons can register now in anticipation of a later, wider reopening: go to – www.militarychildcare.com

o **Jim Thorpe Fitness Center** is open to all eligible MWR patrons at Carlisle Barracks -- by appointment only, to 717.245.3418. Appointments open Thursdays *for the following week*: 3 per week for uniformed military, 2 per week for all other authorized patrons. And, patrons can call after 3pm for next-day openings. One-hour appointments for a single workout station: 45 min workout and 15 min for patron use of provided cleanser and cleanser setting. Patrons will wear masks when entering/departing and will remain in one of 11 workout stations. Bring a towel for personal use and one to wipe down cleanser upon arrival. Lockers and shower are off limits.

o There is no plan to open the Foot Nail and Therapeutic Field offices centers in the near future.

o **A pickle ball court is now readied on one of the tennis courts -- open-air exercise, no later than 9 pm daily.**

o **Golf Course** – Appointment only for staggered tee times; call 717.243.3262. Open only to active-duty military personnel & family members, activated Reserve and National Guard members, retired military, and DOD civilian employees and DOD contractors working full time at Carlisle Barracks.

o **Food service** available at selected times from the new 1757 Bar & Grill, co-located in the new Carlisle Barracks Golf Club House.

o **The Strike Zone Bowling Center Snack Bar is now open 9 am to 2 pm, weekdays.**

o **Frame shop** at Barracks Crossing Arts & Crafts open Tuesdays thru Friday, 9 a.m. to 5 p.m.

o **Auto Shop** is open by appointment, no Saturdays: 717.245.3156.

Commissary – Open Tues – Sat: 9 am - 1 pm and 2 – 4 pm. Open Sunday 11 am – 1 pm and 2-4 pm. ID card holders only. **Masks required at all times.** Recommend use of credit, debit or gift cards instead of cash. Note: Defense Commissary Agency has instituted a nationwide policy against bringing in personal shopping bags. To serve customers safely, Commissary is cleaning throughout each day and monitoring employees.

Exchange: Open by appointment only (sign-up on door). The Exchange Barber Shop is open for appointments (sign up at the shop) Monday - Saturday, 9 am to 3 pm. Both locations -- masks required; payment by credit or debit or gift card only. The Exchange Movie Theater is not currently showing movies.

Personal support services --

Chapel: Religious services enable a small number of in-chapel participants, while retaining the practice of streaming and recording online. Go to <https://www.facebook.com/pg/USAWCMemorialChapel/vi...> for Protestant Services, and <https://www.facebook.com/pg/CarlisleBarracksCathol...> for Catholic

Services. FOR Chaplain Counsel or assistance, call 717.245.3310.

ID Cards/ DEERS – Need an ID card or DEERS update? Call first: 717.245.3533 or -4321. Appointment basis only, Monday-Friday 7:30 am – 3:30 pm.

Transition Assistance - Those planning release from active duty, separation, or retirement, call 717.245.3894

Retirement Services -- Appointments available to coordinate benefits and assistance with entitlements, casualty or survivor benefits, at 717.245.4501.

Passport and Visa – Appointment only: Call 717.245.4684 or email jeff.l.cleff.civ@mail.mil.

Legal Assistance/ Notary Service -- Call 717.245.3976 to schedule an appointment -- to include Notary service Wednesdays, by appointment only.

Army Community Services – call for appointment, 717.245.HELP.

Army Emergency Relief no-interest loans, grants and emergency food vouchers (when same-day food assistance is not available) -- for active duty and retired soldiers, their dependent family members, and widows/widowers. Contact AER partner American Red Cross, at 877.272.7337. 24/7. Inform them you are from Carlisle Barracks. Call with questions to Army Community Services, at 717.245.3868.

Carlisle Barracks Isolation and Quarantine policy, effective April 3, 2020, for all Carlisle Barracks tenants, residents, employees, visitors, family members, contractors, and personnel located on the installation.

DEFINITIONS: Isolation: The separation of an individual or group infected or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. **Quarantine:** The separation of an individual or group reasonably believed to have been exposed to a communicable disease, but is not yet symptomatic, from others who have not been exposed, to prevent the possible spread of the communicable disease.

Social Distancing: Remaining out of congregate settings (crowded public spaces), avoiding mass gatherings, and maintaining distance

(approximately 6 feet or 2 meters) from others.

IF SICK: Individuals **with symptoms consistent with COVID-19** are urged to contact a healthcare provider in accordance with the latest CDC guidance on COVID19. If a healthcare provider determines you have or are reasonably believed to have COVID-19 and you are able to recover without further medical care, the provider may direct you to isolate at home. You should abide by your healthcare provider's instructions to isolate, which may also include specific instructions to avoid others who are not yet sick, monitor your symptoms, and report information to a public health authority. Your healthcare provider and/or the public health authority will follow appropriate guidelines to let you know when you are released from isolation.

IF EXPOSED: If someone with whom you have had close contact with becomes ill with COVID19 and you are asymptomatic, you should consult with a healthcare provider. You may be directed to quarantine to see if you develop any symptoms and to minimize the chance of further spread of the virus which causes COVID-19. You should expect your quarantine period to typically last 14 days from the last date of close contact with a known COVID-19 patient, but this may depend on the health status of others in your household. During quarantine, you will likely be instructed to not have contact with nonquarantined individuals, and you may be asked to monitor and report any symptoms to a public health authority. Your healthcare provider and/or the public health authority will follow appropriate guidelines to let you know when you are released from quarantine.

AS DIRECTED: There may be **other circumstances** under which you could be asked to quarantine, as the CDC's guidance on mitigation activities evolves daily. Under current guidance, some of those circumstances include returning from certain cities/states outside the local area, travel to a country with a CDC Level 3 Travel Health Notice, or returning from a cruise. **TELEWORK:** might still be possible when isolated or in quarantine; contact and update your supervisor, who will offer further guidance.

MILITARY: Servicemembers assigned to an organization at the US Army War College or on Carlisle Barracks will: (1) obey any directives concerning their own isolation or quarantine, (2) self-report those directives concerning isolation, quarantine or release therefrom to their supervisor, and (3) report to their supervisor if anyone in the household has been directed to isolate or quarantine. For purposes of reporting this household

status, it is not necessary to provide a specific name or reason for the quarantine. This information would be used to let first responders know to take proper precautions if responding to a call at your house.

Servicemembers who live, but do not work, on Carlisle Barracks will (1) obey any directives concerning their own isolation or quarantine, (2) report those directives concerning isolation, quarantine, release therefrom to the Garrison IOC Hotline at 717245-4934, and (3) report to the Garrison IOC Hotline if anyone in their household has been directed to isolate or quarantine. It is not necessary to provide a specific name or reason for the quarantine.

CIVILIAN EMPLOYEES – Those who work on Carlisle Barracks should report through their supervisors if they have been directed to isolate or quarantine or are subsequently released therefrom. **Those who live on Carlisle Barracks but do not work here** should call the Garrison IOC Hotline at 717-245-4934 to report that they are in isolation, in quarantine or have been released therefrom.

SELF-REPORTING AND PRIVACY: Information shared between you and a medical provider is protected by the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule, which generally prohibits disclosure without your consent. Therefore, I highly encourage civilian community members to self-report if you have been directed to isolate or quarantine. You should know that your self-reported health information is protected under the Privacy Act but may be disclosed to a Department of Defense official or employee who has a need to know.

INTERNATIONAL TRAVEL CONDITIONS

The State Department has removed the Level 4 do-not-travel designation that has been in place for all travel outside the United States, returning to the normal procedure of rating each country in terms of health risk, e.g., Level 3 = 'Reconsider travel' or Level 4 = 'Do not travel'. See the country-specific travel advisories at State Dept. [link on this page.](#)