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**Facilities**

**Q: Are there any updates on the Child Development Centers (CDC) and School Age Centers (SAC)?**  
A: CDC and SAC centers have resumed normal operations; contact Parent Central Services at 719-526-1101/8220.

**Q: Is the Fort Carson Veterinary Center open?**  
A: Yes, the Fort Carson Veterinary Center is open Monday-Friday from 8 a.m. to 4 p.m. Staff is available to register new clients for future appointments and answer questions or concerns by phone at 719-526-3803. Public health visits for rabies vaccination, deworming and monthly preventatives, PCS travel visits, veterinarian advice and telemedicine, prescription medication refills, puppy and kitten vaccinations and case-by-case sick calls are conducted face-to-face. The lobby is closed to all other appointments.

**Q: What are the golf course hours?**  
A: The golf course is open daily from **7:30 a.m. to 7 p.m.** for 18 holes of golf, driving range, golf club and pull cart rentals, and golf carts are available. Mulligans Grill is open **9 a.m. to 4 p.m. Monday-Friday and 8 a.m. to 3 p.m. Saturday-Sunday.** No outside alcohol is allowed. Call the golf course at 719-526-4122 or follow them on Facebook at [https://www.facebook.com/CheyenneShadowsGolfClub/](https://www.facebook.com/CheyenneShadowsGolfClub/) for weather updates. Visit [https://carson.armymwr.com/programs/cheyenne-shadows-golf-club](https://carson.armymwr.com/programs/cheyenne-shadows-golf-club) for more information. Click here for the most up-to-date information on closures and operational facilities.

**Q: What are the bowling alley hours?**  
Thunder Alley Bowling Center is open Wednesday-Thursday 11 a.m. to 9 p.m.; Friday-Saturday 11 a.m. to 9:30 p.m.; Sunday 1-8 p.m.; closed Monday and Tuesday. The Strike Zone Bar and Grill is open for carry out only Wednesday-Saturday from 11 a.m. to 9:30 p.m. and Sunday from 1-9:30 p.m. All customers must wear face masks while in the facility and enter through the northeast doors only. Social group guidelines will be followed and groups will be assigned to lanes prior to entering the facility. Patrons must remain at their assigned lanes. Strike Zone snack bar is open for dine-in and to go orders. Orders can be placed in person or by calling 719-524-1800.

**Q: What are the Grant Library hours?**  
The library is open Monday-Friday from 10 a.m. to 4 p.m. to provide curbside service for library materials and computer lab access. Parking spots will be marked off for curbside services. Patrons can call 719-526-2350 or email usarmy.carson.imcom-fmwr.mbx.dfmwr-grant-library@mail.mil to reserve video games, DVDs and audio books. Computer lab will be available for restricted use for active-duty Soldiers only with a maximum of 15 users. Patrons will be required to wear masks while in the facility.
Q: Other than service members, who has access to the installation?
A: Visitors can apply online for a pass from their computer or mobile device at https://visit.gvt.us. Visitors will receive a background check, and after entering their information, including a driver’s license or passport number, they will be notified if their pass is approved or denied. If approved, they can proceed to a kiosk at Visitor Control Center 1 for issuance of their pass. A sponsor is not required when applying for a pass online, but do require a valid purpose for visiting Fort Carson. This could include visiting Family or friends, food delivery, medical appointment or attending a ceremony. Click here for more information.

Q: Which gates remain open?
A: All gates and the Visitor Control Centers (VCC) at gates 1 and 3 remain open. Gates 2, 6 and 19 are closed on weekends and federal/training holidays. Click here for gate hours.

Q: How do I renew my expired ID card?
A: The DEERS/ID Card facility located in building 1039 is open for walk-ins Monday, Tuesday, Wednesday and Friday 7:30 a.m. to 4 p.m., and Thursday 8:30 a.m. to 4 p.m. (building 1039 location and location at the Mountain Post Soldier Center, building 1525, will be closed for training from 7 a.m. to 1 p.m. May 20). Soldiers should seek ID card support through unit S1s. Dependent ID cards that expire after Jan. 1, 2020, will remain active through June 30, 2021. Reference https://www.cac.mil for more information.

Q: What are the Education Center hours?
A: The Fort Carson Education Center is open Monday-Friday 7:30 a.m. to 4:30 p.m. Services provided by appointment only; call 719-526-2124.

Q: What are the pharmacy hours?
A: Active-duty Soldiers, Family members and retirees can choose from two locations to pick up prescription refills. The Soldier Readiness Processing (SRP) Pharmacy is open at the Mountain Post Soldier Center for prescription refill service at 6351 Wetzel Avenue, building 1525, from 7:30 a.m. to 4 p.m. Monday-Friday. Beneficiaries may also visit the Soldier Family Care Center (SFCC) Pharmacy located at Evans Army Community Hospital from 8 a.m. to 5 p.m. Monday-Friday. Curbside Pharmacy Service at EACH has transitioned to indoor service at either pharmacy location. To select a pharmacy location for refill pickup, call the automated pharmacy line at 719-524-4081 or visit TRICARE Online at www.tricareonline.com.

Q: Where on post am I required to wear a face covering?
A: The governor of Colorado amended a statewide mask order May 14. The amended Executive Order, in effect through June 1, states that fully vaccinated people can go without masks in public indoor spaces unless the setting requires otherwise. Personnel patronizing dining, fitness, recreation, entertainment and shopping facilities and the post office will follow all applicable Fort Carson COVID-19
health protection guidelines. Service members will wear masks at all times while on duty and in federal facilities, on and off Fort Carson. Department of Army Civilians (DACs), on-site contractors and other personnel will wear masks at all times while in federal buildings on Fort Carson. Exceptions: Masks are not required when eating, drinking or conducting hygiene while maintaining distancing IAW CDC and installation guidelines; in a service member’s residence, assigned barracks room, privately owned vehicle or office with floor-to-ceiling walls with a closed door so long as the service member is alone, or is only with members of the household. Masks are not required for any individual who cannot medically tolerate a mask, or when necessary to reasonably accommodate an individual with a disability. Service members must have a documented profile issued by a military medical provider.

Q: Will there be religious services offered on Fort Carson?
A: Indoor services are being held at 50% capacity with 6 feet of social distancing. Livestreaming available for all services. Contact your unit chaplain or chain of command for more information.

Q: When will the on-post DMV open?
A: The DMV is open by appointment only. Customers can make an appointment for in-person service using the online appointment scheduler system at https://clerkandrecorder.elpasoco.com/motor-vehicle-department/. Frequently Asked Questions are available at https://clerkandrecorder.elpasoco.com/motor-vehicle-department/motor-vehicle-faqs. All active-duty service members who ride a motorcycle and are assigned to FCCO are required to have a Fort Carson issued motorcycle operator’s license. This license does not require an additional course, but does require that your unit Motorcycle Mentorship Program (MMP) leader verifies and maintains record of all credentialing needed to ride a motorcycle while assigned to Fort Carson. Contact unit MMP leader for more details.

Q: When are the gyms open?
A: Fort Carson gyms are open. Individual unit gyms are also authorized following appropriate social distancing and hygiene practices demonstrated by the main post gyms. Cardio equipment, except treadmills and indoor track, now authorized; masks required. Continuous access applies until facility capacity number is met, then access will be granted on a one-in, one-out concept. Patrons are expected to wipe down equipment after use with provided supplies.

Ivy Fitness Center
Monday-Friday 5 a.m. to 10 p.m. (capacity 132) — first-come, first-served for DOD ID card holders; and Saturday-Sunday 6 a.m. to 8 p.m. first-come, first-served for DOD ID card holders.

McKibben Fitness Center
Monday-Friday 5 a.m. to 8 p.m. (capacity 86) — first-come, first-serve for all DOD ID card holders; and Saturday-Sunday 6 a.m. to 2 p.m. first-come, first-serve for all DOD ID card holders.
Waller Fitness Center
Monday-Friday 4 a.m. to 9 p.m. (capacity 107) — first-come, first-serve for all DOD ID card holders; and Saturday-Sunday, noon to 8 p.m. first-come, first-serve for all DOD ID card holders.

Garcia Fitness Center
Monday-Friday 5 a.m. to 8 p.m. (capacity 79) — first-come, first-serve for all DOD ID card holders; Saturday 6 a.m. to 2 p.m. first-come, first-serve for all DOD ID card holders; Sunday, closed.

Q: What are the hours for the post pools?
A: Ivy Pool
- Early bird lap swim (capacity 12) 5-6 a.m. Monday-Friday
- Active duty lap swim Monday, Wednesday, Friday 6-8 a.m. and Tuesday, Thursday 6-9 a.m.
- Lap swim (capacity 12) Monday and Wednesday 9 a.m. to 8 p.m.; Tuesday, Thursday and Friday 9 a.m. to 6 p.m.; Saturday-Sunday 6-11 a.m. and 4-6 p.m.
- Open swim (capacity 50 and 1 lane available) Tuesday, Thursday and Friday 6-8 p.m., Saturday-Sunday 11 a.m. to 4 p.m.
- Family pool (capacity 25) Monday and Wednesday 9 a.m. to 5 p.m.; Tuesday, Thursday and Friday 9 a.m. to 8 p.m. and Saturday and Sunday 8 a.m. to 6 p.m.

Face coverings required upon entering and throughout the facility until entering the water. Recommended swimmers wear footwear on the pool deck at all times. Ivy pool will follow gym guidance for locker room use.

Nelson Indoor Pool is closed for maintenance.
Ellis Outdoor Pool is closed for season.

Q: Is the CIF open?
A: The Fort Carson CIF is open to transitioning Soldiers with appointments only; call 719-526-3321.

Q: Is the SRP site still open?
A: The SRP site is fully operational. In-processing is limited to 25 Soldiers per day. Contact Randy Hart at randy.l.hart4.civ@mail.mil to schedule your requirements. Retirement packets are virtually submitted to a centralized e-mail: usarmy.carson.imcom.central-mbx.dhr-mpd-transitions@mail.mil. SBP/retirement pay start submitted virtually to the RSO at carolyn.d.hill9.civ@mail.mil. Click here for the most up-to-date information on closures and operational facilities.

Q: What services remain available on the installation?
A: Click here for the most up-to-date information on closures and operational facilities.

Personnel

Q: Was the stop move policy for DOD extended?
A: Yes. Travel restrictions for all government travel of personnel and their Families have been extended until military installations meet certain criteria. Guidelines require
removal of local shelter-in-place orders, a 14-day downward trajectory in virus symptoms and a 14-day downward trajectory in new cases or positive tests. DOD and installation officials will also adhere to guidance from the Department of Health and Human Services and the Centers for Disease Control and Prevention. Other factors include the evaluation of installation-level conditions, such as local travel restrictions; sufficient capacity of medical treatment facilities or local hospitals; testing capability and capacity; and the availability of essential services such as schools and child care. PCS travel from an unrestricted location to another unrestricted location with a PCS leave location that is also unrestricted does not require an ETP. International leave is not authorized, however, exceptions may be granted based off extreme hardships or circumstances involving immediate Family members or for any other situation endorsed by the chain of command. The approval authority for any Exceptions to Policy for international leave is the DCG-S. Battalion and Squadron commanders are the approval authority for travel to U.S. states and territories outside of the Continental United States (CONUS). Company, Troop or Battery commanders are authorized to approve all CONUS leave to include locations defined as high-risk locations in the 4ID Travel and Leave Business Rules.

Q: Does my service member have the option to stay at Fort Carson if we PCS during the stop move window?
A: Soldiers on assignment orders during the stop movement window may request stabilization by submitting an assignment deletion or deferment request to their leadership. Reference ALARACT 101/2020 for more information.

Q: I am currently in the middle of a PCS move. As a result of the stop movement order, I am separated from my dependents and expect to be separated from them for an extended period of time. Am I eligible for Family Separation Allowance?
A: Yes. Members who are separated during the PCS process, where a member is at the original or new duty location, but the dependents are at the other, should receive Family Separation Allowance – Restricted (FSA-R) if the directed separation lasts longer than 30 days. If the separation lasts longer than 30 days, FSA-R will start and will apply retroactively.

Q: How do I contact the Army Military Pay Office (AMPO)?
A: S-1 intake is in-person at the customer service desk in building 1220 from 9:30 a.m. to noon and 1-3 p.m. Monday-Wednesday and from 9:30 a.m. to noon and 1-2 p.m. Friday. There is no longer a schedule by brigades for S1s. Statement of charges and duty status changes go through S1 for processing. Debt Management: If you receive a debt letter, reply to the e-mail you received from our Debt Management section. Permanent Change of Station/Travel: PCS clearing customers can be seen in building 1525, Column D, from 9 a.m. to noon and 1-2 p.m. Monday-Wednesday and Friday; closed Thursday. In-processing Soldiers should report to building 1456 to sign into post and schedule a Finance Brief.
Click here for more information.

Mountain Post Soldier Center AMPO: Single Soldiers who reside in the barracks and are authorized to take terminal leave must provide DA FORM 5960 and EMH printout showing barracks was cleared in order to receive BAH. There are currently no Finance Briefs for Retirement/ETS/Chapter. For 4th Infantry Division Soldiers Finance Final-Out for Retirement/ETS/Chapter is in-person at the Fort Carson SRP (MPSC) site only, only outlying unit service members should clear Finance thru distro email. Service members must clear CIF, unit S-4 and ACS in order to clear Finance. Finance walk-in hours for Retirement/ETS/Chapter are: Monday-Wednesday and Friday 7:30 a.m. to noon and 1-2 p.m. and Thursday 7:30 a.m. to noon. Finance walk-in hours for PCS/IOP are: Monday–Wednesday and Friday 9 a.m. to noon and 1-2 p.m. and Thursday 7:30 a.m. to noon.

Q: What about TDY and military schools? Are we still authorized to attend school?
A: Professional Military Courses have resumed and are exempt from travel restrictions; however, some are doing distance learning; check with schoolhouse.

Q: If I am told to stay at home due to a Family member testing positive for COVID-19, will I be given leave to care for him or her?
A: You should discuss this issue with your chain of command, who may be able to provide you with options based upon your specific circumstances. Potential options you may wish to discuss with them include: leave, designation of an alternate place of duty, and telework.

Q: Am I able to report to Fort Carson?
A: Fort Carson is unrestricted and complying with HPCON B+ measures. The Fort Carson Replacement Center Staff Duty remains operational to receive Soldiers reporting to Fort Carson. Upon arrival, Soldiers will be appropriately screened to ensure they do not meet criteria for exposure for COVID-19. Given that Soldiers do not meet criteria, Soldiers will provide administrative documentation that includes a copy of their orders and DA 31 to complete reporting process. In regards to housing, Replacement Staff Duty will coordinate with gaining brigade to identify barracks space for single Soldiers. Soldiers with Families are encouraged to research housing options on post and off-post prior to arriving to Fort Carson. Call Replacement Staff Duty at 719-526-6961 for more information.

Q: What if I am reporting from a restricted location?
A: Effective Jan. 25, service members and their dependents conducting PCS to Fort Carson are no longer required to exercise a Restriction of Movement upon arrival. Quarantine procedures are still required for anyone who comes in "close contact" with a COVID positive person. However, persons fully vaccinated against COVID-19 with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria: fully vaccinated, remain within 90 days of receipt of last dose, and remain asymptomatic. Commanders at all echelons
retain the authority to direct ROM on a case-by-case basis for personnel given specific conditions associated with individual travel.

**Q: What happens to me if I am reporting from MEPS?**
A: Upon arrival, Soldiers will provide all necessary documentation to Replacement Center in order for process to get started. Fort Carson Replacement Center will provide MEPS documentation to MPD in order for Soldiers under MEPS status to in-process. DMPO is responsible for conducting accessions for MEPS Soldiers in order to start Soldier’s pay. Call Replacement Staff Duty at 719-526-6961 for more information.

**Q: Do I have to wait a month or later to settle my travel vouchers?**
A: Army Military Pay Office (DMPO) is conducting finance briefs for in-processing Soldiers after they report to building 1456 to sign into post.

**Q: Are we allowed to PCS?**
A: Yes, but only following these guidelines: O-6 approval and an ETP is required when PCSing to/from a restricted installation. PCS travel from an unrestricted location to another unrestricted location with a PCS leave location that is also unrestricted does not require an ETP. Soldiers can coordinate with MPD to pick up clearing papers 30 days prior to departure date. Soldiers will need a copy of PCS orders and an approved leave form. Soldiers can clear all areas except for final out. Reference the “4ID & Fort Carson COVID-19 Information Sheet” for the most up-to-date information.

**Q: Can transitioning service members begin clearing?**
A: Personnel with approved ETS and retirement orders will not be affected by the stop-movement order. They are authorized to pick up clearing papers and begin clearing. SFL-TAP stamp on clearing papers no longer required. Soldiers can print finalized eForm and submit to Transitions Office during final out-processing; call 719-526-1001/1002. All mandatory classes (as determined by initial assessment) can be done via the Virtual Center or on JKO. Currently offering two virtual classes every Monday through Microsoft Teams: (My Transitions; MOS Crosswalk; Financial Planning).

**Q: Am I authorized to take leave?**
A: Battalion and Squadron commanders are the approval authority for travel to U.S. states and territories outside of the Continental United States (CONUS). Company, Troop or Battery commanders are authorized to approve all CONUS leave to include locations defined as high-risk locations in the 4ID Travel and Leave Business Rules. Individual units may impose more strict leave and travel restrictions. Check with your unit leadership to ensure you are abiding by leave and travel guidance. Soldiers on local leave are still required to check in regularly with their chain of command to ensure they are receiving up-to-date information. ETPs will be submitted through the Soldier’s chain of command to the appropriate approval authority for consideration and decision. Commanders are authorized to provide supporting documentation to Soldiers affected by the leave policy change to minimize out-of-pocket expenses from travel cancellations. Family members may travel
but are encouraged not to, to help contain the spread of COVID-19 and protect our community.
Service members may accrue more than 60 days of leave, but not more than 120 days, during this fiscal year. Any leave days beyond 120 days will be lost at the start of the fiscal year in October. Reference the “4ID & Fort Carson COVID-19 Information Sheet” for the most up-to-date information.

Q: Will I have to quarantine or exercise ROM upon my return from personal leave to a high-risk location?
A: Effective Jan. 25, service members are not required to execute a Restriction of Movement following personal leave or travel to high-risk areas within the United States and U.S. territories. Quarantine procedures are still required for anyone who comes in “close contact” with a COVID positive person. However, persons fully vaccinated against COVID-19 with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria: fully vaccinated, remain within 90 days of receipt of last dose, and remain asymptomatic. Commanders at all echelons retain the authority to direct ROM on a case-by-case basis for personnel given specific conditions associated with individual travel.

Q: My Soldier is returning from deployment; will they be quarantined when they return to Fort Carson?
A: A 14-day Restriction of Movement (ROM) remains in effect for all personnel traveling to Fort Carson from OCONUS until further notice.

Q: If I am returning from overseas, do I need to be screened?
A: Soldiers, DOD civilians, contractors, and dependents returning from OCONUS (including Alaska and Hawaii) will be evaluated in accordance with Centers for Disease Control and Prevention and DHS guidelines. A 14-day ROM remains in effect for all personnel traveling to Fort Carson from OCONUS until further notice.

Training

Q: Am I still deploying?
A: If you were scheduled to deploy to support a global mission, the deployment timeline is currently unaffected by the COVID-19 outbreak.

Q: How will I maintain my Casualty Assistance Officer (CAO) and/or Casualty Notification Officer (CNO) qualification?
A: Call 719-526-5613/5614 for more information.
Q: How do I schedule a COVID-19 vaccination appointment?
A: TRICARE beneficiaries age 18 and up can walk in to receive a Moderna COVID-19 vaccine without an appointment Monday-Friday from 9 a.m. to 4 p.m. at the William “Bill” Reed Special Events Center, located at 6550 Specker Ave., building 1829. If you prefer an appointment, use the DHA Appointing Portal (DAP) at https://informatics-stage.health.mil/COVAX/ or call the COVID-19 Vaccine Appointment Line Monday-Friday from 9 a.m. to 4 p.m. at 719-503-0820. Please bring your DOD ID card and CDC vaccination card, if receiving the second dose. Masks are required.
Active-duty service members, civilians and beneficiaries should return for their second vaccination on the day marked on their CDC vaccination card from 8 a.m. to 4 p.m. If you are unable to return on their designated day, you should walk in to the SEC immediately following the return date.

Off-post locations: DOD and non-DOD beneficiaries can schedule a vaccination shot at https://vaccinefinder.org/search/. Follow the link, enter your zip code, and click search for a list of available inoculation sites near you. DOD personnel who use this option must follow up with their brigade’s medical provider to ensure their immunization records are up to date — units will need the manufacturer, lot number and expiration date of the off-post vaccination in order to enter it into MEDPROS. This information is on the CDC vaccination card, so don’t lose it.

Q: What should I do if I or a member of my immediate Family feel ill or are showing early symptoms of becoming sick?
A: Service members who are sick or showing early symptoms of becoming sick should telephonically report to their chain of command and seek guidance for medical treatment through the COVID Hotline at 719-524-2684. Soldiers and DOD civilians with dependents who are sick do not return to work until dependents receive a negative COVID test or are cleared by a medical provider.

Q: Are Soldiers still being processed through Medical Evaluation Boards (MEB) during the COVID-19 pandemic?
A: The conduct of the MEB process has had minimal change during the COVID-19 pandemic at Fort Carson. The temporary profile management process and e-Profile application that leads to identifying Soldiers with potentially unfit medical conditions and their Medical Retention Determination Point (MRDP) to start an MEB (Phase I of the Integrated Disability Evaluation System (IDES)) continues; as does the collection and processing of all required information on medical conditions of the Soldier in order to determine retention qualification. IDES is operational from 7:30 a.m. to 4:30 p.m. Monday to Friday. All appointments are scheduled by the VA or the PEBLOs, as there are no walk-ins. Call the front desk at 719-526-7600.
The only delay surrounding Soldiers who have not completed or still require their Veterans Tracking Application (VTA) Compensation and Pension (C&P) exam that must be returned to the Physical Evaluation Board Liaison Officer (PEBLO) to begin the PEB process. Due to the pandemic, the VA has shifted C&P exam physician resources to

Health
help other patients during this critical time. C&P exams will resume when personnel return to their primary roles. We appreciate your understanding, and like you, want to resume these services as soon as possible.

**Q: What is the notification process for COVID-19 test results?**
A: Upon notification of negative results, BDE Surgeon/unit medical designee will notify Soldier of negative results. Upon notification of positive results, primary care managers will monitor isolation and release from isolation when they meet the medical requirements. EACH will notify dependents, retirees and DOD civilians/contractors of results directly.

**Q: What is the difference between isolation, quarantine and restriction of movement?**
A: **Isolation** applies to personnel who are presenting COVID-19 symptoms and are pending a COVID-19 test and those who have been tested for COVID-19 and are awaiting test results. The Authority to Direct & Release personnel from isolation are medical personnel within the unit chain of command or Public Health. The time period for isolation is at least 10 days from the date of symptom onset, or from the date of testing if asymptomatic.

**Quarantine** applies to personnel who have been identified as being exposed to COVID-19 (close contact) but are not presenting symptoms. Quarantine is 14 days in duration and begins from the date of last contact or when directed. The authority to direct a Soldier into quarantine are commanders at all echelons, medical authorities and Public Health. All Soldiers will self-release from quarantine after 14 days unless specifically directed otherwise by the authority directing the quarantine. The Authority to Release Soldiers from quarantine prior to 14 days is the 4ID commanding general. Quarantine will be employed solely based off close contact. Persons fully vaccinated against COVID-19 with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria: fully vaccinated, remain within 90 days of receipt of last dose, and remain asymptomatic. Refer to [Public Health COVID-19 Quarantine Information Paper](#) for more information.

Close contact is defined as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period within two days prior to their test or the time the patient is isolated. Mask wear does not affect this status. Personnel identified as being within in “close contact” as defined above will execute quarantine procedures.

**Restriction of movement (ROM)** is the limited movement of an individual or group for a specified period of time to prevent or diminish the transmission of a communicable disease, including limiting ingress and egress to, from or on a military installation. **ROM is a commander’s tool to limit risk to the formation following high-risk travel, in preparation for or following training events, or other circumstances deemed appropriate by the unit commander.** The authority to direct ROM are commanders at all echelons. There is no specified time period for ROM and is based solely on the commander’s discretion.
Personnel exercising ROM are limited to executing essential activities. **Off duty** essential activities include movement to and from the workplace, the execution of essential life support activities (i.e., religious services, grocery shopping, take out or delivery from restaurants, medical appointments), critical family events (i.e., supporting children’s activities, school functions), and individual physical fitness to include hiking and biking. Examples of non-permissible activities include going to the movies and going out to eat in a restaurant. All other activities not outlined require battalion commander approval. **On duty** essential activities listed as “Enduring Mission Essential Activities” in Appendix 14 (Mission Essential Activities) to Annex C (Operations).

**Q: Can I be quarantined due to travel?**
A: Only if you come in contact with someone who is COVID positive.

**Q: What are the restrictions I have to follow if I travel?**
A: Commanders determine if a service member requires restriction of movement (ROM). Restriction of movement is the limited movement of an individual or group for a specified period of time to prevent or diminish the transmission of a communicable disease, including limiting ingress and egress to, from, or on a military installation. ROM is a commander’s tool to limit risk to the formation following high-risk travel, in preparation for or following training events, or other circumstances deemed appropriate by the unit commander. The authority to direct ROM are commanders at all echelons. There is no specified time period for ROM and is based solely on the commander’s discretion.

**Q: Can we visit our loved ones at Evans hospital?**

**Q: Is routine care still available at Evans Army Community Hospital?**
A: Yes, most routine medical services are still available at Evans Army Community Hospital – please use the western entrance to the hospital. Please consult your medical provider regarding your specific situation. Elective surgeries have been rescheduled to limit the risk of exposure to our patients and providers. Tele-medicine is emphasized to help us better practice social distancing. All personnel arriving to Evans Army Community Hospital will be treated.