

# COVID-19

This guidance provides confirmation of the cleaning and disinfection standards for rooms, offices or common areas in the work centers of 6 ARW personnel

It is aimed at **limiting** the survival of the novel coronavirus in key environments. These guidelines will be updated if additional information becomes available.



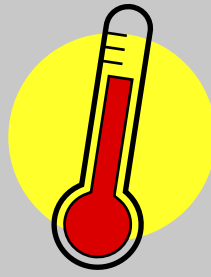
## Household Disinfectant

1/3rd cup of bleach per  
1 gallon of water  
OR  
4 teaspoons of bleach added  
to 1 quart of water

### While using disinfectants:

1. Make sure there is good ventilation during the use of the product when cleaning. Open available windows or doors to the outside.
2. Always use disinfectants according to the label instructions.
3. Use the safety equipment specified on the label.
4. Fresh disposable gloves should be used for cleaning. Gloves should be changed immediately after using disinfectants. Do not attempt to reuse disposable gloves.
5. For concentrated products requiring dilution, do not use more of the product than is specified on the label. Using more product does not improve cleaning, but it may cause problems for the user and room occupants.
6. Do not use alcohol for cleaning, as it is a fire hazard.

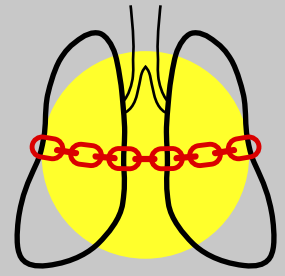
## SYMPTOMS



FEVER



COUGH



SHORTNESS  
OF BREATH

## PRECAUTIONS

### Personal Protective Equipment (PPE) for cleaning staff:

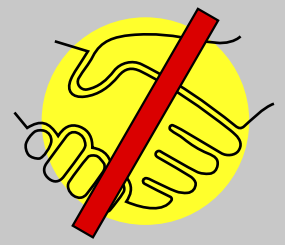
1. Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.
2. Gloves should be removed after cleaning a room or area occupied by ill persons. Clean hands immediately after gloves are removed.
3. Wear eye protection if spraying cleaning chemicals above shoulder height.
4. Clean hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains 60%-95% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
5. Follow normal preventive actions while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands.



WASH HANDS  
FOR 20 SECS



DO NOT TOUCH  
EYES/MOUTH



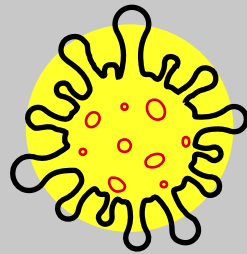
AVOID CLOSE  
CONTACT

# IMPORTANT DEFINITIONS

## Isolation:

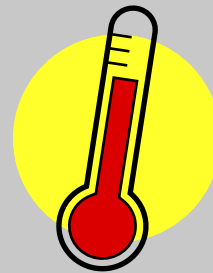
The separation of an individual or group **infected or reasonably believed to be infected** with a communicable disease from those who are healthy in such a manner as to prevent the spread of the disease. (Ref: DODI 6200.03)

EX: Symptomatic member awaiting test results or positive test results are confirmed.



EXPOSURE

+



SYMPTOMS

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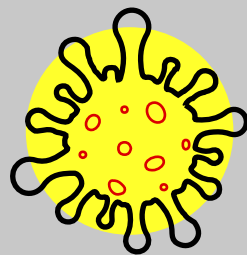


ISOLATION

## Quarantine:

The separation of an individual or group that has been exposed to a communicable disease, **BUT is not yet ill**, from others who have not been so exposed in such a manner as to prevent the spread of the disease. (Ref: DoDI 6200.03)

EX: Any international travel to/from Level 3 CDC THN countries, deployments, leave, TDYs, etc.



EXPOSURE

+



NO SYMPTOMS

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QUARANTINE

## Self-observation

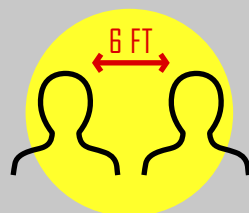
Individuals should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, practice social distancing within the home, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed. Note: This applies to household contacts of asymptomatic service members staying home for 14 days.

## Self-monitoring

Individuals should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough, or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed. Note: This applies to service members staying at home for 14 days IAW Force Health Protection Guidance Supplement 12, 6 Aug 2020. The following guidance is still recommended: If quarantining, service members should not live in open-bay settings or rooms with shared bathrooms and/or kitchen facilities. Service members should separate themselves from other people in the home or dwelling with roommates or family members and avoid sharing personal items. This definition also applies to household contacts of a person with symptomatic laboratory-confirmed COVID-19 infection or a symptomatic person pending test results. Staying at home for 14 days is highly recommended.

## Social Distancing

Remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approx. 6 feet) from others when possible.



If you have workplace cleaning needs or issues, please call Ms. Telina Thompson at 813-828-0805 or Mr. Paul Horn at 813-828-0840

## Restriction of Movement (ROM):

Limiting movement of an individual or group to prevent or diminish the transmission of a communicable disease, including limiting ingress and egress to, from, or on a military installation; isolation; quarantine; and conditional release. (Ref: DoDI 6200.03)