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| COVID-19 RISK EXPOSURE ACTIVITIES WORKSHEET | | | DATE |
| I. INDIVIDUAL DATA INFORMATION | | | |
| GRADE/NAME <i>(Last, First, Middle Initial)</i> | AGE | UNIT/OFFICE SYMBOL | DUTY PHONE |
| LIST POSSIBLE COVID-19 RISK EXPOSURE ACTIVITIES <i>(Travel to include TDY, Leave, Deployment, etc.)</i> | | | |
| Are you fully vaccinated? (Has it been at least 14 days since your final vaccine shot?) | Do you have essential travel items? (Sanitizing wipes, facial covering, hand sanitizer, etc) | Have you experienced COVID-19 related symptoms? | |
| YES NO PREFER NOT TO ANSWER | YES NO | YES NO Don't Know | |
| IDENTIFY HOW YOU PLAN TO MINIMIZE YOUR RISK OF EXPOSURE TO COVID-19 | | | |
| HAZARDS OF COVID-19 | | | |
| <p>COVID-19 is a contagious and infectious respiratory disease. The virus can be spread through respiratory droplets from coughing and sneezing and by touching contaminated surfaces. People infected with COVID-19 can exhibit severe, mild or no symptoms at all (asymptomatic). Elderly people and people with preexisting medical conditions, such as high blood pressure or diabetes, are more at risk of serious illness. Avoid coming into contact with COVID-19 patients or individuals who appear to be ill.</p> | | | |
| STANDARD GUIDANCE TO REDUCE RISK OF EXPOSURE | | LOCATION/AREA WHERE ACTIVITY WILL OCCUR | |
| <ul style="list-style-type: none"> - Ensure the local area and the travel destination meet specific condition-based criteria as determined by OSD (P&R). - Maintain a safe distance of at least 6 feet from others. - Wear a face covering when in public areas. - Travel destination should NOT include contact with large groups of people (fairs, theme parks, sporting events, etc.) or unprotected close contact with others. - See Additional Comments on the reverse side of this form for more information. | | (i.e. business, location, name, address & phone number) | |
| II. INTERACTIVE DISCUSSION | | | |
| BRIEFING INSTRUCTIONS. Discuss training, experience, use of PPE, rules, and precautions with personnel participating in activities that increase risk of exposure to COVID-19. This risk assessment is not intended to prohibit personnel from participating in high-risk activities, but to ensure they are familiar with the hazards and illness potential of these activities. Ensure personnel wishing to participate in high-risk activities use appropriate safety measures. The individual must exercise sound judgment and self-discipline and not put wellness, life, or the performance of his or her Air Force duties in jeopardy. | | | |
| PRECONDITIONS AGREED UPON DURING BRIEFING <i>(i.e., specific location, special equipment, medical screening)</i> | | | |
| Be knowledgeable of common COVID 19 symptoms (fever, cough, or shortness of breath). If you have suspected/confirmed exposure to COVID-19 during travel, self quarantine and immediately contact your installation public health office. If you become ill, contact your healthcare provider. | | | |
| Wear a face covering and maintain at least 6 feet of physical distance while in public settings. | | | |
| Limit public activities that make social distancing difficult, to include dining inside restaurants. | | | |
| Limit use of public transportation, shuttles, share-a-ride, etc. | | | |
| SEE ADDITIONAL COMMENTS ON THE REVERSE SIDE OF THIS FORM FOR MORE INFORMATION | | | |
| DATE (YYYYMMDD) | SIGNATURE OF MEMBER | | |
| DATE (YYYYMMDD) | SIGNATURE OF COMMANDER/DELEGATE | | |
| FOR OFFICIAL USE ONLY | | | |
| <p>AUTHORITY:</p> <p>PRINCIPLE PURPOSES: For documentation of COVID-19 risk exposure activities briefing for Force Health Protection.</p> <p>ROUTINE USES: Used to create a record of briefing on COVID-19 risk exposure activities.</p> | | | |

ADDITIONAL COMMENTS

GENERAL GUIDANCE:

- Carry adequate supplies of hand sanitizer containing at least 60% alcohol and carry sanitizing wipes.
- Wash hands for at least 20 seconds with soap and water, or use hand sanitizer, prior to eating or drinking, and after using the restroom.
- Common touch points such as door handles, credit card terminals, counter tops, or railings can contaminate hands. Always wash hands or use hand sanitizer immediately after contact.
- Maintain physical distancing of at least 6 feet and wear a face covering at all times while in public spaces, i.e. gas stations, hotel common areas, during commercial travel, etc.
- Avoid ill people or those who appear to have symptoms of illness.
- Avoid touching your face, nose, eyes, and mouth.
- Avoid hand-shaking and contact with other people or their possessions.

BEFORE TRAVEL:

- Is the travel essential or can it be rescheduled or accomplished via teleconferencing? (avoid international travel)
- If traveling for official reasons (PCS/TDY), follow guidance from your supervisor, leadership, healthcare provider, and public health upon arrival at your duty station.
 - Depending on exposure risk of your departure location and risk associated with travel, 14-day Restriction of Movement (ROM) may be required upon arrival.
 - If 14-day ROM is not required, monitor your health status for 14 days and notify your supervisor, leadership, healthcare provider, or public health if you develop any symptoms of COVID-19, to include fever, cough, or shortness of breath.

COMMERCIAL TRAVEL

- Commercial travel (airplane, train, bus, taxi, boat, subway, metro, etc.) presents additional challenges and increases exposure risk to COVID-19.
- If maintaining at least 6 feet of physical distancing is not possible, maximize distancing to the greatest extent possible.
- If retrieving checked luggage, clean and sanitize handles, zipper tabs, and latches.

TRAVEL BY CAR:

- Traveling in a privately owned vehicle with healthy household family members and without stopping presents little to no risk for COVID-19 infection.
- If traveling in a rental vehicle, ensure all common touch points (steering wheel, dashboard controls, gear shift, door handles, etc.) have been cleaned and sanitized. Cleaning and sanitizing should be accomplished by the rental vehicle company prior to rental. If uncertain, request the rental vehicle company accomplish cleaning/sanitizing prior to rental, or personally clean and sanitize surfaces using sanitizing wipes.
- While traveling, avoid entering food facilities, and use drive-thru or curbside service for food if possible.
- Stopping at gas stations and rest stops increases exposure risk while traveling. If you must stop, all individuals traveling in the vehicle should:
 - Minimize the amount of time spent in the facilities.
 - Use hand sanitizer after pumping gas, but prior to touching the vehicle (door handle, steering wheel, etc.).

LODGING/HOTEL:

- Staying overnight in hotels increases exposure risk while traveling.
- If you must stay overnight in a hotel:
 - Minimize the amount of time spent outside of your room.
 - Avoid using the elevator with anyone who is not traveling in your group.
 - Avoid congregating in group settings, such as in hotel breakfast, lounge, and swimming pool areas.
 - Eat in your room as opposed to within a common area or restaurant.