



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE

ROM guidelines for service members in shared living spaces

- Limit close contact with others as much as possible (about 6 feet).
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, remotes, doorknobs, and cabinet handles) using a regular household detergent and water.
- Make a schedule for using a shared kitchen, dining area, and bathroom at different times; be sure to clean all surfaces after use.
- Avoid sharing personal items like utensils, food, and drinks.
- Cover your coughs and sneezes with a tissue.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.
- Isolation can be stressful, even though you are maintaining distance. Be sure to check in with one another often.
- Maintain communication with your chain of command according to their set policy.
- Set aside time to reach out to friends and family via video chat applications to maintain communication and to promote feelings of connectedness.

If someone starts to have symptoms of respiratory illness

Choose a room in your home that can be used to separate ill household members from those who are healthy. Identify a separate bathroom for the ill person to use, if possible. Plan to clean these rooms on a routine basis, especially if a household member is ill.

Contact your command's medical representative for further guidance before seeking medical care. For more information, visit the Centers for Disease Control website:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>