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.

0 ROUTINE
No community transmission

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 or sneeze with a tissue, then throw it in the trash; cough or sneeze into your elbow if a tissue is 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.
• Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
• If outside the United States, authorized or ordered departure actions may be implemented.

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.
• Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.

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.
• If outside the United States, authorized or ordered departure actions may be implemented.

For more information:
Emergency kit checklist for Families: