



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS 10TH AIR BASE WING  
USAF ACADEMY COLORADO

MEMORANDUM FOR ALL USAFA PERSONNEL

FROM: 10 ABW/CC

SUBJECT: USAFA Guidance on Restriction of Movement for Inbound Personnel

1. The risk for the COVID-19 pandemic is still variable and the health status for those inbound to USAFA is impossible to pre-determine. This establishes a policy to balance the risk posed by inbound personnel against the need to preserve the workforce available to perform the mission.
2. Incoming service members to USAFA (PCS or TDY) from out of state or OCONUS locations must complete a 14 day Restriction of Movement (ROM). Incoming civilians should follow these same requirements, but please call the Civilian Personnel Office at 719-333-4363 if there are any questions or concerns. Units must ensure these members complete their ROM in the Colorado Springs area prior to starting their duty. If any of these members develop fever or other upper respiratory symptoms, they must not report to work. Instead, they must immediately notify their supervisor by phone, and continue to be restricted from work until medical evaluation and COVID-19 testing can be performed.
3. In rare cases, an incoming member may be identified by their Mission Element leaders as mission essential and required to work right away as mission needs dictate. Assuming low-risk exposures (e.g., flying commercial and transiting through airports) while traveling to USAFA, they may begin to work at USAFA during the 14 days after their last potential exposure by:
  - a. Notifying 10th Medical Group Public Health for tracking and consultation.
  - b. Self-monitoring twice a day (before work and in mid-shift) by checking their temperature and self-evaluating for symptoms associated with COVID-19.
  - c. They should report their temperature and any signs or symptoms to their supervisor daily.
4. The point of contact for this memo is Colonel Ramon Yambo-Arias, who you can reach at 719-332-3009 or at [ramon.yamboarias.mil@mail.mil](mailto:ramon.yamboarias.mil@mail.mil).

BRIAN S. HARTLESS, Colonel, USAF  
Commander

Attachment: PH Recommendation for Safe/Healthy Travel

## **Public Health Recommendations for Safe/Healthy Travel in the United States during the COVID-19 Pandemic**

### **A. Personal protection.**

- 1) Do not travel if you are sick, or travel with someone who is sick.
- 2) Wash your hands often with soap and water.
- 3) Pack alcohol-based hand sanitizer and keep it in a place that is readily available.
- 4) Pack an EPA approved disinfectant or disinfectant wipes that can be easily utilized during travel.
- 5) Pack necessary medications.
- 6) Avoid close contact by maintaining six feet of physical distance from others.
- 7) Wear a cloth face covering in public.
- 8) Pick up food at drive-throughs or curbside restaurant service. Alternately, bring food and water for the road.

### **B. Direct/essential travel.**

- 1) Travel should be as direct as possible. Do not visit family/friends or conduct any non-essential stops.
- 2) During travel, avoid locations with large crowds where physical distancing cannot be maintained.

### **C. Guidance on modes of transportation.**

- 1) Air travel: The air flow on airplanes is filtered, so most viruses and other germs do not spread easily on flights. However, there may be a risk of getting COVID-19 on crowded flights if there are other travelers on board with COVID-19. Wash your hands before and after the TSA screening process and place personal items in your carry-on instead of TSA bins when possible. Maintain physical distancing, wear a facial covering, and wipe down surfaces of seats and tray tables before use with an EPA approved disinfectant wipe. Bring your own bottle of hand sanitizer for when hand washing is not possible (12 oz. per passenger allowed by TSA).
- 2) Car travel: The stops you need to make along the way could put you and others in the car with you in close contact with others who could be infected. Maintain physical distancing, use disposable gloves when pumping gas, pay for gas with a card instead of cash, after hand-washing use paper towel to turn off facets/open door handles.

### **D. Guidance on lodging.**

- 1) Take the same steps you would in other public places: avoid close contact with others, wash hands often, and wear a cloth face covering.
- 2) When you get to your room or rental property, clean and disinfect all high-touch surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets. Bring an EPA-registered disinfectant and other personal cleaning supplies.
- 3) It is possible that some state and local governments may put in place travel restrictions, or mandated quarantines upon arrival. For more information and travel guidance, check with the state or local health department where you are, along your route, and at your planned destination.