

USAFA,

As the COVID-19 situation continues to evolve I want to assure everyone that USAFA is making every effort to be proactive when it comes to prevention and mitigation for our base population. We are taking this health risk seriously, but we need your help. As members of the DoD team we often come to work when not feeling 100% and attempt to “gut” it out. Let me be clear: this is not the time to do that. My expectation for all military members and civilians at USAFA is to treat all illnesses as serious. Do not come to work sick. If you come to work sick, you risk your health and infecting others. While we do not anticipate anyone will have COVID-19, we do know that any disease can weaken the immune system making you more susceptible to illness and potentially spreading illness to others.

If you exhibit any symptoms of illness, contact a medical professional and your supervisor to figure out the right plan. This will not only get you back in the fight as soon as possible, but will serve to limit exposure to our USAFA populace. This plan will look different for each individual based on their symptoms. My guidance for supervisors is to encourage conservative decisions in all cases, using telework and other precautions.

As you continue to educate yourself on COVID-19 and disease prevention, I recommend sticking to primary CDC and DoD sources, as there is a lot of false information proliferating. The following link is to the CDC guidance for COVID-19, it is updated daily: <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>. The USAFA site is also helpful <http://www.USAFA.EDU/news/coronavirus>.

If you have questions, please feel free to ask your primary care doctor or your supervisor as appropriate.

Thank you—and wash your hands! JS