Official Travel

COS Order 070 details the latest duty travel advice for SHAPE Staff. However, this is a dynamic situation and travel restriction will be reviewed regularly. If in doubt, please contact your National Military Representative prior to booking any duty travel.

Personal Travel

Private travel is a personal responsibility. The list of countries with sustained community transmission is constantly evolving. To that end, individuals are encouraged to review national travel advice and make an assessment prior to making travel arrangements.

For More Information

This dynamic situation can result in outdated information and misinformation. In turn, this can cause confusion and concern. Please be assured that SHAPE staff are constantly reviewing the situation and ensuring the appropriate measures are in place to best protect our community. National advice may be accessed through government websites, National Military Representatives and national healthcare professionals.

World Health Organization (WHO):
www.who.int/health-topics/coronavirus

Belgium Health, Food Chain Safety and Environment:

European Centre for Disease Prevention and Control (ECDC):
www.ecdc.europa.eu/en

USA Centers for Disease Control and Prevention (CDC):
www.cdc.gov

As of: 28 FEB 2020
**Coronavirus**

December 2019, a novel coronavirus (referred to within this document as COVID-19) emerged in Wuhan City, China. The World Health Organization (WHO) has been closely monitoring the growing spread of COVID-19 which has reported cases in 29 countries including Europe. On 30 January 2020 the WHO declared a Public Health Emergency of International Concern. Whilst certain nations have imposed movement restrictions and quarantine locations, the COVID-19 risk in Belgium is currently assessed as low.

**Possible Symptoms**

The symptoms range from mild to severe respiratory disorders and are similar to influenza:

- Fever
- Dry cough
- Shortness of breath
- Tiredness
- Muscle Pain

**Preventive Care**

- Wash hands often with soap and water for at least 30 seconds. If soap/water is not available, use alcohol-based hand sanitizer.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home while you are sick.
- Follow good respiratory hygiene. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and immediately dispose of the used tissue.
- Disinfect surfaces.

**What to Do**

SHAPE personnel experiencing COVID-19 symptoms, especially those that have traveled to places affected by the outbreak and/or have been in contact with confirmed COVID-19 cases, should immediately implement the following measures:

- Contact your General Practitioner (GP) and mention your travel history and symptoms.
- TRICARE Beneficiaries should call the Nurse Advice Line (NAL) on +32 800 81933 (24/7 available).
- Do not go to the GP's waiting room or to the emergency department unless directed to by medical personnel.
- All SHAPE patients are strongly encouraged to contact the Public Health Department of the SHAPE Healthcare Facility on the following phone numbers:
  - Cell +32 476 760 327
  - DSN (314) 566-5046

- Inform the NATO and National chain of command if sick leave is prescribed (clinical details/diagnosis are not required).
- Patients from within the wider SHAPE community are also strongly encouraged to report suspected cases using the numbers above.
- SHAPE personnel without COVID-19 symptoms but who have traveled to, or reside with people who have traveled to regions affected by the outbreak, are to:
  - Follow preventive care measures (previously detailed)
  - Self-monitor daily for symptoms