**Measures to Protect Your Health While Moving in a COVID-19 Environment**

**1.** You are empowered to make decisions! Work with your chain of command and transportation office to reschedule your pack-out or delivery if you are not comfortable at any point of your move.

- Visit https://www.move.mil/customer-service to find the contact info for your local shipping office.

**2.** Know the symptoms! If you (or anyone in your family) is ill, contact your transportation office to reschedule your shipment. Your moving company will verify to you—in writing—that their personnel have been screened for illness and will be properly equipped to work in your home.

- A current list of symptoms from the CDC can be found at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

**3.** Limit the number of family members in the residence to those needed to supervise your move.

- If this is not possible, prepare a dedicated room where family members can stay while personnel are working.
- Moving companies have been directed to bring the minimum number of personnel required to handle the shipment.

**4.** Wear cloth face coverings. Anyone in your home during your move, whether on or off a military installation, should follow CDC guidelines on the use of face coverings.

- All moving companies have been directed to wear face coverings per CDC guidelines while at your residence.

**5.** Routinely clean frequently touched surfaces.

- Moving companies will be equipped and prepared to clean surfaces they frequently touched (they will seek your permission first).