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



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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.
- CDC guidance on use and instructions for homemade face coverings can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

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).