



PERSONNEL AND  
READINESS

**UNDER SECRETARY OF DEFENSE**  
4000 DEFENSE PENTAGON  
WASHINGTON, D.C. 20301-4000

**DEC 29 2020**

**MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP DEFENSE AGENCY AND  
DOD FIELD ACTIVITY DIRECTORS**

**SUBJECT: Force Health Protection Guidance (Supplement 14) – Department of Defense  
Guidance for Personnel Traveling During the Coronavirus Disease 2019 Pandemic**

- References:
- (a) Department of Defense Instruction 6200.03 “Public Health Emergency Management (PHEM) Within the DoD,” March 28, 2019
  - (b) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 8) – Department of Defense Guidance for Protecting Personnel in Workplaces during the Response to the Coronavirus Disease 2019 Pandemic,” April 13, 2020
  - (c) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 12) – Department of Defense Guidance for Personnel Traveling during the Coronavirus Disease 2019 Pandemic,” August 6, 2020 (hereby rescinded)
  - (d) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 1) – Department of Defense Guidance for Monitoring Personnel Returning from China During the Novel Coronavirus Outbreak,” February 7, 2020 (hereby rescinded)
  - (e) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 9) – Department of Defense Guidance for Deployment and Redeployment of Individuals and Units during the Novel Coronavirus Disease 2019 Pandemic,” May 26, 2020
  - (f) Secretary of Defense Memorandum, “Transition to Conditions-based Phased Approach to Coronavirus Disease 2019 Personnel Movement and Travel Restrictions,” May 22, 2020
  - (g) Secretary of Defense Memorandum, “Delegation of Waiver Authority for Coronavirus Disease 2019 Personnel Movement and Travel Restrictions,” October 5, 2020
  - (h) Secretary of Defense Memorandum, “Exemption of Authorized Leave for Department of Defense Service Members from Coronavirus Disease 2019 Personnel Movement and Travel Restrictions,” June 29, 2020
  - (i) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 7) – Department of Defense Guidance for the Use of Cloth Face Coverings, Personal Protective Equipment, and Non-Pharmaceutical Interventions During the Coronavirus Disease 2019 Pandemic,” April 8, 2020
  - (j) Department of Defense Joint Travel Regulations, current edition
  - (k) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 13) – Department of Defense

Guidance for Coronavirus 2019 Clinical Diagnostic Testing Services,” August 24, 2020

- (l) Under Secretary of Defense for Personnel and Readiness Memorandum, “Force Health Protection Guidance (Supplement 11) – Department of Defense Guidance for Coronavirus Disease 2019 Surveillance and Screening with Testing,” June 11, 2019
- (m) Director, Defense Health Agency, Memorandum, “Supplemental Health Care Program Blanket Waiver for Coronavirus 2019 (COVID-19) Testing for Asymptomatic Tier 1-4 Active Duty Service Members,” July 2, 2020
- (n) Department of Defense Instruction 6025.23, “Health Care Eligibility Under the Secretarial Designee (SECDES) Program and Related Special Authorities,” September 16, 2011

This memorandum supplements requirements in references (a) and (b) and rescinds and replaces references (c) and (d). It provides updated pre- and post-travel guidance for purposes of force health protection (FHP) of Service members, Department of Defense (DoD) family members, DoD civilian employees, and DoD contractor personnel based primarily on current U.S. Centers for Disease Control and Prevention (CDC) travel guidance, which is available at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>. All actions will comply with applicable labor obligations (to the extent such obligations do not conflict with the agency’s ability to conduct operations during this emergency). Nothing in this guidance waives the requirement to adhere to CDC guidance to the greatest extent practicable.

FHP guidance for deployment and redeployment of forces during the coronavirus disease 2019 (COVID-19) pandemic is included in reference (e). Conditions to resume unrestricted travel are included in references (f) and (g). Exemptions of authorized leave for Service members are included in reference (h).

The Secretaries of the Military Departments, Heads of Office of the Secretary of Defense (OSD) Components, and Commanders of the Geographic Combatant Commands (GCCs) may implement more restrictive guidance and additional FHP measures based on mission requirements and local risk assessments, in consultation with their medical staffs and public health authorities.

Secretaries of the Military Departments, Heads of OSD Components, and Commanders of the GCCs may choose to exempt assigned aircrew and aircraft maintenance recovery team members on commercial, military contracted, and organic military aircraft from this guidance, to the extent permissible, consistent with applicable legal requirements. Patients and their attendants in the en-route care system are exempt from restriction of movement (ROM) requirements until they arrive at their final treatment destination; medical care will not be delayed due to ROM requirements.

The attachment provides guidance for travel within the United States and to and from areas outside the United States. Adherence to this guidance will protect the health of personnel and reduce the spread of COVID-19 within and outside the United States.

This memorandum and other COVID-19 guidance memoranda are centrally located at <https://www.defense.gov/Explore/Spotlight/Coronavirus/Latest-DOD-Guidance/>.

My point of contact for this guidance is Mr. Steven P. Jones, who may be reached at (703) 681-7335 or [steven.p.jones10.civ@mail.mil](mailto:steven.p.jones10.civ@mail.mil).

A handwritten signature in black ink, appearing to read "Matthew P. Donovan". The signature is fluid and cursive, with the first name being the most prominent.

Matthew P. Donovan

Attachment:  
As stated

## ATTACHMENT

In addition to personal health protective measures recommended by the U.S. Centers for Disease Control and Prevention (CDC) that have been implemented throughout the Department of Defense (DoD) (reference (i)), strict adherence to restriction of movement (ROM) guidelines is effective in limiting coronavirus disease 2019 (COVID-19) transmission. Requirements for travel-associated ROM are specified within this attachment. All definitions for travel-related terms may be found in the DoD Joint Travel Regulations (reference (j)).

### **Steps To Be Taken During ROM**

During any required or recommended ROM period, individuals will to the fullest extent practice:

- Restrict movement to their residence or other appropriate domicile as much as possible.
- Limit close contact (i.e., within six feet) with anyone who did not travel with them, including family members or roommates; adhere to strict wearing of face coverings at all times around individuals and hand washing practices in accordance with CDC guidance; avoid crowds; avoid the use of public transportation; and avoid close interaction with pets or other animals. Adhere to strict force health protection (FHP) measures for 14 days post-travel even if the ROM period is less than 14 days.
- Consider their ROM location as their official duty location.
- Self-monitor for subjective fever (that is, feeling feverish) or actual fever ( $\geq 100.4^{\circ}\text{F}$  or  $\geq 38^{\circ}\text{C}$ ) by taking their temperature twice a day, and self-monitor for cough, difficulty breathing, or other COVID-19 signs and symptoms as described by the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. If signs or symptoms consistent with COVID-19 develop during the 14-day self-monitoring period, individuals will, to the fullest extent practicable, immediately self-isolate in accordance with CDC guidance, limit contact with others, seek advice by telephone or other authorized communication modalities from an appropriate healthcare provider to determine whether medical evaluation and testing for COVID-19 is needed, and return to work only at the direction of an appropriate healthcare provider.
- For Service members, notify their chain of command or supervisor if they or persons in their household develop signs or symptoms consistent with COVID-19. Such health information will be protected in accordance with applicable laws and policy.
- DoD civilian employees should notify supervisors if they or persons in their household developed signs or symptoms consistent with COVID-19. Such health information will only be used for force health protection purposes and will be protected in accordance with applicable laws and policy.
- If ROM is conducted prior to travel, travel to and from an Aerial Point of Debarkation/Embarkation (APOD/APOE) following ROM completion will, to the maximum extent possible, be conducted in a manner that minimizes the risk of personnel being exposed to or contracting the virus that causes COVID-19 during travel.

- Telework when practicable per direction of their commander and/or supervisor.
- For personnel whose presence is required in the workplace, consider whether and when to return to work during the ROM period in accordance with reference (b).

Post-arrival ROM may not be required by the destination health authority (e.g., the host nation (HN) or State or local jurisdiction) if travelers comply with the destination COVID-19 testing requirements. Travelers should check with the Military Departments (MILDEPs), Geographic Combatant Commands (GCCs), State and local public health authorities, and military installations for current information. For DoD testing guidelines, refer to references (k), (l) and (m).

### **Determining Whether to Travel**

It is important for the appropriate leader, supervisor, and medical personnel to complete a risk assessment for each traveler before travel, as set forth below, which includes an assessment of the health status and itinerary of all travelers. Specifically:

- For Service members, a risk assessment is required before all travel.
- For DoD family members, reimbursement for official travel may only occur once the Service member certifies, to the best of his or her knowledge, that family members have completed a risk assessment. DoD family members are strongly encouraged to complete a risk assessment before unofficial travel as well.
- For DoD civilian employees, a risk assessment is required before official travel. DoD civilian employees are strongly encouraged to complete a risk assessment before unofficial travel as well.
- For DoD contractor personnel, DoD contracting officers will ensure that all contracts that include performance requiring official travel outside the United States require DoD contractor personnel to complete a risk assessment. DoD contractor personnel are strongly encouraged to complete a risk assessment before unofficial travel as well.

The risk assessment of the health status of the traveler will include, at a minimum:

- Whether the individual has exhibited any signs or symptoms of COVID-19 within the previous 14 days.
- Whether the individual has had contact with anyone having, or known to have exhibited, signs or symptoms of COVID-19, or who has tested positive for COVID-19 within the previous 14 days.
- Whether the individual has traveled to a country, a State, territory, or county with high or increasing COVID-19 transmission within the previous 14 days.
- Whether the individual is at increased risk of severe illness of COVID-19.
- Whether the individual is familiar with how to self-monitor and what actions to take if he or she develops COVID-19 symptoms or contracts COVID-19.

In all cases, Service members, DoD family members, DoD civilian employees, and DoD contractor personnel should not travel if they have tested positive for COVID-19 and have not yet met the criteria for discontinuing isolation, are symptomatic, or are pending COVID-19 test

results. Travel should also be delayed if, in the past 14 days, they have been in close contact, as defined by CDC, with someone who has tested positive for and/or been symptomatic of COVID-19. Prior to travel, all travelers should be educated on how to self-monitor and what actions to take if one develops COVID-19 signs or symptoms or contracts COVID-19.

### **General Travel Guidance**

In addition to completion of ROM, additional requirements may be necessary when traveling to or from locations outside the United States. The requirements or recommendations are listed below by travel destination (within or outside the United States), CDC Travel Health Notice (THN) Level, type of travel (official or unofficial), and person traveling (Service member, DoD family member, DoD civilian employee, or DoD contractor personnel). For purposes of this guidance, the term “United States” means the 50 States and the District of Columbia.

The waiver authority available to the Secretaries of the MILDEPs, Heads of OSD Components, and Commanders of the GCCs for official travel is specified below. Travel that is limited to transit between and through foreign countries contained wholly within a single GCC area of responsibility, and between GCCs, is not subject to this memorandum and will be managed by each GCC or GCCs as appropriate.

### **Testing Guidance**

Upon signature of this memorandum, pre-travel and ROM-associated COVID-19 testing is authorized for official international air travel at military medical treatment facilities on a non-reimbursable basis in accordance with reference (n) for DoD civilian employees and members of the Selected Reserve (including members of the National Guard), not otherwise eligible to receive care.

All personnel conducting official international air travel will be tested with a viral test<sup>1</sup> one to three days before departure via commercial or military airlift and maintain proof of the negative test during travel. If the destination location requires a specific test or test timing, personnel must follow the destination location requirement instead. Testing is authorized on presentation of electronic or paper copy of orders at military medical treatment facilities in accordance with this guidance and per reference (n). Active Duty Service members are authorized to receive pre-travel testing in accordance with reference (m) and applicable Military Department guidance. Every effort should be made to complete the testing; however, pre-travel testing may be waived if testing is not available or cannot be conducted in a timely manner with regard to scheduled travel. Approval authority for waiving pre-travel testing may be delegated in writing to a level no lower than an appropriate officer in the grade of O-6 or a civilian equivalent in the traveler’s chain of command or, for contractor employees, an O-6 or civilian equivalent in the program office or requiring activity. The approval authority should coordinate with the receiving command if applicable.

All personnel conducting unofficial international air travel are recommended to be tested with a viral test<sup>1</sup> one to three days before departure via commercial or military airlift and maintain proof of

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<sup>1</sup> A viral test is a U.S. Food and Drug Administration (FDA) emergency use authorized molecular or antigen test that detects the presence of SARS-CoV-2, the coronavirus that causes COVID-19. An antigen test may be used for testing prior to travel when a molecular test is not available. However, a molecular test is the preferred test prior to travel. All testing will be conducted in accordance with applicable FDA and DoD regulations and guidance.

the negative test during travel. Active Duty Service members are authorized to receive pre-travel testing in accordance with reference (m) and applicable Military Department guidance.

For travel via military airlift (contracted or organic), APOE health screening is mandatory. Travelers who have a medical issue identified during screening, or who refuse to be tested or screened at the APOE, may be denied travel.

### **Specific Travel Guidance by Type of Travel**

#### **1. Travel from the United States or U.S. Territory to Another Country**

##### **a) Official Travel (as set forth in reference (j))**

##### **i) Service Members**

- Will conduct a travel-associated ROM as follows:
  - Upon arrival at the foreign country destination:
    - Services and Service members must comply with applicable HN requirements.
    - ROM for 14 days without testing; or if after an appropriate risk assessment, DoD Components may decrease to a ROM for 10 days without testing; or ROM for seven days with a test within 48 hours of the end of the seven-day ROM and end ROM at seven days if the test is negative.
    - For any travel-associated ROM, follow the procedures specified above in the “Steps to be Taken During ROM” section.
  - If the GCC or HN requires a pre-arrival ROM, the Service member will follow the 14-day, 10-day, or seven-day ROM procedures described above at an appropriate domicile prior to departure and complete pre-travel testing within one to three days.
  - Only one ROM is required, either before travel or after arrival, unless otherwise required by applicable HN procedures.
- Must follow all requirements imposed by the GCC with responsibility over the destination geographic area, all applicable HN procedures, and all requirements of the Electronic Foreign Clearance Guide. MILDEPs maintain the authority to determine how necessary ROM and movement, including the mode of transportation to final destinations, are executed. GCCs remain responsible for adherence to applicable HN COVID-19 policies and requirements. MILDEPs must comply with existing and otherwise applicable HN requirements.

##### **ii) DoD Family Members**

- Prior to family members engaging in official travel, Service members must attest that, to the best of their knowledge, their family members have followed the same requirements as those set forth for Service members in this guidance. Failure to do so may result in delay or cancellation of previously authorized travel. This attestation requirement will be incorporated into travel orders issued to Service members.

##### **iii) DoD Civilian Employees**

- Will conduct a travel-associated ROM as described above for the Service member.
  - Must follow all requirements imposed by the GCC with responsibility over the destination geographic area, all applicable HN procedures, and all requirements of the Electronic Foreign Clearance Guide. MILDEPs maintain the authority to determine how necessary ROM and movement, including the mode of transportation to final destinations, are executed. GCCs remain responsible for adherence to applicable HN COVID-19 policies and requirements. MILDEPs must comply with existing and otherwise applicable HN requirements.
- iv) DoD Contractor Personnel
- DoD contracting officers will ensure that all contracts that include performance outside the United States require DoD contractor personnel to comply with the country entry requirements of the respective GCC (which may include screening, ROM, and testing), as reflected in the Electronic Foreign Clearance Guide, and all applicable HN procedures. The GCC may waive such additional requirements, consistent with existing authorities.
- b) Unofficial Travel (as set forth in reference (j))
- i) Service members will comply with their MILDEP guidance, DoD Component-specific guidance, and/or GCC and HN procedures for the areas to which, and through which, they are traveling.
  - ii) DoD family members, DoD civilian employees, and DoD contractor personnel should comply with the guidance and/or applicable HN procedures for the areas to which, and through which, they are traveling, and are strongly recommended to follow the FHP guidance provided within this document and any other DoD Component-specific guidance.
2. Travel From or Through a Foreign Country or U.S. Territory to the United States.
- a) Official Travel (as set forth in reference (j))
    - i) Service Members
      - Will conduct a pre-travel screening prior to departure. If indicated by the screening, delay travel and consult a healthcare provider for clearance to travel.
      - Will conduct a risk assessment (as outlined above) upon arrival in the United States. Those who become ill or have had close contact with a person known to have contracted COVID-19 during travel must self-isolate (if ill) or quarantine (if exposed but not ill) and notify their chain of command or supervisor.
      - If traveling from, or having traveled through, a foreign country or U.S. territory designated as CDC THN Level 4, 3, or 2, the Service member will, upon arrival at his or her destination domicile:
        - ROM for 14 days without testing; or
        - If after an appropriate risk assessment, DoD Components may decrease to a ROM for 10 days without testing; or ROM for seven days with a test within 48 hours of the end of the seven-day ROM and end ROM at seven days if the test is negative.



- For any travel-associated ROM, follow the procedures specified above in the “Steps to be Taken During ROM” section.
- The ROM requirements may be reduced or waived by the Secretaries of the MILDEPs, Commanders of GCCs, or Heads of DoD Components on a case-by-case basis with appropriate risk assessment and mitigation measures.
- Comply with all installation, CDC, State, and local government guidance.
- Personnel whose presence is required in the work place may return to work during the ROM period in accordance with reference (b).
- If traveling from a foreign country or U.S. territory designated as CDC THN Level 1, and if the Service member has not otherwise entered a CDC THN Level 4, 3, or 2 foreign country or U.S. territory, the Service member will, upon arrival at his or her destination domicile:
  - Self-monitor for 14 days as described above.
  - Notify his or her chain of command or supervisor if he or she develops a fever or symptoms consistent with COVID-19.
  - Comply with all military installation, CDC, State, and local government guidance.
- ii) DoD family members are strongly recommended to follow the FHP guidance that is provided within this document for Service members during all travel.
- iii) DoD civilian employees and DoD contractor personnel are strongly recommended to follow the FHP guidance that is provided in this document for Service members during all travel. Any applicable requirements in reference (b) must be met prior to returning to a DoD workplace.
- b) Unofficial Travel (set forth in reference (j))
  - i) Service Members
    - Will comply with their MILDEP or DoD Component-specific guidance and/or procedures of the GCC and HN applicable to the countries to which, and through which, they are traveling.
    - Who become ill or have had close contact with a person known to have contracted COVID-19 during travel must self-isolate (if COVID-19 positive and/or symptomatic) or quarantine (if exposed but not COVID-19 positive) as defined in reference (b) and notify their chain of command or supervisor.
    - If traveling from, or having travelled through, a foreign country or U.S. territory designated as CDC THN Level 4, 3, or 2, the Service member will follow the pre-travel screening and risk assessment and ROM procedures outlined above in the Official Travel section above for a CDC THN Level 4, 3, or 2 foreign country.
    - If traveling from a foreign country or U.S. territory designated as CDC THN Level 1, and the Service member has not otherwise entered a CDC THN Level 4, 3, or 2 foreign country, the Service member will follow the procedures outlined above in the Official Travel section for a CDC THN Level 1 foreign country.
  - ii) DoD family members are strongly recommended to follow the FHP guidance provided within this document for Service members.
  - iii) DoD civilian employees and DoD contractor personnel are strongly recommended

to follow the FHP guidance provided within this document for Service members. Any applicable requirements in reference (b) must be met prior to returning to a DoD workplace.

3. Travel Within the United States

a) Official Travel (as set forth in reference (j))

i) Service Members

- May conduct unrestricted travel between installations that meet the criteria set forth in references (f), (g) and (h). Prior to travel, Service members should consult the COVID-19 Travel Restrictions Installation Status Update, available at <https://www.defense.gov/explore/spotlight/coronavirus/>.
- Will comply with military installation, State, and local government travel restrictions.
- Will comply with CDC guidance as well as their MILDEP or DoD Component-specific guidance and/or procedures for screening, ROM, and testing. Testing is authorized per reference (m).

ii) DoD family members are strongly recommended to follow the FHP guidance provided within this document for Service members during all travel.

iii) DoD civilian employees and DoD contractor personnel are strongly recommended to follow the guidance provided within this document for Service members during all travel. Any applicable requirements in reference (b) must be met prior to returning to a DoD workplace.

b) Unofficial Travel (as set forth in reference (j))

i) Service Members

- Should consult the COVID-19 Travel Restrictions Installation Status Update available at <https://www.defense.gov/explore/spotlight/coronavirus/> prior to travel.
- Will comply with military installation, State, and local government travel restrictions.
- Will comply with CDC guidance as well as their MILDEP or DoD Component-specific guidance and/or procedures for screening, ROM, and testing.

ii) DoD family members are strongly recommended to follow the FHP guidance provided within this document for Service members during all travel.

iii) DoD civilian employees and DoD contractor personnel are strongly recommended to follow the guidance provided within this document for Service members during all travel. Any applicable requirements in reference (b) must be met prior to returning to a DoD workplace.

**Additional Guidance to Assist Commanders With Travel Decisions:**

- The Department of Defense Joint Travel Regulations are available at:
  - <https://www.defensetravel.dod.mil/site/travelreg.cfm>
- The DoD COVID-19 Response and Operations Platform, available at <https://covid-status.data.mil/#/>, provides travel scenarios and COVID-19 installation status and

information to scope, plan, and approve travel by providing awareness of Health Protection Condition (HPCON) levels and COVID-19 hotspots:

- The Defense Health Agency's Armed Forces Health Surveillance Division (AFHSD) provides a "Trajectory of Civilian COVID-19 Cases by County" for the United States at the AFHSB COVID-19 Dashboard, available at:
  - <https://go.intelink.gov/25BWvsS>
  - <https://covid-status.data.mil/#/>
- Travel Restriction Installation Status Updates, available at:
  - <https://www.defense.gov/Explore/Spotlight/Coronavirus/>
- CDC travel guidance updates are located at the following CDC websites:
  - <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html#Domestic-Travel>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-air-travel.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-planner/index.html>
- COVID-19 Signs and Symptoms are available at:
  - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- The CDC definition of close contact is available at:
  - <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

#### **Additional Guidance for Reserve and National Guard Personnel:**

- The Secretaries of the MILDEPs may issue any additional procedural guidance as appropriate for Reserve Component (RC) (including National Guard) personnel.
- RC (including National Guard) personnel on official travel will complete any required health and ROM measures, including home-based quarantine or self-isolation if required, prior to the end of the official duty period.