



REINTEGRATION COVID-19

July 2020

Changing Health Protection Condition (HPCON) levels and reintegrating do not mean returning to *normal* life. The new normal, in a time of COVID-19, will continue to lower risk and better protect Airmen and Space Professionals until a vaccine or treatment is found and the risks of COVID-19 have been neutralized. In the meantime, Airmen and Space Professionals can take steps to help maintain readiness, better protect Wingmen and families to lower the risks of COVID-19, and continue to uphold the mission.

The Department of the Air Force maintains four top priorities for the new normal:

- Protect the health and safety of the force, their families, and communities
- Maintain readiness
- Support the government's response to this pandemic
- Develop strategies to thrive in a new operational environment

“When the nation calls, the Department of the Air Force stands ready to serve.” - Secretary of the Air Force Barbara Barrett

Utilize and share the below information with fellow Wingmen to ensure the Total Force remains lethal and mission-ready.

Maintaining Readiness and Promoting Health and Safety

Reintegration will be a deliberate, phased approach to protect the Total Force while safeguarding the nation against any threat. Airmen and Space Professionals should stay informed and adapt to the new workplace and the evolving operational environment under COVID-19 to maintain readiness.

STAY INFORMED

The return to the workplace will be data-driven and unique to each location, taking into account local and state requirements and installation needs. The transition may be impacted by reduced transportation options, school closures, lack of child care, and other extenuating circumstances. Commanders at all levels will work with local and state officials to evaluate the HPCONs to manage transitions.

Use the following tips to ensure the safety of self and fellow Wingmen during the transition.

- **Follow Guidance:** Follow policies and guidance from Commanders about local and installation-specific guidance on how to safely return to the workplace
- **Contact Command Leadership for Questions:** Email or call Command for any questions and/or support about returning to the workplace and following on- and off-base guidelines
- **Stay Abreast of COVID-19 Resources:** Stay informed of updates from the Department of the Air Force, the Centers for Disease Control and Prevention, and other official government resources as well as your own base

ADAPT TO THE NEW WORKPLACE

The Department of the Air Force return to the workplace capacity will occur in three phases outlined in the [Guidelines for Opening up America Again](#). Efforts to maintain readiness during reintegration will also include workforce optimization. “We must take the long view and find new creative ways to build and sustain combat readiness,” says Chief of Staff of the Air Force Gen. David Goldfein. “The nation relies on its military because we do hard things really well. We are up for this.”

Guidelines for Opening Up America Again

Step 1: Downward trajectory of influenza and COVID-like symptoms

Step 2: Downward trajectory of COVID-19 cases

Step 3: Medical Facilities can treat all patients without crisis care

The following tips will help Airmen and Space Professional adapt to the new workplace environment.

- **Maintain Physical Distancing:** Continue to follow physical distancing guidelines in the workplace
- **Wear Personnel Protective Equipment (PPE):** Follow federal and installation-specific guidelines to wear medical and/or non-medical PPE



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- **Adhere to Hygiene Policies:** Adhere to hygiene practices to better protect the well-being of all
- **Use Teleworking Tools:** Use available tools, like Microsoft Teams and [Air Force Telework Capabilities](#), to maximize collaboration
- **Adapt to Work Structure Modifications:** Prepare for an operational structure that might be different from the pre-COVID-19 life, including working in shifts and teaming by only interacting with a select group of colleagues
- **Apply Best Practices:** Apply best practices learned during the ongoing COVID-19 pandemic, like quickly and effectively mobilizing personnel for relief efforts while maintaining physical distancing, to become a more efficient, lethal, and ready Total Force
- **Overcome Challenges:** Use available resources, including [HAF COVID-19 Mental Fitness](#), [HAF COVID-19 Family & Relationships](#), talking with a trusted advocate and/or other resources listed below, to overcome challenges related to returning to the workplace, like managing any added anxiety and/or managing childcare if schools do not reopen

Supporting the COVID-19 Response

'Service Before Self' is a core value of the Air Force. Airmen and Space Professionals are living this value every day by supporting COVID-19 relief efforts in their communities. "COVID-19 presents a challenge we have not faced before," says Secretary of the Air Force Barbara Barrett. "Already Airmen and Space Professionals have been called to action."

More than [37,000 National Guard members](#) are taking part in COVID-19 response efforts and [thousands of medical personnel](#) from the Air Force Reserve Command are assisting state and local governments across the United States.

Examples provided below offer a glimpse into how Airmen and Space Professionals are effecting change and upholding the mission to protect the nation against any threat. They will continue to:

- **Support Local Communities:** Work with civilian and military partners to support local communities and aid COVID-19 relief efforts
 - [Ohio National Guard](#) and [New York National Guard](#), among others, assist local community food banks and deliver millions of meals statewide
 - More than 26,500 [National Guard members](#) support state and local law enforcement in support of civil unrest operations
- **Assist with COVID-19 Testing:** Provide logistics, research, and personnel support for local and global COVID-19 testing efforts
 - The Air Force School of Aerospace Medicine epidemiology laboratory [tests and processes COVID-19 samples](#) sent from military treatment facilities around the world

Resources

Refer to the resources below for available information to stay informed and maintain readiness during reintegration under COVID-19.

The appearance of hyperlinks does not constitute an endorsement by the Department of the Air Force, or the Department of Defense, of the external Website, or the information, products, or services contained therein.

COVID-19 Resources

- **Department of the Air Force:** Coronavirus Disease 2019 (COVID-19) Website
- **Department of the Air Force Resilience:** COVID-19 Resources Website
- **Department of Defense:** Coronavirus DOD Response Website
- **Centers for Disease Control and Prevention:** Coronavirus (COVID-19) Website
- **COVID Coach:** Self-care and overall mental health support during the COVID-19 pandemic
- **Spiritual Care Resources during COVID-19 Pandemic:** Traditional and spiritual needs
- **Veteran Affairs:** Novel Coronavirus Disease (COVID-19) Website
- **HAF COVID-19 Mental Fitness:** Maintaining mental fitness during uncertain times
- **HAF COVID-19 New Normal:** Guidance on navigating the new normal
- **HAF COVID-19 Family & Relationships:** Maintaining healthy relationships



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Emergencies

- [Call 911 or go to the nearest emergency room](#)
- [Crisis Text Line](#): 24/7 confidential crisis support. Text HOME to 741741 to connect with a counselor
- [Military Crisis Line](#): 24/7 confidential hotline. Call 800-273-8255, then press 1; text 838255; or [chat](#) online
- [National Domestic Violence Hotline](#): 24/7 confidential support. Call 800-799-7233 or text LOVEIS to 22522

Spiritual Fitness Resources

- [Department of the Air Force Chaplains](#): Confidential counseling and spiritual guidance
- [Air Force Chaplain Corps Resource Development Cell](#): USAF Chaplain Corp podcast on relevant to spiritual fitness
- [Thought of the Day: Loneliness Video](#): Discusses loneliness and calls for increased social connection

Mental Fitness Resources

- [Trusted advocates](#): Family members, fellow Wingmen, or Command Leadership can offer support
- [Family Advocacy Program \(FAP\)](#): Clinical and non-clinical services for Airmen, Space Professionals, and families impacted by violence, abuse, and neglect. Call 800-342-9647 or visit [MilitaryINSTALLATIONS](#) to contact the local FAP
- [Military and Family Life Counseling \(MFLC\) Program](#): Short-term counseling for Airmen, Space Professionals, and families. Call 800-342-9647 or contact the local MFLC
- [Military OneSource](#): 24/7 confidential help, health and wellness resources, and counseling services. Call 800-342-9647 or [chat](#) online
- [National Suicide Prevention Lifeline](#): 24/7 confidential support and prevention and crisis resources. Call 1-800-273-8255 or [chat](#) online
- [Safe Helpline](#): 24/7 confidential support to sexual assault survivors. Call 877-995-5247 or [chat](#) online
- [Disaster Distress Helpline](#): 24/7 confidential counseling support for individuals experiencing emotional distress related to natural or human-caused disasters. Call 800-985-5990 or text 66746
- [Vet Center](#): 24/7 confidential social and psychological services for service members, veterans, and families. Call 877-927-8387 or find the nearest Vet Center [here](#)

Medical Care Resources

- [Military Treatment Facility \(MTF\)](#): Medical treatment options for Airmen and Space Professionals. Programs are available to Air Reserve Component Airmen and Space Professionals when on active duty orders, approved Line of Duty, or in any emergency situation. Contact the local MTF
- [TRICARE](#): Medical care as well as regular COVID-19 updates

Apps

- [Breathe2Relax](#): Breathing exercises and skills
- [Calm](#): Meditation and sleep
- [Happify](#): Science-based activities and games to boost happiness
- [Mindfulness Coach](#): Meditation and mindfulness
- [Headspace](#): Meditation and mindfulness
- [Mood Coach](#): Enhancing mood
- [Move! Coach](#): Weight loss and management goals, including diet and exercise
- [Parenting2Go](#): Navigating parenting challenges
- [VA FitHeart](#): Leading a healthy lifestyle

Other Resources

- [Morale, Welfare and Recreation \(MWR\) Digital Library](#): Free online resources for children, teens and adults
- [Human Performance Resource Center by CHAMP](#): Achieving total fitness and optimizing performance
- [Tutor.com](#): 24/7 on-demand, free, online tutoring for service members, civilian personnel, and their families
- [MyPlate](#): Building and maintaining healthy eating habits
- [Air Force Personnel Center – Airman & Family Division](#): Family support resources
- [The New Normal Podcast](#): Information on how to thrive under COVID-19, hosted by CMSAF Kaleth O. Wright
- [Department of the Air Force Resilience](#): Resiliency resources like the Community Support Coordinator
- [Department of the Air Force Invisible Wounds Initiative](#): Resources on recovering from invisible wounds
- [Center for Traumatic Stress](#): Mental health resources
- [Air Force Telework Capabilities](#): Teleworking resources
- [Blue Grit Podcast](#): Stories of resilience and mental health

REINTEGRATION READINESS GUIDE



Use this guide to maintain readiness, promote health and safety, stay informed, and adapt to a new workplace.

How will I stay informed?

I will contact the Command team to stay informed about returning to the workplace

Command Team Contact Info:
Email: _____
Phone: _____

I will follow local and state news for community reopening guidelines

I will ...

I will ...

I will ...

How will I adapt to a new workplace?

I will use available teleworking tools like _____ and _____ to maintain operational readiness and effectiveness

I will follow installation-specific guidelines, like wearing PPE and maintaining physical distancing

I will ...

I will ...

I will ...