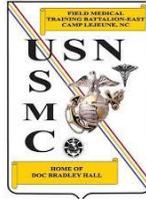


FIELD MEDICAL TRAINING BATTALION EAST COVID-19 GUIDANCE



In our effort to prevent the spread of COVID-19, all new students will be placed in “Restriction of Movement” status, also known as ROM status immediately upon their check-in and additionally the first 14 days of training, which begins October 14th, 2020. With this comes a certain set of rules which keep students, staff, and other personnel on board Camp Johnson safe.

Upon arrival, all new check-ins will report to M508 between the hours of (0700-1600). Before or after medical hours, report to the 24 hour Camp Johnson joint reception center (JRC) which is located in building M430, behind medical. FMTB-E will coordinate with MCCSSS to move all students from building M430 to M435.

“What does ROM status mean?” During this time, you will be restricted to M435 which includes the following:

- No Exchange, chow hall, fitness center, or any other facilities on board the base of Camp Johnson and Camp Lejeune
- No leaving the area of M435, which will be distinguished by white tape
- Breakfast, lunch, and dinner will be provided. During training days, breakfast and lunch will be brought to the school house, M508. During off-training hours, meals will be brought to M435. Students will come out by floors, while wearing masks and will maintain 6 feet distance from each other
- No ordering food and no food drop off.
- Trash from your rooms will be placed outside of the rooms every morning prior to stepping out to M508 for pick up
- Cleaning and disinfection will occur every day, to include “high-touch” surfaces such as light switches, door knobs, toilet seats, etc. prior to beginning the training day
- Laundry can be conducted at any time of the day, when possible, but only 6 people at a time in the laundry room
- PT after hours at the berthing will be set for certain hours, which will be coordinated with your training advisors

If you or your roommate develop any symptoms such as fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscles or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, let your primary advisor know immediately and do not leave your room at all. **If one student has any of these symptoms and is put in quarantine, then all the occupants of that room will be in quarantine as well.**

REMEMBER, the best way to avoid illness is to avoid being exposed to this virus. When traveling try to maintain social distancing, wear a face mask, wash your hands as often as possible, and monitor your health. Our philosophy at FMTB-E is based on three essential components: mission, family, and self. Keep **YOURSELF** safe during these trying times, to meet the **MISSION**, and make it home to our **FAMILIES** safe and sound.

FIELD MEDICAL TRAINING BATTALION EAST COVID-19 GUIDANCE

Items to have prior to day 1:

- **ID Card**
- **Pens/highlighters**
- **PT shorts**
- **Small notepad (fit in pocket)**
- **Water source**
 - o Hydration bladder (100 oz) (Available at the MCX on base as well as cash sales during uniform issue for \$39.00)
- **Glow belt (yellow plastic type)**
- **White or Black face mask**
- **Medical equipment (EPI pen, inhalers, etc.)**
- 4 sets Navy PT gear (if possible, buy 2 extra pairs of green Marine Corps PT shorts)
- Good pair of running shoes with white socks (no basketball shoes)
- Adequate supply of white socks for PT and brown socks for MARPAT uniform
- Orders
- Shower shoes
- 4 sets of boot bands
- Fresh hair cut
- Females:
 - o hair within Marine Corps regulations
 - o no fake nails
 - o adequate supply of feminine care products
 - o extra supply of birth control pills
- Sufficient amount of toiletry items to provide for your personal comfort during the training period
 - o Include 2 sets of towels
- no jewelry except wedding band and durable wrist watch (avoid losing items during training)
- sunscreen
- bug spray
- 1 mesh laundry bag
- head lamp with additional red light capabilities
- extra pair of glasses
- 2 combination locks (with a black face)
- 4 sets of blackened rank insignia (will wear these until given rating shield at graduation)
 - o 2 subdued cover rank insignia (LARGER and for personnel E4 and above only)
- Medical and Dental records
 - o ***Going to medical and ancillary medical support is time consuming and can take away from allotted training time. If possible, ensure having an extra supply of prescribed medication to last the 8 weeks of training.

***** BOLD ITEMS ARE REQUIRED TO HAVE ON PERSON WAKE UP MORNING*****