OSAN AIR BASE
REPUBLIC OF KOREA

"STAMPEDE!"

NEWCOMER'S GUIDE
COVID-19 EDITION

A REFERENCE GUIDE FOR ENTRY INTO THE REPUBLIC OF KOREA, OSAN AIR BASE AND UNDERSTANDING QUARANTINE

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EXPERIENCING SYMPTOMS?

For emergency services: Dial 911 (base phone)
or 063-470-0911 / +82 63-470-0911 (cellphone) or
0505-784-9111 to receive **URGENT**care
for any symptoms associated with COVID-19.

QUESTIONS?

Contact the **Osan COVID Command Center** at
DSN 784-0198 / COMM 0505-784-0198
51FW.COVID-19.CC@us.af.mil

Contact the **51st Fighter Wing Command Post** at
DSN 784-7000 / COMM 011-82-505-784-7000

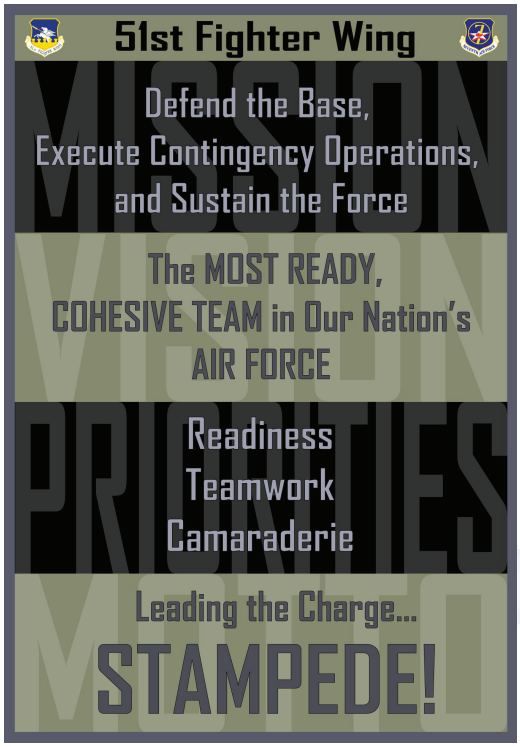
WELCOME

On behalf of the 51st Fighter Wing leadership team, it is our pleasure to welcome you to the Republic of Korea and Osan Air Base! We are excited to have you as a member of Team Osan. This will be a unique and rewarding assignment as Osan plays a critical role in ensuring safety across the Korean Peninsula.

You are arriving at an uncertain time as the world faces the threat of COVID-19, but rest assured, you are in good hands. Our team is working around the clock to ensure your arrival and quarantine process are as seamless as possible.

This guide will answer many of your questions regarding Osan's COVID-19 procedures. For all other questions regarding COVID-19, we encourage you to reach out to your sponsor or chain of command or visit Osan Air Base on Facebook. For information regarding normal in-processing, visit Osan.af.mil for the Osan Newcomer's Guide.

Team Osan is truly excited to have you as a member of our team and our family. We look forward to your safe arrival.



JOHN GONZALES, Col, USAF
COMMANDER

PRIOR TO PCS

ATTENTION

Coordinate with your gaining unit/supervision prior to your departure to confirm your arrival

- Leadership from gaining unit will reach out to the losing unit's commander, superintendent or first sergeant at least 30 days in advance (if possible).

- Unit sponsor will contact the inbound member, explain the arrival process, quarantine and ensure constant communication with inbound member.

- Losing base will forward flight itinerary to gaining unit sponsor for quarantine coordination.

- Information required from inbound member includes:

  Name & Rank
  DOD ID #
  Status (Active, Reserve, Guard,Civ)
  Command (7AF, USFK, 51FW)
  Organization, location
  Phone Number
  Personal & Official Email Addresses
  Facebook, WhatsApp, etc.
  Detailed Travel Itineraries (Flight Numbers, Times, etc.)
  Date and Estimated Time of Arrival
  Accompanied (How many dependents?)
  Pets (How many? What type?)

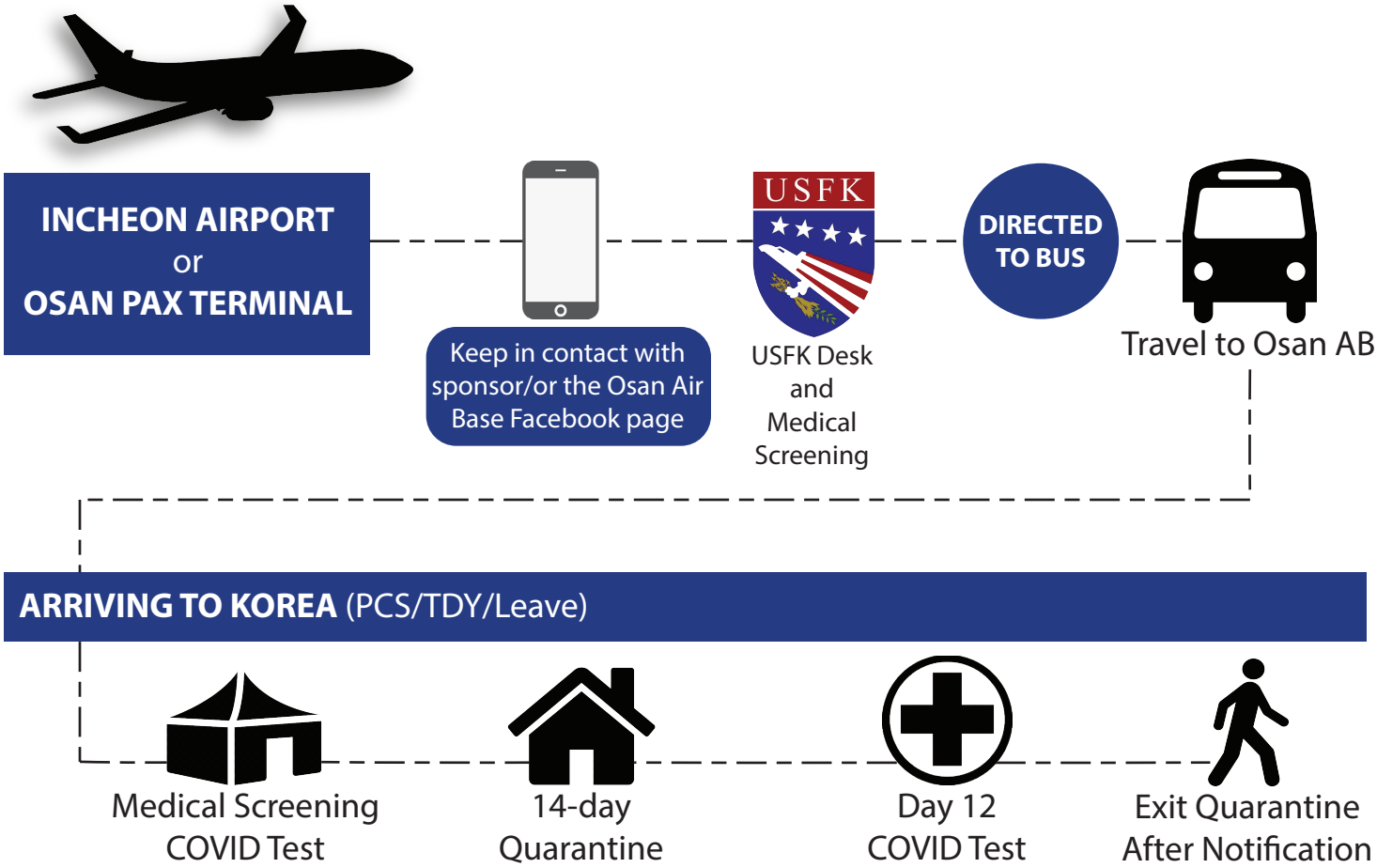
NOTES

1. *Airmen may still be required to obtain retainability for their assignment.*
2. *Leave en route is only authorized for the purpose of picking up dependents or mission essential travel. Contact your chain of command for more information.*
3. *For more information, visit myPers for detailed guidance.*

LANDING IN KOREA

ATTENTION

DO NOT TRAVEL IF EXPERIENCING SYMPTOMS
Contact your sponsor/chain of command if unable to travel



IF YOU TEST POSITIVE FOR COVID-19

Members will be moved to an appropriate isolation facility to receive care and treatment.

IMPORTANT PHONE NUMBERS

Osan COVID-19 Command Center:
DSN 784-0198 / COMM 0505-784-0198

IN-PROCESSING & SUSTAINMENT

◆ **Meals:** Members in quarantine dorms will receive instructions on how to order meals in their welcome packets when they arrive. Those in quarantine dorms are entitled to DFAC provided meals, while all others will need to coordinate through their unit sponsor.

DFAC Meal Teams will prepare box meals when ordered. ADLs and lodging augmentees will be responsible for collecting and transcribing orders, delivery, and making corrections. FSS will maintain responsibility for tracking payment.

◆ **Delivery:** Quarantined personnel are authorized to order delivery to the quarantine dorms. Any meals, groceries, parcels or other delivery to the quarantine dorms must be dropped off with the ADL at the building's front door.

◆ **Trash:** Residents will take their trash out daily. Specific instructions will be included in the welcome packet.

◆ **Laundry:** Members in quarantine may utilize laundry facilities as directed by ADLs. Only one member will be allowed in the laundry room at a time.

◆ **Recreation:** Members are authorized up to two hours of outdoor time per day. Members will wear PPE prescribed by Public Health prior to exiting their room and keep a minimum safe distance of 6 ft of seperation from all other individuals for the duration of their time outside.

◆ **Room Issues:** Residents in quarantine dorms should report room issues for tracking and maintenance.

IN-PROCESSING & SUSTAINMENT

- **Mail:** Individuals in quarantine may receive mail during their stay by following delivery procedures for distributing mail to residents.
  -Contact 51FSS.FSVP.OsanPostOffice@us.af.mil and CC the postal service Chief, Tavares Harris/tavares.harris@us.af.mil. The e-mail must list a designated individual to receive "All Mail" with an expiration date of when they can stop picking up the mail.

- **Pets:** LRS has no capability to move pets. Please have a pick-up plan to transport pets from the airport. Plan to utilize Osan Pet Lodge operated by 51 FSS. Pets will stay there as long as there is space available; reservations can be made by calling DSN: 784-4314.

  If there is space available, the CCC-19 Housing Rep will attempt to place members with pets into pet-friendly quarantine. There is no pet-friendly TLF on base after quarantine.

NOTES

For more information and updates, please refer to the information and guidance section on the Osan COVID-19 Command Center Sharepoint

SUGGESTED PACKING LIST

ATTENTION

Coordinate with your unit/supervision prior to your departure to confirm your arrival

Required	Recommended
Toothbrush	Microwaveable Dishes
Toothpaste	Laundry Detergent
Shampoo	Bottled Water
Conditioner	Games
Body Wash	Electronic Devices
Deodorant	Book/Reading Material
Towel	Toilet Paper
Blanket	Phone with International Capabilities
Sheets	
Pillow	***ANYTHING TO KEEP YOU OCCUPIED WHILE QUARANTINED FOR 14 DAYS***
Socks	
Underwear	
Comfy Clothes	
Snacks	
Feminine Hygiene Products	
Medications	
Mask	
Thermometer	

NOTES

Quarantine dorms, Turumi Lodge, and TLF have free Wi-Fi available.
Inbounds must coordinate with their sponsor to buy a Korean SIM card or WiFi in their personal dorm while in quarantine.
For connectivity in your dorm room, coordinate with your sponsor prior to arrival.
For more information, refer to the Osan COVID-19 Command Center sharepoint.

MANAGING STRESS & BUILDING RESILIENCY

STAY MENTALLY & PHYSICALLY FIT

Maintain a daily routine and keep a list of goals or tasks!
Do at home exercises to relieve stress and elevate your mood.
Play games or complete puzzles.

PRACTICE PROPER SLEEP HYGIENE

Try to keep consistent sleep and wake times to optimize sleep quality and restfulness. Create a good sleep environment, block out noise and light, and stay off of electronics before bed time.

STAY CONNECTED

Use "distant socializing" - engaging with friends, family and peers despite physical distancing precautions.

BE MINDFUL OF WHAT YOU INGEST

Both physically (food, nutrients, etc.) and mentally (news, rumors, attitudes, negative thoughts, etc.).

COVID PREVENTION AT OSAN

Osan's Core Tenets

The following applies to everyone who is a part of Team Osan, including: service members, family members, dependents, DoD and KN civilian employees, DoD retirees, contractors, and anyone with access to Osan Air Base.

Maintain Social Awareness/Distancing:
- In HPCON B: Maintain 1 meter of spacing
- In HPCON C: Maintain 2 meters of spacing
- If distancing cannot be maintained, mask wear is required.

Avoid Large Groups (>50 people)

Consistent Hand Hygiene

Cough and sneeze into elbow

Don't touch eyes, nose, mouth

Avoid hot spots (www.usfk.mil)

Stay home when sick

EVERYONE must wear a face mask or cloth covering on and off-base when social distance cannot be achieved.

REFER TO OSAN AIR BASE FACEBOOK FOR UPDATES

REMAIN VIGILANT. REMAIN HEALTHY. REMAIN READY.

Practice safe hand hygiene and practice social distancing!

BE READY TO FIGHT TONIGHT!

RESOURCES

TEAM OSAN RESOURCES

Military Family Life Counselor: 010-4639-6352
Airman & Family Readiness Center: DSN 784-5440
Mental Health: 0505-784-2147
Chaplain: (during duty hours) 0505-784-5000
(after duty hours) 0505-784-7000

IMPORTANT PHONE NUMBERS

Korean-wide Suicide Crisis Lifeline: DSN 118 / 080-8555-118
Suicide Hotline (Military/Veteran): 050-3337-4673, opt. 1
Crisis Online Chat: www.veteranscrisisline.net/get-help/chat

STAY CONNECTED, STAY INFORMED

Osan Air Base Facebook @51stFW
Osan.af.mil
U.S. Forces Korea Facebook @myUSFK
USFK.mil
Osan AB Newcomer's Guide (Osan.af.mil)
Osan Air Base App
Chaplain Whats App: +82 10 4705 0164

GENERAL DIALING INSTRUCTIONS

Korean phone: 0505-784-XXXX
US Phone: +82-0505-784-XXXX
DSN: 315-784-XXXX