



**“PROTECTING COMMUNITY”**  
**SOLDIER’S CARD - OVERSEAS**  
*Actions for Troops – COVID-19*

**A. PREPARATION FOR DEPLOYING TO MISSION AREA.**

*Prevent* (Includes Self Quarantine).

1. Restricted Movements.<sup>1</sup> For 14 days prior to deployment.
2. Medical Certification. Military Medical Officer screens and certifies prior to departure for Mission Area.
3. If you develop symptoms notify MAP/HSE.

**B. DEPLOYED OVERSEAS.** *Prevent – Isolate – Mitigate.*

1. Maintain prevention behaviours.<sup>2</sup>
2. If you develop symptoms isolate and notify MAP/Senior Irish Officer.

**C. DEPLOYING HOME AFTER OVERSEAS DUTY.**

*Prevent – Isolate – Mitigate.*

1. Restricted movements.<sup>1</sup> For 14 days following arrival home.
2. If you develop symptoms isolate and notify MAP/HSE.

**D. PERSONNEL SUPPORT SERVICE.**

1. Make sure that a line of communication between your family and home Unit Liaison Officer and your local PSS has been established and tested.
2. While deployed maintain regular contact with home.
3. If you or your family need support or information during your deployment then ASK.

<sup>1</sup> Restricted Movements.

Do not go to work, Do not use public transport, Do not have visitors at your home, Do not visit others, even if you usually care for them, Do not go to the shops or pharmacy unless absolutely necessary. Includes Self Quarantine. Stay at home or in appointed accommodation (provided by home Unit, where you are concerned about vulnerable relative/dependent).

<sup>2</sup> Prevention Behaviours.

Regularly wash hands; Cough etiquette; Avoid touching eyes, nose and mouth; Maintain social distance of 2 metres (6 feet).