

PCSing into Patrick and unsure if you need to observe a period of Restriction of Movement (ROM)?

A Restriction of Movement (ROM) is a period of time when you are isolated in your home or billeting to prevent any spread of infection as you might be infected but don't have any symptoms. You will need to coordinate with your gaining unit to help arrange food/groceries/supplies of daily living as you will be confined for 14 days.

The current ROM policy for those PCSing into Patrick is based on travel status from your losing base location. Regardless of if you are moving from OCONUS or CONUS, follow the following steps.

- 1) Review the MyPers list of world-wide bases and their current travel status (entitled *DoD and DAF Installation Travel Restriction Criteria Results* on the COVID 19 Travel Restrictions page at [https://mypers.af.mil/app/answers/detail/a\\_id/46624](https://mypers.af.mil/app/answers/detail/a_id/46624).) This list typically updates every 2-3 days. If your losing base/location is listed as red (column titled Travel Restrictions Lifted column says *no*), then you will need to undergo a Restriction of Motion (ROM) when you arrive at Patrick.
- 2) If your travel plans do not take you straight from your losing location to Patrick, please contact the 45 MDG COVID Hotline to discuss your specific travel plans (1-888-728-2873, option #5) or 45<sup>th</sup> MDG Public Health at [usaf.patrick.45sw-mdg.mbx.public-health@mail.mil](mailto:usaf.patrick.45sw-mdg.mbx.public-health@mail.mil) or DSN 854-8193.
- 3) If you have any other questions, please contact your supervisor, First Sergeant or call the COVID Hotline as listed in step 2.

[DoD Guidance for Personnel Traveling During the Coronavirus Disease 2019 Pandemic](#)