



# R.O.M. FOR REAL: Restriction of Movement Principles #R.O.M. RIGHT & READY

## WHAT IS R.O.M.?

“Restriction of Movement” by adhering to a period of physical isolation at least **14 DAYS** ahead of the mission **AVOID** close contact with others



## WHY R.O.M.?

Before upcoming **DEPLOYMENT** you must look out for your fellow shipmates and the public.



## R.O.M. RIGHT to Always be READY: Abide by the 7 DO'S

**DO** maintain physical distance (at least 6 feet) with all persons, including those undergoing the same level of restrictions.

**DO** stay at home except for duty or essential medical care.

**DO** always wear masks in the company of all other persons, including household members.

**DO** physical distance while eating; Avoid close contact with food delivery persons

**DO** your best to prevent being infected or infecting others by keeping physical distance from others and maintaining good hygiene.

*(Such as washing your hands regularly with soap and water for at least 20 seconds, avoid touching your face, avoid sick persons, etc).*

**DO** protect yourself at all times while traveling; avoid mass transit when possible.

**DO** contact command to make alternate arrangements if are not able to maintain the requirements of your ROM.

**ON AND OFF-DUTY BEHAVIOR** should protect you, your shipmates, the public and your loved ones:

Maintain Space | Cover your Face | Stay in Place | Sanitize Common Areas Often