



# ARKANSAS NATIONAL GUARD FIVE STEPS OF PREVENTING COVID-19



## MEDICAL SCREENING

Did you know? Our service members on State Active Duty are being medically screened each day to ensure everyone on our team is safe to interact with one another and with members of the public. Sharing is caring, but not this time.



## SOCIAL DISTANCING

We can still work together, but we'll have to talk loudly. We're keeping a safe distance from one another and from the people we're helping. That's what the Center for Disease Control and Prevention suggests and that's what we're doing.



## ELBOWS UP, HANDS DOWN

The Guard is one big family. We serve with our friends and our neighbors in the communities where we live. We'd love to offer a handshake or a hug, but right now we'll just say an enthusiastic "*Hi!*" with an elbow tap or a tip of the hat.



## KEEPING CLEAN

We love soap. Seriously. In basic training, we lived with 60 people in the same room. Right next to each other. There was no social distancing back then, so soap became our best friend. "*Wash your hands and don't touch your face.*" We've been following those guidelines since the day we stepped off the bus.



## WE CARE

Our team is at its best when our people are at their best. We are here for our neighbors, our community and our state. For team members who are under the weather or facing family challenges, please speak up. We've got you.

