

COVID-19 REMAINS A THREAT ALTHOUGH RESTRICTIONS MAY BE EASING

AIRMEN HAVE CONTRACTED COVID-19 AS A RESULT OF REDUCED USE OF RECOMMENDED PRECAUTIONS



STAY STRONG. Adhere to all local recommendations.

BE AWARE OF FOUR PITFALLS THAT MAY DEGRADE YOUR VIGILANCE:

OVERGENERALIZING: Applies past experience to this situation. COVID-19 is new and information continues to evolve. Apply a 'beginner's mind' as this is the first time we've faced COVID-19.



MINIMIZING: Denying the seriousness of the crisis by wrongly thinking "COVID-19 is like the flu" or "it only affects elderly people."



EMOTIONAL REASONING: Realize the threat is real and others are concerned about their health. Arm yourself with the facts: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

ENTITLEMENT is the feeling of being able to do what you want, regardless of the impact on others. To be a good Wingman is to think of others first. Social distancing, wearing of face coverings and hand washing protects Airmen, our families and communities, and the Mission.