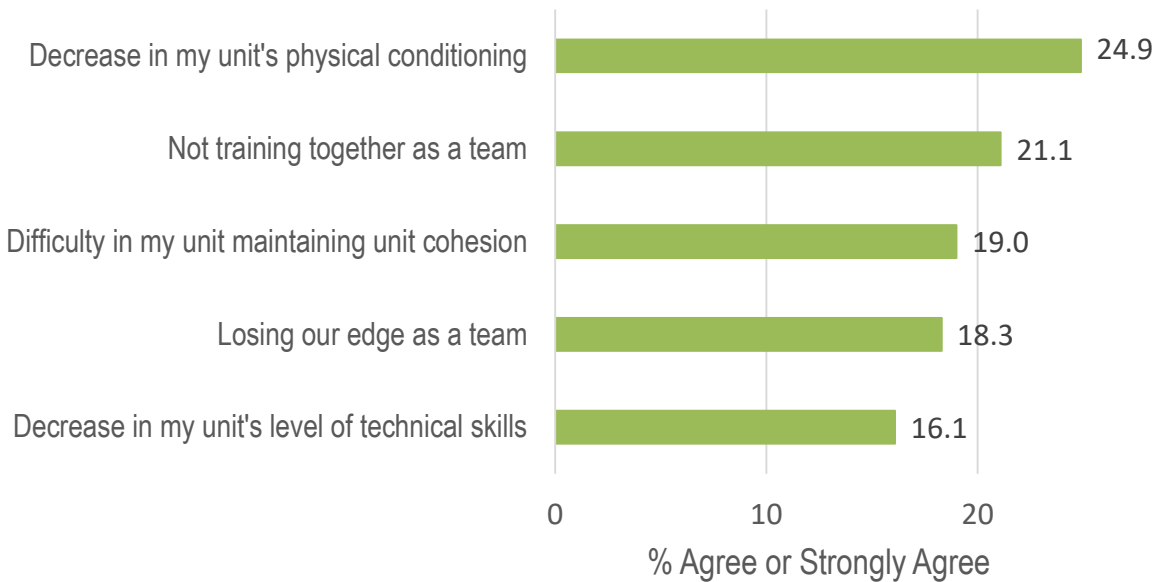


Approximately 1 in 5 Soldiers (19%) report that the COVID-19 pandemic is having a negative impact on unit readiness. Below are a number of steps that units can take to address these concerns.

### SOLDIERS SURVEYED ABOUT COVID-19

# 10,000+

More than 10,000 Soldiers completed the Behavioral Health Advisory Team-II (BHAT-II) COVID-19 survey in 2020/2021. The BHAT-II is a collaboration between the Walter Reed Army Institute of Research and the Army Public Health Center.



Soldiers are most concerned about a drop in the unit's physical conditioning and not training together as a team.

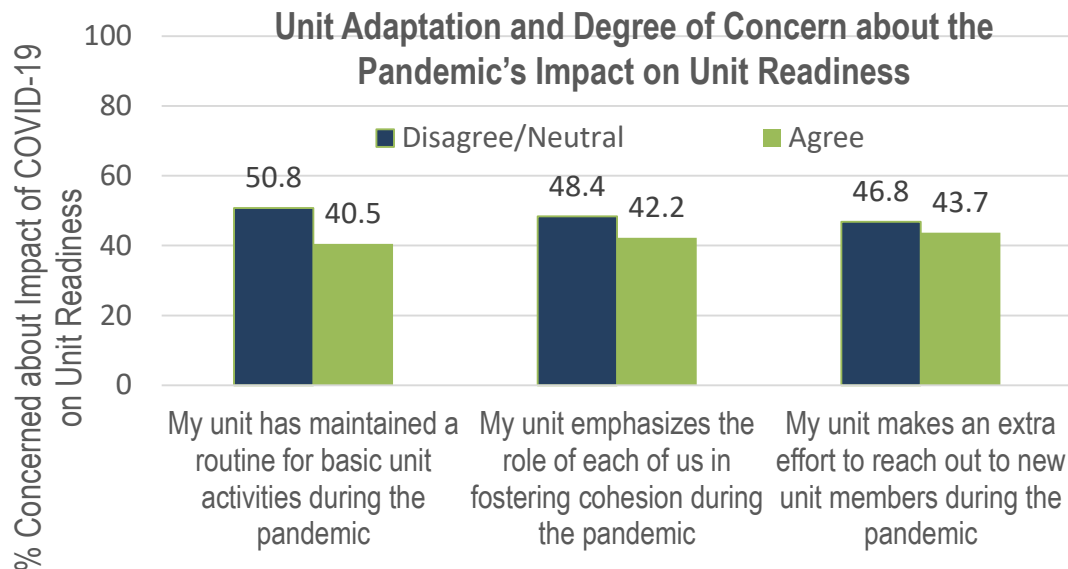
## LEADER ACTIONS TO PROMOTE UNIT READINESS DURING COVID-19

<p>Adapt as a Team</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Maintain a routine for basic activities that is adapted for the changing pandemic environment (PT, meetings, training, social events)</li> <li><input type="checkbox"/> Emphasize the role of each team member in fostering unit cohesion during the pandemic (lead by example, talk about it, reinforce it)</li> <li><input type="checkbox"/> Reach out to new unit members on a regular basis (beyond sponsorship, be there for the new Soldier, recognizing the additional hurdles that they may encounter)</li> </ul>
<p>Safeguard Readiness Activities</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Reinforce need for physical conditioning (problem-solve to come up with fun alternatives)</li> <li><input type="checkbox"/> Train as a team (or in smaller squads), leveraging technology for virtual workouts</li> </ul>

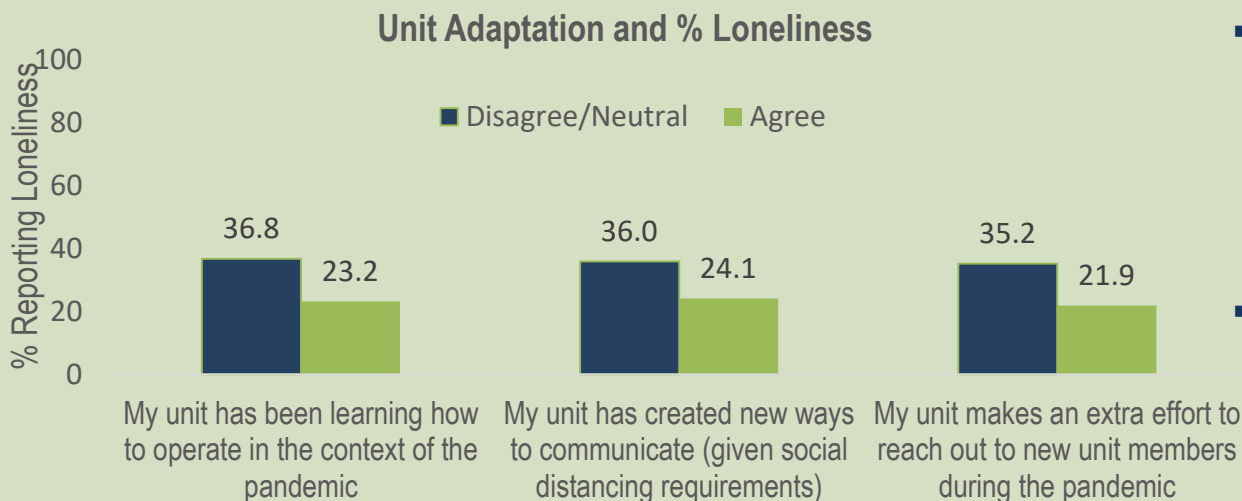
## RESULTS: UNIT ADAPTATION TO COVID-19

Soldiers who said that their units adapted to the pandemic by maintaining routine, emphasizing the role of each team member, and reaching out to new unit members were less likely to have concerns about unit readiness. **This relationship held even after accounting for general leadership ratings, COVID-19 concerns, and Soldier rank.**

p < .05



## RESULTS: UNIT ADAPTATION AND SOLDIER LONELINESS

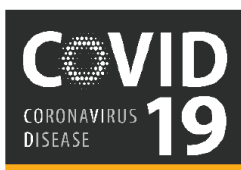


- Loneliness places Soldiers at risk of mental health, physical health, and morale problems.
- Units that adapt to the pandemic have 12-13% fewer Soldiers report loneliness.

p < .05, controlling for general leadership, COVID-19 concerns, and Soldier rank

## MAINTAINING UNIT READINESS

These results suggest that to maintain readiness and cohesion during the pandemic, units need to adapt their methods of working together. Adapting can help strengthen teams and promote the sense of connection that Soldiers forge with their units.



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>  
<https://www.coronavirus.gov>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1  
 or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health



**Public Health**  
Prevent. Promote. Protect.

**Army Public Health**

The Army COVID-19 Information Hotline:

1-800-984-8523  
 Overseas DSN 312-421-370  
 Stateside DSN 421-3700