

Frequently Asked Questions  
on Rest and Recuperation (R and R) during N

3% Question, . )at i& travel to t)e designated R and R destination is not possi/le-

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4% Question, . )ere can I travel &or \$y R and R-

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5% Question, Can I voluntarily delay \$y R and R due to COVID !" travel restrictions-

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"% Question, . )at )appens i& I voluntarily delay \$y R and R-

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!+% Question, . )at )appens i& I proceed on R and R to t)e designated R and R destination and I a\$ una/le to travel /ack to \$y duty station-

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