

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 36: October 22, 2020

STATUS UPDATE

Data trends in the greater Pacific Northwest and nationally show varying rates of COVID-19 infections, however, those trends also indicate the onset of what government and health officials are calling a “fall surge” in positive infection cases. Some Western Washington communities (King, Pierce, and Snohomish Counties) show increased rates while others show stable trends. New people continue to test positive for COVID-19 each day in most places. Northwest Navy installations remain stable at the current Health Protection Condition Bravo (B), but in an effort to stay ahead of a “fall surge,” some stricter protective measures are being implemented.

Washington (WA) Dept. of Health, as of October 20, reported 99,874 cases and 2,286 deaths. Visit www.doh.wa.gov/emergencies/coronavirus for the latest WA data.

Dept. of the Navy, as of October 21 reported 1,784 confirmed active cases among military, civilians, family members and contractors. Visit <https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/> or the Navy’s latest report.

Northwest Navy Installation Commanding Officers (COs) continue assessing their local operating environment and make decisions to mitigate risk to the health and safety of Navy personnel and to the Navy’s ability to continue performing mission essential operations. While installation COs have opened some services and facilities as conditions allow, they are also prepared to increase health protection measures again should the conditions require such actions. Northwest Navy Family members should monitor installation websites and social media pages for the latest base-specific updates on services and activities.

Some of the Navy’s measures may be different than those in neighboring communities. It is essential that all personnel take personal responsibility to continue limiting the spread of the disease. Everyone must maintain vigilance in their individual protective behaviors both on and off base, including maintaining physical distancing, using face coverings, maintaining good hygiene, conducting medical screening and regular cleaning and disinfecting frequently-touched surfaces.

Update #36 includes the following:

1. Health protection measures and behaviors remaining in place
2. CDC recommendations and ideas for COVID-19-safe Halloween activities
3. Holiday season travel planning resources
4. CDC practical tips and web links to reference sites

1. The region and nation remain in a COVID-19 operating environment even though installations have reopened certain facilities and services in alignment with DoD and Navy guidance, and communities have reopened certain businesses off base. Because the risk of the virus spreading remains present, and some government and health officials are warning of a “fall surge” in cases, Northwest Navy commands and personnel must continue to practice the following health protection measures:

- Personnel must maintain physical distancing of at least six feet and gatherings will be limited to no more than five people. Commands are encouraged to continue using virtual meeting options instead of in-person meetings when possible.
- Personnel must wear cloth face coverings on Navy property when physical distancing of at least six feet is not possible. Cloth face coverings should be in alignment with NAVADMINs 100/20 and 194/20 and CDC guidelines, and face coverings should:
 - ✓ Fit snugly, but comfortably, against the side of the face.
 - ✓ Be from nose to chin. Full-face coverings (like ski masks) are not authorized.
 - ✓ Be secured with ties or ear loops.
 - ✓ Include multiple layers of fabric if material is cloth.
 - ✓ Allow for breathing without restriction.
 - ✓ If reusable, be able to be laundered and machine dried without damage or change to its shape.
 - ✓ Not interfere with wearing eyeglasses or cause them to fog.
 - ✓ When in uniform, only plain neutral colors – black, brown, tan, white, grey, green or blue – can be worn. No words, logos, symbols, prints or patterns are authorized. The only exception is a camouflage pattern that matches the Navy’s existing camouflage pattern uniforms.
- Personnel and commands must maintain strict good hygiene measures such as refraining from handshaking, regularly and thoroughly washing hands, and regular cleaning and disinfecting of frequently touched surfaces.
- Personnel should continue minimizing non-essential travel.
- Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings.
- Commands should continue coordinating with contractors, vendors and delivery services to ensure their personnel are properly screened and do not perform services while sick or symptomatic.
- Personnel should continue to stay home if they are feeling ill, self-isolate as best possible and notify their supervisor. Personnel requiring medical attention should call their medical care provider. Commands should ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and DoD guidance.
- Commands should continue maximizing telework options where practicable.
- Installations continue to use no-touch ID scanning at all entry control points. Personnel are required to present both sides of their ID/credential for screening by a guard.
- Installation visitor control centers (VCC) continue screening all personnel seeking installation access using the most current COVID-19 health questionnaire, which can be found at the bottom of this update. VCCs continue the use of electronic means to the maximum extent possible to grant installation access and discontinued waiting room use when physical distancing cannot be maintained.
- Navy Exchanges and Commissaries will continue to implement procedures to promote physical distancing within stores and require face coverings for employees and patrons.
- Navy personnel – military and civilian – are authorized to utilize off-installation fitness centers, restaurants, barber shops and salons, personal and professional services, and places of worship as long as they follow the recommended public health and safety measures we have been practicing

such as maintaining physical distancing and wearing face coverings. Personnel should continue monitoring local installation web sites and social media pages because installation commanding officers may implement stricter restrictions based on the local COVID-19 environment in order to minimize risk to personnel and the greater Navy Family.

2. According to the Center for Disease Control and Prevention (CDC), celebrating Halloween will likely need to be different this fall to prevent the spread of the virus that causes COVID-19. Officials suggest people avoid activities that are higher risk for spread and should consider fun alternatives that pose lower risk of contracting or spreading the virus that causes COVID-19.

First and foremost, if you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

Listed on the CDC website are several safer, alternative ways to participate in Halloween. Alternative Halloween celebration activities are listed in three different categories: low risk, moderate risk, and higher risk activities. A few activities suggested from each category include:

- Low risk:
 - Carving or decorating pumpkins with members of your household and displaying them
 - Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
 - Having a virtual Halloween costume contest

- Moderate risk:
 - Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart
 - Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
 - Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing.

- Higher risk: CDC recommends avoiding these activities to help prevent the spread of COVID-19.
 - Participating in traditional trick-or-treating where treats are handed to children who go door to door
 - Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
 - Attending crowded costume parties held indoors

The complete list of activities are listed on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>

Navy personnel and families can also check installation Fleet and Family Readiness (FFR) facilities to have some holiday-related fun while staying safe. There are FFR resources and activities celebrating Halloween with COVID-preventative measures in place. Note that FFR Halloween events may not actually be on Halloween, but a week or so before.

Details can be found online at:

Naval Base Kitsap:

<https://kitsap.navylifepnw.com/magazine>

<https://www.facebook.com/events/425710138411039>

Naval Air Station Whidbey Island:

<https://whidbey.navylifepnw.com/magazine>

<https://www.facebook.com/events/1053336008415983/>

Naval Station Everett:

<https://everett.navylifepnw.com/magazine>

3. As the holiday travel season approaches, and permanent change of station moves (PCS) continue, all personnel are reminded the nation is still in a COVID-19 environment. All personnel should continue to follow federal, state and local (including host nation) direction for health and hygiene measures, as well as direction from their chain of command, including maximizing telework and practicing physical distancing.

A Navy Region Northwest Travel Planner tool is available to assist Navy personnel in planning any travel across Washington State, which can be found online at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>.

For personnel considering or already planning travel outside of Washington State, the Dept. of the Navy continues to update the Navy Travel Tracker that displays both state status (factor 1) and DoD Installation status (factor 2). The website is updated frequently (at least weekly) and can be found at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>.

In June, Chief of Naval Personnel developed factsheets to help simplify the information contained within NAVADMINs 168/20 and 169/20, which address conditions-based movement and resumption of PCS moves. Both NAVADMINs and Dept. of Defense guidance can be found online:

- NAVADMIN 168/20 Factsheet: https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/Conditions_Based_Movement_Fact_Sheet_QA.pdf

- Full NAVADMIN 168/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20168.txt> .

- NAVADMIN 169/20 Factsheet: https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/PCS_Restart_Full_rollout_Fact_Sheet_QA.pdf.

- Full NAVADMIN 169/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20169.txt>

PRACTICAL TIPS

There are simple things the CDC recommends people continue to do to reduce risk of infection and prevent the spread of COVID-19. These include:

- Wash your hands often with soap and water for 20 seconds; use sanitizer containing at least 60% alcohol.

- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with sick people; maintain physical distance of at least six feet outside of your home.
- Do not gather in groups and do not go out in public if you are sick, unless seeking medical attention.
- Cover coughs and sneezes, and discard used tissues in the trash and wash your hands immediately after.
- Cover your mouth and nose with a cloth face covering when around others.
- Clean and disinfect frequently touched surfaces at least daily.

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC How to Wear and Make Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC cleaning & disinfecting recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- Military Health System: <http://health.mil>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadvice.com
- Tricare Coronavirus FAQs: www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs
- Washington State Dept. of Health COVID-19 site: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Washington State Department of Health novel coronavirus call center: 1-800-525-0127 and press #
- Naval Air Station Whidbey Island Facebook page and website: <https://www.facebook.com/NASWhidbeyIsland/>
https://www.cnic.navy.mil/regions/cnrnw/installations/nas_whidbey_island/about/faqs.html
NavyLife NAS Whidbey Island Facebook page: <https://www.facebook.com/WhidbeyFFR/>
- Naval Base Kitsap Facebook page: <https://www.facebook.com/kitsapnavy/>
NavyLife Naval Base Kitsap Facebook page: <https://www.facebook.com/KitsapFFR/>
- Naval Station Everett Facebook page: <https://www.facebook.com/NavalStationEverett/>
NavyLife Naval Station Everett Facebook page: <https://www.facebook.com/EverettFFR/>
- Navy Region Northwest Fleet and Family Readiness Program: <https://www.navylifepnw.com/>
- US Navy COVID-19 Leaders' Handbook: <https://allhands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook>.
- Navy Region Northwest Travel Planner Map: <https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>

NAVY REGION NORTHWEST EMPLOYEES

Our work continues with health and safety protective measures in place. Unless you are told otherwise by your supervisor, please continue with your same actions including teleworking when possible or returning directly home from work and maintaining physical distancing and wearing of face coverings. Please discuss with your supervisor if you need clarification on your work situation.

Personnel required to physically report to work are to conduct self-screening using the questionnaire below and report to their supervisor prior to entering the base and reporting to work. Employees working from home

are asked to also continue to monitor their own health for any signs of illness and keep their supervisor informed if their status changes. If you are sick, you should stay home, try to distance from others in your household as best you can, and contact your health care provider as needed.

INSTALLATIONS AND COMMANDS

Northwest Navy Installations and Commands will continue to communicate additional, specific guidance and efforts with their people through their respective communication channels.

FUTURE UPDATES

Monitor news resources and public health updates regularly to stay informed. Navy Region Northwest will continue to provide weekly (or more frequently as needed) Navy-specific updates for the Navy family at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>. This Northwest Navy information “hub” will include status updates, handy information flyers for printing and posting, and links to additional information and resources from our public health partners.

ENCLOSURE: UPDATED NAVY REGION NORTHWEST COVID-19 SCREENING QUESTIONNAIRE

Navy Region Northwest COVID-19 Screening Questionnaire (version 2020.08.13)

1. **IN THE PAST 24 HOURS**, have you had any of the following symptoms? YES NO
- a. Fever
 - b. Cough (not due to allergies)
 - c. Sore Throat
 - d. Shortness of Breath
 - e. Loss of smell or taste

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Follow CDC/OSD Guidance.** *Entry denied

2. Have you had **CLOSE PERSONAL CONTACT**, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)
- a. Within 6 feet for prolonged period of time (> 15 minutes) YES NO
 - b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.)

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival) **Quarantine may be required.** *Entry denied

3. Have you **traveled to or had close contact with anyone who traveled** to areas identified with **high infection rates** in the past 14 days (see note 1)? YES NO
(>50 cases / 100K population over last 7 days)

If "YES", uniformed/GS/Contractor personnel contact supervisor/employer and follow CDC/OSD Guidance. ROM may be required.

4. **TEMPERATURE CHECK.** Is temperature above 100°F (37.8°C)? (due to close proximity, screeners should wear mask or cloth face covering as directed): YES NO

If No, screening complete. Access granted.

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Quarantine/ROM may be required.** *Entry denied

¹Visitor Control Centers will utilize questions 1, 2, and 4 only for customers requesting access to the Installation. Commands approving travel are responsible for determining if ROM may be required. The following websites provide guidance for determining risk associated with travel.

DoN Travel Tracker:

<https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>

NRNW Travel Planner:

<https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>

DHS Early Indicators Daily State and County Status:

<https://esportal.med.navy.mil/sites/NHBrem/CS/PopHealth/MISC/NPH/PUBHLTH/PHAP/COVID-19/RTG/SitePages/Home.aspx>

CDC County Map:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>