

# // Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 20: June 29, 2020

## STATUS UPDATE

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Navy Region Northwest began the reconstitution of certain non-mission critical services and facilities on June 16. Each Northwest Navy Installation Commanding Officer continues to assess their local operating environment, address concerns, and open services and facilities as conditions allow. Northwest Navy Commands continue to take a conditions-based, phased approach in day-to-day operations to ensure the health and safety of Sailors, civilians and contractors and their families. Northwest Navy Family members should monitor installation websites and social media pages for the latest base-specific updates on services and activities.

Despite the reconstitution of some services, all personnel must remain vigilant in their health protection measures both on base and off base. Because of the Navy's mission, some of the Navy's measures may remain more stringent than those out in neighboring communities. The Navy needs to maintain the ability to get units underway, often on short notice. It is essential that every person takes personal responsibility to continue limiting the spread of the disease. Asymptomatic spread is a reality and one misstep opens an opportunity for another attack from the virus. All personnel must remain vigilant in executing force health protection guidance and hold ourselves -- and each other -- accountable for our actions.

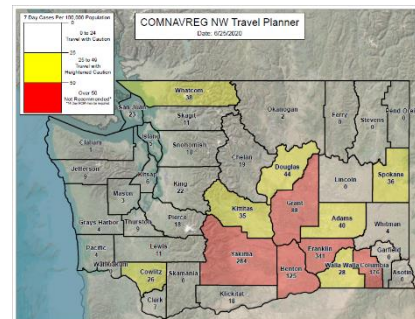
While Washington State (WA) and other Northwest municipalities continue systematically restarting some activities and reopening certain business and recreation facilities, the region remains in a COVID-19 environment. WA Dept. of Health reported 31,752 cases and 1,310 deaths as of 11:59 p.m. on June 27 and the Dept. of the Navy reported 750 confirmed active cases June 24 among military, civilians, family members and contractors. For the latest WA DoH situational report, visit [www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus), and for the Navy's latest report, visit <https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/>.

Because new positive COVID-19 cases continue to rise in some areas within the Northwest Region, Navy personnel must maintain practices that reduce risks of spreading the virus. Even as things gradually improve, everyone must stay focused on continuing mission essential operations and maintain the practices that have helped the Navy be successful so far in preventing a spike in disease. This includes physical distancing, using face coverings, good hygiene, medical screening and regular cleaning and disinfecting of frequently-touched surfaces.

Update #20 includes the following:

1. NRNW Travel Planner Map: New Tool For Making Informed Travel Decisions
2. Navy Outlines Conditions-Based Phased Approach to Travel, Personnel Movements
3. Northwest Navy Installations Continue Reconstitution of Services, Reopening Facilities
4. CDC Cloth Face Covering Care and Cleaning Recommendations
5. Reminder: Washington State Mandates Face Coverings in Public Settings
6. Health Protection Measures & Behaviors Remaining in Place
7. CDC Practical Tips and Web links to reference sites

**1.** Navy Region Northwest has developed a travel planning tool to help area commands and personnel make informed decisions for leave, liberty or other travel within Washington state. Summer has arrived, which might normally mean vacations and road trips, but because of the ongoing COVID-19 pandemic, all personnel need to be mindful of the situation in their communities and continue minimizing non-essential travel. This planning tool, which can be found online at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>, will be updated once a week on the website. Since every browser and device is slightly different, those who have a difficult time viewing the image of the map on the website can scroll to the very bottom of that webpage and download the PDF version of the NRNW Travel Planner tool.



Using data from public health resources, the tool is formatted as a map and displays the increase in confirmed positive COVID-19 cases in each county over the last seven days. The color-coded map highlights areas of increased health risk that will help commands, military service members, civilians and military families make decisions on any upcoming leave, travel or other actions.

For travel planning outside of Washington state, all personnel should utilize the Dept. of the Navy's COVID-19 Travel Tracker on the MyNavy Portal at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker>. Another good resource is the Centers for Disease Control and Prevention webpage that provides a map displaying data on positive cases and deaths by county, which can be found at <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>.

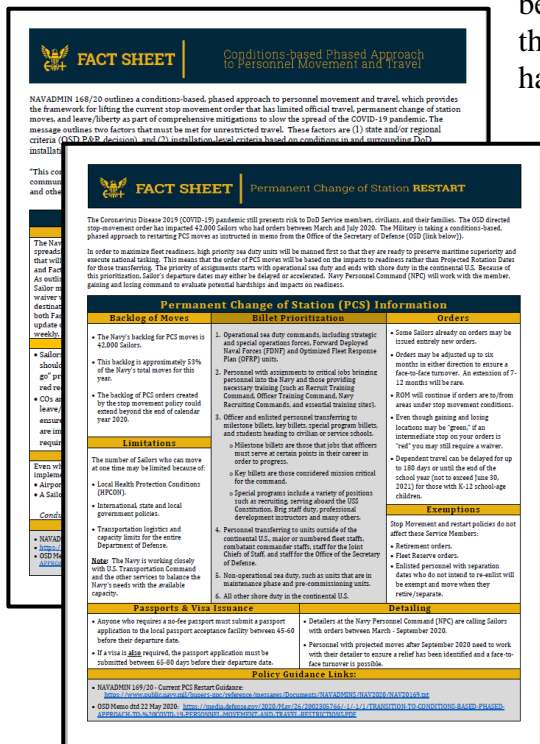
**2.** The Navy released two NAVADMINs to help provide additional guidance as the Navy transitioned to a conditions-based, phased approach to lifting travel restrictions and resuming permanent change of station (PCS) moves.

Specifically, NAVADMIN 168/20 provides information related to the current conditions-based, phased approach to personnel movement and travel. It also provides the framework for lifting the current stop movement order that limits official travel, permanent change of station moves and leave or liberty outside the local commuting area as part of comprehensive measures to slow the spread of COVID-19. For Dept. of the Navy (DON) civilian travel, DON will promulgate guidance separately.

Certain conditions must be met in order to resume unrestricted travel. Those conditions rest on two overarching Factors: (1) state and/or regional (to include host nation) criteria and (2) installation-level criteria based on conditions in and surrounding DoD installations, facilities, and locations. Waivers to travel restrictions may be granted in writing in cases where the travel is: 1) Determined to be mission-essential, 2) Necessary for humanitarian reasons, or 3) Warranted due to extreme hardship.

In order for Navy Service Members to execute the direction of this NAVADMIN, an extract of that information is posted via MyNavy Portal at <https://www.mnp.navy.mil/group/don-covid-19-travel-tracker> and will be updated weekly. On the spreadsheet, green indicates that travel to/from that location is authorized and red indicates that travel to/from that location is not authorized. Red locations require a waiver.

NAVADMIN 169/20 provides information related to the order of PCS moves being based on the impacts to readiness and priority of assignment. There continues to be a backlog of PCS moves due to impacts from the COVID-19 stop movement policy. As PCS moves resume, the order of moves will be based on impacts to readiness rather than projected rotation dates. The priority of assignments starts with operational sea duty and ends with shore duty in the continental U.S. Because of this prioritization, Sailors' departure dates may either be delayed or accelerated. Navy Personnel Command will work with the Sailor, and the gaining and losing commands to evaluate potential hardships and impacts on readiness.



Personnel should discuss travel and PCS requirements with their chains of command. Sailors with specific questions about orders can also contact the MyNavy Career Center at 833-330-6622 or askmnc@navy.mil.

**Reminder:** Regardless of whether an installation has decreased some of their health protection measures or some travel and PCS moves have resumed, all personnel must remember that the nation is still in a COVID-19 environment. Whether on or off Navy property, 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 observing “stay at home” orders if in effect, maximizing telework and practicing physical distancing.

Chief of Naval Personnel developed factsheets to help simplify the information contained within both NAVADMINs, which can be found online:

NAVADMIN 168/20: [https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/Conditions Based Movement Fact Sheet QA.pdf](https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/Conditions%20Based%20Movement%20Fact%20Sheet%20QA.pdf)

NAVADMIN 169/20: [https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/PCS Restart Full rollout Fact Sheet QA.pdf](https://www.public.navy.mil/bupers-npc/organization/npc/publicaffairs/news/Documents/PCS%20Restart%20Full%20rollout%20Fact%20Sheet%20QA.pdf).

Full Dept. of Defense and Dept. of Navy guidance for lifting travel restrictions under COVID-19 as conditions allow can be found at <https://www.defense.gov/Newsroom/Releases/Release/Article/2198014/update-to-personnel-movement-and-travel-restrictions/> and the Navy's NAVADMIN 168/20 at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2020/NAV20168.txt>.

**3.** Northwest Navy installations continue executing their phased reconstitution plans following approval from U.S. Fleet Forces Command June 16. Installations are authorized to begin restoring services with appropriate mitigations. Adjustments will be done at each Installation Commanding Officer's discretion so each installation can begin to reconstitute certain services while ensuring the safety and health of personnel. Adjustments made to health protection condition levels are conditions-based and not time-based, so each installation may adjust their measures slightly differently depending on their unique situation.

Some of the changes personnel may expect to see region-wide include:

- Morale, Welfare and Recreation Programs, Food Services, Navy Getaway Lodging, Navy Gateway Inns and Suites, and Fleet and Family Service Centers will begin providing limited services.

- Religious programs and chapels may begin offering limited services. Regular and crisis counseling remain available through virtual means and one-on-one crisis counseling available as necessary.
- Barber shops and hair salons are authorized to open with mitigations. Patrons are strongly encouraged to contact the barber shop or salon regarding service hours and mitigations.
- Navy personnel – military and civilian – are authorized to utilize off-installation fitness centers, restaurants, barber shops and salons, personal and professional services as long as they follow the recommended public health and safety measures we have been practicing such as wearing face coverings. Personnel should exercise caution to minimize risk to themselves and the greater Navy Family.

Installations will be announcing specific reconstitution actions and changes as they begin to reopen certain facilities and re-start certain non-mission critical services. Personnel should continue to monitor Northwest Navy installations' social media pages and/or websites to learn the most up-to-date base-specific changes.

*Naval Air Station Whidbey Island:*

Facebook page: <https://www.facebook.com/NASWhidbeyIsland/>

Website: [https://www.cnic.navy.mil/regions/cnrnw/installations/nas\\_whidbey\\_island/about/faqs.html](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:*

Website: <https://www.navylifepnw.com/>

Personnel unsure of how these changes will affect their work schedule or duty location and procedures should contact their supervisor and work through their chain of command for clarification.

**4.** Centers for Disease Control and Prevention (CDC) provided the following recommendation and procedure for the care and cleaning of reusable cloth face coverings on their website:

Cloth face coverings should be washed after each daily use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

**Face Covering Removal:**

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or wash by hand

Note: Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

**Face Covering Sanitation:**

- Washing Machine:
  - You can include your face covering with your regular laundry.

- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.
- Hand Washing:
  - Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or
    - 4 teaspoons household bleach per quart of room temperature water
  - Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
  - Soak the face covering in the bleach solution for 5 minutes.
  - Rinse thoroughly with cool or room temperature water.

### **Completely Dry Cloth Face Covering:**

- Dryer: Use the highest heat setting and leave in the dryer until completely dry.
- Air dry: Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

You can read the full details and recommendations on face covering from the CDC at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

**5.** As COVID-19 continues to spread in WA state, WA Governor and the WA Secretary of Health announced on June 23 that cloth face coverings are required to be worn when in public. Based on the guidance established by WA Dept. of Health, people must wear a face covering in indoor public settings like the grocery store, pharmacy or hardware store. People should also wear a face covering outdoors if six feet of separation from other persons cannot be maintained at all times. The Centers for Disease Control and Prevention also continues to recommend the wearing of face coverings to help the wearer prevent the spread of COVID-19 to others.

This new state-level mandate does not change the Navy's existing requirement for all personnel to wear a face covering on Navy property when unable to maintain at least six feet of distance from others at all times. Navy personnel should also already be following public health guidelines that remain in place, which include the wearing of face coverings and physical distancing.

Read guidance from the WA Dept. of Health regarding the latest face covering requirement at <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ClothFacemasks.pdf>. Find WA Governor's face covering requirement announcement at <https://medium.com/@WAStateGov/inslee-announces-statewide-mask-mandate-812c9ba7a92>.

**6.** Although installations are beginning to reopen certain facilities and services in alignment with Dept. of Defense and Dept. of Navy guidance, the region and nation are still operating in a COVID-19 environment. Northwest Navy commands and personnel will 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 10 people. Commands are encouraged to continue using virtual meeting options instead of in-person meetings when possible.

- Personnel must wear cloth face coverings on base when physical distancing is not possible.
  - Face coverings need to be conservative in appearance and not offensive, as well as meet the following CDC guidance:
    - ✓ 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.
    - ✓ Preferably, 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.
- Information on how to produce face coverings at home can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- 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 Dept. of Defense 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.

## **PRACTICAL TIPS**

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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 6 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

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- 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](http://www.mhsnurseadvice.com)
- Tricare Coronavirus FAQs: [www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs](http://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](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/>

## 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.cnic.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.



**CUSFF/NAVNORTH COVID-19 Screening Questionnaire**  
(V2020.04.18)

<b>1. IN THE PAST 24 HOURS, have you had any of the following symptoms?</b>	<b>YES</b>	<b>NO</b>
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, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, 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 Guidance. <sup>1</sup> *Entry denied		
<b>2. Have you TRAVELED INTERNATIONALLY in the past 14 days?</b>	<b>YES</b>	<b>NO</b>
If "YES", LEAVE/DO NOT ENTER the workplace.	<u>Uniformed personnel:</u> Complete 14 days of ROM. <sup>2</sup> *Entry denied <u>GS/contractor:</u> DO NOT ENTER workplace for 14 days and inform supervisor/employer. <sup>2</sup> Follow CDC Guidance. <sup>3</sup> *Entry denied	
<b>3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your authorized local travel radius in the past 14 days?</b>	<b>YES</b>	<b>NO</b>
If "YES", LEAVE/DO NOT ENTER the workplace.	<u>Uniformed personnel/GS/contractor:</u> DO NOT ENTER workplace and contact supervisor/employer for additional guidance. <sup>2</sup> Refer to NMCPHC assessment of state/county specific risk (CAC required). <sup>4</sup>	
<b>4. Have you had CLOSE PERSONAL CONTACT, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)</b>	<b>YES</b>	<b>NO</b>
a. Within 6 feet for prolonged period of time b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.)		
If "YES", LEAVE/DO NOT ENTER the workplace. 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) for quarantine determination. *Entry denied		
<b>5. TEMPERATURE CHECK (due to close proximity, screeners should wear cloth face covering or other mask as available):</b>		
a. If temperature is <u>less</u> than 100°F (37.8°C), allow access. Screening is complete.		
b. If temperature is equal to or <u>higher</u> than 100°F (37.8°C), LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put a clean mask on when one is available, and contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. <sup>1</sup> *Entry denied		

ROM: Restriction of Movement  
<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>  
<sup>2</sup> OSD Memo Force Health Protection Guidance Supplemental 8 (13 Apr20)  
<sup>3</sup> <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>  
<sup>4</sup> <https://esportal.med.navy.mil/sites/nmcpbc/pps/COVID19/COVID19%20State%20Surveillance%20Medical%20Intel.pdf>