

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 4: March 17, 2020

STATUS UPDATE

As you may have heard, President Trump declared the coronavirus pandemic a national emergency on March 13. Closer to home, the number of positive COVID-19 cases continues to rise throughout the Puget Sound area of Washington State (WA) as well as in other states within the Navy's Northwest Region. In WA, more than 12,000 people have been tested with 11,582 confirmed negative, 904 confirmed positive results and 48 deaths, as of 3:45 p.m. March 16. While King and Snohomish counties in Western WA still have the highest number of reported confirmed cases, the virus is present in all other counties in WA. WA State Dept. of Health website lists the most current information (www.doh.wa.gov/emergencies/coronavirus).

This continued rise in cases throughout the Puget Sound area as well as in other states within our region poses increasing risk to our Northwest Navy Family. The Navy's first Northwest-based Sailor to test positive was confirmed March 16. Measures have been taken to prevent the further spread of the virus to others in that Sailor's command. Read more at: www.navy.mil/submit/display.asp?story_id=112378.

The health and well-being of our personnel and their families remains our top priority so Northwest Navy Commands continue to make adjustments in day-to-day operations to help protect the Fleet, our Sailors, civilians and contractors and their families, as well as prevent the further spread of the virus. These adjustments were made in alignment with federal guidance and WA State Governor direction, and include the following, which are in effect until further notice:

- Dine-in restaurants and bars on base are closed with the following exception: Galleys and Navy food services will be carry-out and/or drive-through. There may be some galley exceptions where social distancing can be accommodated. On-base contractors (Wendy's, Burger King, Subway, Starbucks, etc.) will likely follow suit; installation and MWR websites and Facebook pages will be updated with the most current information available concerning services.
- Installations have cancelled events and closed certain facilities such as gyms, base theaters, recreation centers, chapels and schools. Certain shops such as Navy Exchanges and Commissaries remain open. Stay tuned to installation Facebook pages to learn more about what may be changing on any particular installation.
- In alignment with Dept. of Defense guidance, the Navy is in a 60-day hold pattern for non-mission essential travel, which includes permanent change of station orders, temporary and training duty as well as personal leave and liberty within the continental United States and select areas overseas. Exceptions can be made and those with questions should discuss with their chain of command or their detailer. NAVADMIN 064/20 and NAVADMIN 065/20 can be found online (NAVADMIN 064/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20064.txt>) (NAVADMIN 065/20: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20065.txt>)
- Commands have initiated contingency procedures and alternative work schedules to maintain operational readiness but slow the spread of COVID-19 and minimize the number of potential cases that would need immediate medical treatment. These plans include options such as telework or

limiting the number of personnel physically present at work. Servicemembers, civilians and contractors should follow the directions given by their supervisors for their respective commands/organizations.



U.S. Navy photo by MC2 Ian Kinkead

- Personnel physically present for work should actively participate in social distancing and regular cleaning of spaces and following CDC's recommended actions to prevent the spread of the virus.
- Personnel should always make sure their information is accurate in the Navy Family Accountability and Assessment System (NFAAS). Accurate contact information is required to facilitate a quick and accurate muster of personnel in affected areas in disaster/emergency situations if one is needed. Visit the NFAAS site to review and update or validate information: <https://navyfamily.navy.mil>.

- For servicemembers in need of resources during a trying time like this, the Navy-Marine Corps Relief Society is standing by to support. Visit NMCRS online at <https://www.nmcrs.org/> for information.

America depends upon us to help provide security and stability to this nation, and that's exactly what we will continue to do. Every member of our Northwest Navy Family is asked to continue following CDC guidance and do their part as best they can to help slow the spread of the virus.

Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRNW is postured to implement additional measures as needed in alignment with Dept. of Defense guidance and in coordination with state and local partners should there be an increase in risk to the Fleet, Fighter and Family.

PRACTICAL TIPS

There are simple things the CDC recommends people do to reduce risk of infection and prevent the spread of COVID-19, which are similar to routine flu and other upper respiratory illness prevention measures.

- **Clean** your hands – Use soap and water for 20 seconds; use hand sanitizer with minimum 60% alcohol.
- **Cover** your cough or sneeze – Use your arm or tissue. Immediately throw used tissue in the trash.
- **Confine** yourself at home when sick until advised by your healthcare provider.
- **Crowd** avoidance – Use discretion when traveling to impacted areas, urban areas, or large gatherings.

Avoid touching your eyes, nose, and mouth with unwashed hands; avoid close contact with people who are sick; and regularly clean and disinfect frequently-touched objects and surfaces.

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.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>
- CDC Guidance for Travelers: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Military Health System: <http://health.mil>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadvice.com
- 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 #

NAVY REGION NORTHWEST EMPLOYEES

Along with following the practical tips above, supervisors and employees should be prepared to deal with this matter as they would when seasonal flu risks hit the workplace. Follow your command's normal sick call procedures. Those who are sick should stay home and see their health care provider as needed. To take care of yourself or a family member, leave authorization should follow normal timekeeping policy and processes.

On March 16, Navy Region Northwest initiated its phased continuity of operations plan to maintain required mission capabilities while protecting the workforce from potential exposure. Where applicable and eligible, situational telework agreements should be reviewed and considered as needed. As situations will vary, employees should discuss plans with their supervisors.

Personnel should seek care from their primary care manager immediately for symptoms such as moderate-to-severe difficulty breathing, severe chest pain, high fever or inability to hold down fluids.

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 like the example to the right, and links to additional information and resources from our public health partners.

