// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)
Update 47: Jan. 21, 2021

STATUS UPDATE

Initial stocks of COVID 19 vaccines continue being administered nation-wide, including the Northwest, as many areas continue to see new positive COVID-19 cases and hospitalizations each week. To continue limiting the spread of the virus among Navy personnel, increased protective measures remain in effect across Navy Region Northwest installations. All Northwest Navy installations remain in Health Protection Condition (HPCON) Charlie (C).

Northwest Navy Installation Commanding Officers (COs) continue to assess 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. 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 from those in neighboring communities. Most noticeable changes associated with the increased HPCON level include increased restrictions on occupancy levels for installation facilities and services. 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.

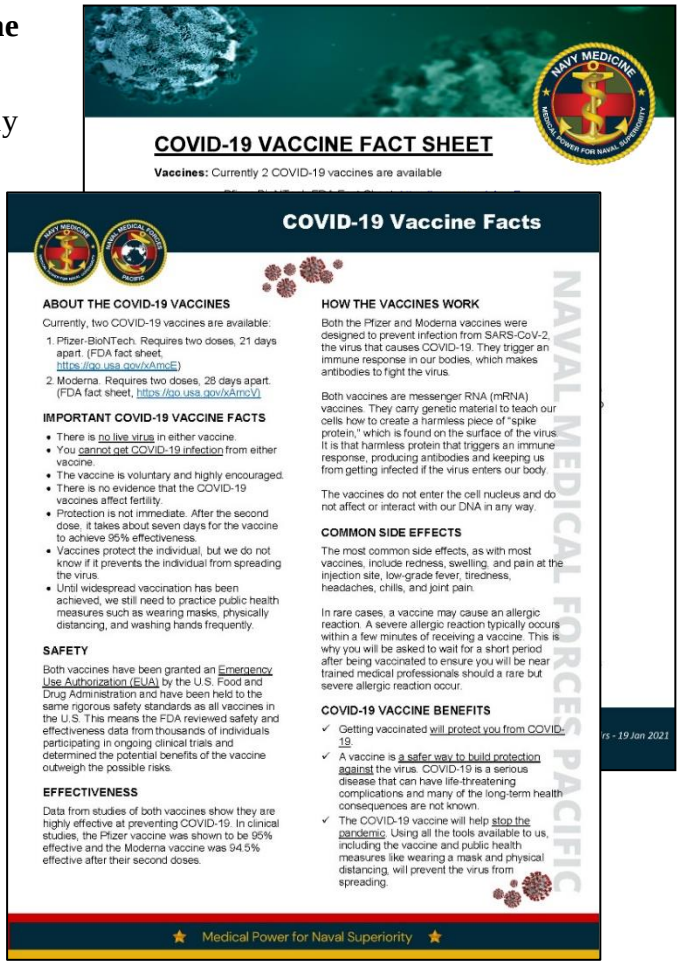
Current Numbers:

- Washington (WA) Dept. of Health, as of Jan. 19, reported 281,258 cases and 3,940 deaths. Visit https://www.doh.wa.gov/Emergencies/COVID19 for the latest WA data.
- Dept. of the Navy, as of Jan. 21, reported 7,546 confirmed active cases among military, civilians, family members and contractors. Visit https://www.navy.mil/US-Navy-COVID-19-Updates/ for the Navy's latest report.

Update #47 includes the following:

1. SARS-CoV-2 vaccine fact sheets from Navy Medicine available
2. Navy Vaccine Allocation and Lessons Learned in NAVADMIN 014-21
3. Washington State COVID-19 vaccination site locator
4. Collection period extended for deferred Social Security taxes
5. Frequently Asked Questions about SARS-CoV-2 vaccines
6. Local COVID-19 vaccine rollout information
7. Vaccine: Important to protecting people and ending the pandemic, and what to expect
8. Navy Region Northwest remains in Health Protection Condition Charlie
9. CDC practical tips, web links to reference sites, and general information for Navy employees

1. COVID-19 vaccine fact sheets from Navy Medicine available:



COVID-19 VACCINE FACT SHEET

Vaccines: Currently 2 COVID-19 vaccines are available

COVID-19 Vaccine Facts

ABOUT THE COVID-19 VACCINES

Currently, two COVID-19 vaccines are available:

1. Pfizer-BioNTech. Requires two doses, 21 days apart. (FDA fact sheet, https://go.usa.gov/xAmcE)
2. Moderna. Requires two doses, 28 days apart. (FDA fact sheet, https://go.usa.gov/xAmcV)

IMPORTANT COVID-19 VACCINE FACTS

- There is no live virus in either vaccine.
- You cannot get COVID-19 infection from either vaccine.
- The vaccine is voluntary and highly encouraged.
- There is no evidence that the COVID-19 vaccines affect fertility.
- Protection is not immediate. After the second dose, it takes about seven days for the vaccine to achieve 95% effectiveness.
- Vaccines protect the individual, but we do not know if it prevents the individual from spreading the virus.
- Until widespread vaccination has been achieved, we still need to practice public health measures such as wearing masks, physically distancing, and washing hands frequently.

SAFETY

Both vaccines have been granted an Emergency Use Authorization (EUA) by the U.S. Food and Drug Administration and have been held to the same rigorous safety standards as all vaccines in the U.S. This means the FDA reviewed safety and effectiveness data from thousands of individuals participating in ongoing clinical trials and determined the potential benefits of the vaccine outweigh the possible risks.

EFFECTIVENESS

Data from studies of both vaccines show they are highly effective at preventing COVID-19. In clinical studies, the Pfizer vaccine was shown to be 95% effective and the Moderna vaccine was 94.5% effective after their second doses.

HOW THE VACCINES WORK

Both the Pfizer and Moderna vaccines were designed to prevent infection from SARS-CoV-2, the virus that causes COVID-19. They trigger an immune response in our bodies, which makes antibodies to fight the virus.

Both vaccines are messenger RNA (mRNA) vaccines. They carry genetic material to teach our cells how to create a harmless piece of "spike protein," which is found on the surface of the virus. It is that harmless protein that triggers an immune response, producing antibodies and keeping us from getting infected if the virus enters our body.

The vaccines do not enter the cell nucleus and do not affect or interact with our DNA in any way.

COMMON SIDE EFFECTS

The most common side effects, as with most vaccines, include redness, swelling, and pain at the injection site, low-grade fever, tiredness, headaches, chills, and joint pain.

In rare cases, a vaccine may cause an allergic reaction. A severe allergic reaction typically occurs within a few minutes of receiving a vaccine. This is why you will be asked to wait for a short period after being vaccinated to ensure you will be near trained medical professionals should a rare but severe allergic reaction occur.

COVID-19 VACCINE BENEFITS

- ✓ Getting vaccinated will protect you from COVID-19.
- ✓ A vaccine is a safer way to build protection against the virus. COVID-19 is a serious disease that can have life-threatening complications and many of the long-term health consequences are not known.
- ✓ The COVID-19 vaccine will help stop the pandemic. Using all the tools available to us, including the vaccine and public health measures like wearing a mask and physical distancing, will prevent the virus from spreading.

NAVAL MEDICAL FORCES PACIFIC

Medical Power for Naval Superiority

Navy Medicine and Navy Medical Forces Pacific recently put out some fact sheets with key pieces of information about the SARS-CoV-2 vaccine. Download the factsheets from the Navy Region Northwest COVID-19 webpage at https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html under Fact Sheets and Additional Resources toward the bottom of the webpage.

Leaders and employees are encouraged to review the material and use the information to discuss vaccine safety and how the vaccines work to help them make decisions when they are offered one of the vaccines.

2. Navy Vaccine Allocation and Lessons Learned in NAVADMIN 014-21:

The Dept. of the Navy (DoN) began vaccinating personnel on Dec. 15 for SARS-CoV 2, the virus that causes COVID-19. Recently-released NAVADMIN 014-21 explains the Navy vaccine allocation process and shares lessons learned identified across the Navy.

According to the NAVADMIN, Dept. of Defense (DoD) gets its allocation of approved vaccines on Tuesdays. Approximately 28% of that allocation is for DoN, which includes both Navy and Marine Corps. OPNAV and Marine Corps Headquarters COVID Cells divide the DoN's vaccine allocation based on needs of each service.

For the Navy, OPNAV COVID Cell recommends allocation of vaccine to Navy Military Treatment Facilities (MTF) (such as Navy Medicine Readiness and Training Command Bremerton and Naval Health Clinic Oak Harbor) based on four factors:

- Personnel remaining in each phase/tier of OPNAV's Vaccine Distribution and Administration Schema Version 3.3
- Vaccine on hand at each MTF
- Demonstrated vaccination throughput at each MTF
- Vaccine allocated to the MTF the previous week

The OPNAV COVID Cell uses daily vaccination data reported by each MTF, vaccination data on each Sailor reported in the Medical Readiness Reporting System (MRRS), and Defense Medical Logistics Supply System (DMLSS) vaccine inventory reports for each MTF.

Combating COVID-19 is an all hands effort and getting a large percentage of the population vaccinated is an important step toward returning to normal operations.

Find NAVADMIN 014/21 at https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2021/NAV21014.txt?fbclid=IwAR2x9gQ54kTqopxeEWck_dkHz0N28RDpQwfMsNLJpNLwSpu-ZfHMj2xOTu0.

3. Washington State COVID-19 vaccination site locator:

Washington (WA) State now has online resources to help people find a COVID-19 vaccination facility near them. Right now in WA State, facilities are only administering vaccines to those eligible for the vaccine in the state's Phase 1A or Phase 1B Tier 1.

States' vaccination plan phases and tiers may be slightly different than the phases used by the Dept. of Defense in its vaccination plan.

Those eligible to receive the vaccine through non-Navy/non-military means can access the WA State Phase Finder web tool and view the list of locations administering the vaccine online at https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations. The state cautions that the listed facilities may not always have vaccine in stock as inventory varies daily.

WA State Dept. of Veterans Affairs have vaccine rollout information for veterans living in WA State on their website at https://www.dva.wa.gov/news/2021/it-your-time-get-covid-19-vaccine-information-federal-va-tricare-and-dept-health.

4. Collection period extended for deferred Social Security taxes:

Defense Finance and Accounting Service announced in early January that the Consolidated Appropriations Act, 2021, was passed which extended the period for collecting deferred 2020 Social Security taxes. The collection period is now January 1 through December 31, 2021 (instead of until April 30 as originally planned).

The normal 6.2% Social Security tax withholdings are being deducted from Dept. of Defense employees' pay in addition to the deduction for the deferred 2020 Social Security tax collection taken from pay.

Beginning in January 2021, LESs will reflect the collection amount and show the remaining balance of deferred Social Security taxes.

For active duty military members, the 2020 deferred Social Security taxes will be collected in 24 installments, from the mid-month and end-of-month pay.

For reservists and guardsmen performing intermittent duty in 2021, the amount collected may not be the same every pay period. DFAS will collect 2% of net available from each weekly, mid-month and end-of-month pay, and will continue until the deferred taxes have been repaid in full.

For civilian employees, the amount of Social Security taxes deferred in 2020 will be collected in 24 installments between pay-periods ending January 16 and December 4, 2021.

Visit https://www.dfas.mil/taxes/Social-Security-Deferral/ for more information, including Frequently Asked Questions.

5. Answers to some questions about COVID-19 vaccine:

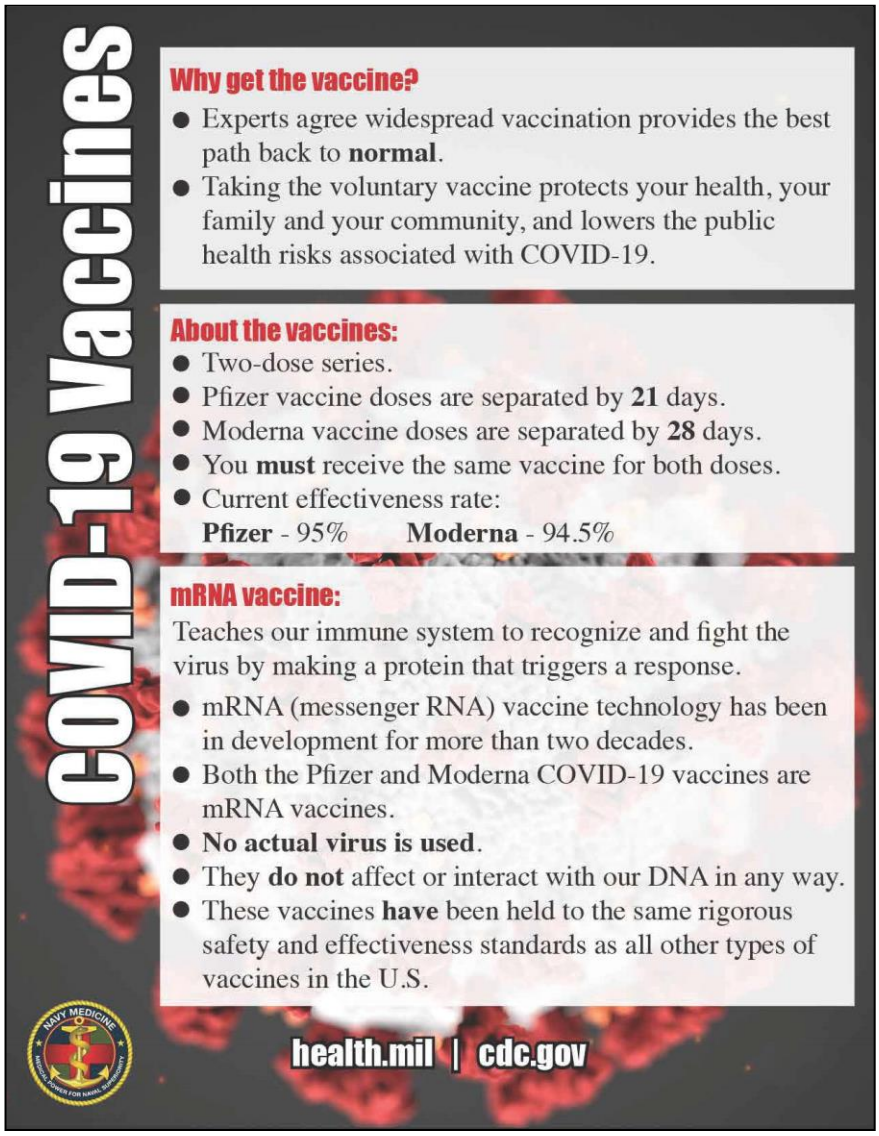
Coordination continues for the administering of FDA-approved SARS-CoV-2 vaccine to Northwest Navy personnel who choose to get it, so Navy commands don't have answers to all possible questions related to the vaccine just yet. However, many questions have been answered and that information is available online, and personnel with other questions not listed on the following websites can ask their supervisor or healthcare provider for additional information.

Answers to Frequently Asked Questions about the COVID-19 vaccine and vaccination program can be found online at the following websites. These websites are updated regularly as more information becomes available.

Military Health System's (MHS) website: https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine

Centers for Disease Control and Prevention's (CDC) website: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

Dept. of Defense's COVID-19 Rumor Control webpage: https://www.defense.gov/Explore/Spotlight/Coronavirus/Rumor-Control/



Common questions and answers from MHS and CDC:

Q: ***How do we know if the vaccine is safe? How will you monitor and track vaccine side effects?***
A: The DoD is confident in the stringent regulatory process and requirements of the FDA. Manufacturers are required to submit their raw data for the FDA to review. Safety, immune response, and efficacy data from the trial stages are submitted to the FDA before they are authorized for use and distribution. Per FDA requirements, DoD will be monitoring and tracking vaccine reports of vaccine side effects through various surveillance activities both internal and external to the DoD.
[from MHS website]

Q: ***Will DoD require all service members to receive the vaccine?***
A: No. The vaccine will be offered on a voluntary basis. Priority populations are highly encouraged to receive the vaccine. When formally licensed by the FDA, a vaccine may become mandatory for military personnel, as is the case for the influenza vaccine.
[from MHS website]

Q: ***How will I be able to keep track of what vaccine I got and when I need to get a second dose?***
A: All vaccine recipients will be provided a copy of the CDC COVID-19 Vaccination Record Card after receipt of the vaccine. It is recommended that the second-dose appointment be made at the time of initial vaccinations, or instructions provided on procedures for second dose follow-up. If a vaccine

recipient has a smartphone, it is recommended that they take a photo of the vaccination record card as a back-up copy and set a calendar reminder for receipt of the second dose.
[from MHS website]

Q: ***How long will protection last following vaccination?***
A: We don't know how long protection will last following vaccination but it will be critically important to measure long-term protection (at least two years) in the phase 3 trials and in other groups prioritized for early vaccination. We are still learning about the duration of protection following infection with COVID-19 and it is too early to tell how long protection will last.
[from MHS website]

Q: ***Do I need to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine?***
A: Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.
[from CDC website]

Q: ***What kind of information will be available to me before I receive the vaccine?***
A: Each potential recipient of COVID-19 vaccine will receive a vaccine-specific Emergency Use Authorization (EUA) Fact Sheet for Recipients from the FDA, which will provide the following information:

- Basic information on COVID-19, symptoms, and what to discuss with a health care provider before vaccination
- Who should and should not receive the vaccine
- That recipients have the choice to receive the vaccine
- Dosage and vaccine series information
- Risks and benefits of the vaccine
- An explanation of what an EUA is and why it is issued
- Any approved available alternatives for preventing COVID-1
- Additional resources

[from MHS website]
*Note: The FDA's website contains information about the COVID-19 vaccines authorized for emergency use and links to view the EUA fact sheet for each. (https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines).

Q: ***What percentage of the population needs to get vaccinated to have herd immunity to COVID-19?***
A: Experts do not know what percentage of people would need to get vaccinated to achieve herd immunity to COVID-19. Herd immunity is a term used to describe when enough people have protection—either from previous infection or vaccination—that it is unlikely a virus or bacteria can spread and cause disease. As a result, everyone within the community is protected even if some people don't have any protection themselves. The percentage of people who need to have protection in order to achieve herd immunity varies by disease.
[from CDC website]

6. Local COVID-19 vaccine rollout information:

Initial allocations of the FDA-approved SARS-CoV-2 vaccines are being distributed and administered to Northwest Navy personnel by medical professionals, including at Navy Medicine Readiness and Training Command (NMRTC) Bremerton.

Northwest Navy commands are following the Dept. of Defense's phased plan for administering the vaccines, which is outlined in NAVADMIN 327/20. See https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20327.txt.

More details on each phase can be found in the DoD's Population Schema diagram which can be viewed at https://www.defense.gov/Explore/Spotlight/Coronavirus/Vaccine-Availability/.

Getting the vaccine is voluntary, but all DoD personnel are encouraged to get it to protect their health, their families and their community. Early in the COVID-19 vaccination program, there will be a limited supply of COVID-19 vaccine(s) and vaccine distribution priorities will focus on:

- Health care workers and emergency services personnel
- Personnel performing activities associated with critical national capabilities
- Select deploying individuals
- Other critical and essential support
- Individuals at the highest risk for developing severe illness from COVID-19

Vaccines will be offered to Navy medical treatment facility patients, including military family members and retirees as more vaccines are available and after prioritized groups and individuals have been vaccinated.

While personnel wait for their opportunity to receive the vaccine, they should continue to follow directions and guidance from their chain of command. Commands will share more information about vaccine scheduling with personnel as the details become available.

7. Vaccine: Important to protecting people and ending the pandemic, and what to expect:

Everyone is encouraged to get the vaccine.

Receiving the vaccine is currently voluntary, but all personnel are encouraged to get the vaccine when they are able to do so. The SARS-CoV-2 virus and the disease it causes, COVID-19, has disrupted life in the United States. The shortest path to restoring normal operations, and protecting Navy service members, civilians and dependents is to efficiently vaccinate a large portion of the force.

Protective measures and behaviors still needed for the time being.

Even with the vaccine being administered, experts say it could be months before there's any noticeable change in the number of cases of COVID-19 across the country.

Because of this, in the meantime, everyone should continue to follow public health guidance and practice the same protective behaviors such as wearing a face covering, physical distancing, avoiding crowds and gatherings, thoroughly washing and sanitizing hands, and regularly cleaning and disinfecting frequently- touched surfaces.

The CDC says that while experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic.

The vaccine is safe.

U.S. government and medical experts say that the vaccines authorized for emergency use by the FDA are safe. The approved vaccines were thoroughly tested through multiple rounds of clinical trials and the results were validated. The tests indicated that the vaccines are effective at preventing COVID-19.

The vaccine contains no live virus and does not pose a threat to family members or others around the recipient once administered. Vaccine recipients will not get COVID-19 from the vaccine. The vaccines use inactivated virus, parts of the virus, or a gene from the virus. None of these can cause COVID-19.

Some side effects are normal.

The Centers for Disease Control and Prevention (CDC) states as with most vaccines, some people may experience some side effects, which are normal signs that their body is building protection against the virus. The common side effects include mild pain and swelling in the arm where the shot was administered, and fever, chills, tiredness and headaches. The side effects of the COVID-19 vaccine may feel like the flu and could affect one's ability to do daily activities, but they should go away in a few days. If a person's condition worsens or is still present after a few days, they should contact their doctor or healthcare provider.

Additional information about what to expect after getting a COVID-19 vaccine, including common side effects and helpful tips, visit the CDC's website at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html.

For information about U.S. COVID-19 vaccine planning, how the vaccines work, vaccine safety, and more, visit https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html.

8. Navy Region Northwest remains in Health Protection Condition Charlie:

Navy Region Northwest maintains health protection measures to Health Protection Condition (HPCON) Charlie (C) at installations within the Puget Sound operating area. This is in alignment with current Dept. of Defense guidance and is due to the significant number of new COVID-19 cases in Washington State and the increased potential for exposure to the virus.

Implementing HPCON C at NRNW installations is intended to protect the Navy fleet, fighter and family from the increasing number of positive COVID-19 cases across the state. This increase also coincides with Washington State Governor's protective measures to reduce to the rising number of positive cases.

HPCON C applies to all service members, civilian employees and contractors, and includes the following regional measures. Northwest Navy leaders will continue to assess the situation and made decisions accordingly. Future modifications to HPCON C will depend not only on federal and state direction, but the success or failure of our local actions to maintain a ready force.

- Personnel must maintain physical distancing of at least six feet.
- Limit business gatherings or meetings to no more than 10 persons, and social gatherings to no more than five persons. Essential operations and training are not limited in size, but must maintain social distancing and use of cloth face coverings.
- 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 Navy and CDC guidelines. 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.
  - ✓ Face coverings with an exhaust valve and neck gaiter style face coverings are not recommended, and in some places, are prohibited. These type of face coverings do not entrain moisture in exhaled breath, failing to reduce the spread of the COVID-19 Virus and failing to protect other personnel.
- 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 and commands should conduct daily COVID-19 screening using the NRNW COVID-19 Questionnaire version dated Nov. 18, 2020 – see Enclosure at the end of this update. Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings.
- Personnel should avoid non-essential travel. Service members should minimize stops at off-base facilities and businesses in compliance with state and local restrictions. Military families, civilian employees, and contractors are strongly encouraged to follow the same risk avoidance measures. Personnel should utilize the NRNW Travel Planner Tool to help them make informed decisions for leave and liberty within Washington State. The planning tool can be found online at https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html. For travel beyond Washington State, travelers should review the Department of Navy COVID-19 Travel Tracker at https://www.mnp.navy.mil/group/DON-COVID-19-TRAVEL-TRACKER and the CDC cases and deaths by county website at https://www.cdc.gov/coronavirus/2019-NCOV/cases-updates/county- map.html in order to make informed pre- and post-travel decisions.
- 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 (NEX) will limit patron levels to 50% of facility capacity. Barber shops are open with safety measures. NEX will continue promoting physical distancing within stores and require face coverings for employees and patrons.
- Commissaries will limit patron levels to 25% of facility capacity. There will be a 100% ID check and no guests will be permitted with the authorized ID cardholder. Commissaries will continue to promote physical distancing within stores and require face coverings for employees and patrons.
- MWR: Fitness and aquatic centers are limited to active duty personnel only and will not exceed 50% of facility capacity. Single Sailor Liberty Centers are open to active duty personnel with distancing measures. Recreation and bowling centers are closed. Equipment rentals are available by reservation and curbside pick-up only. Theaters are open to active duty personnel and their families and will not exceed 15% of facility capacity with physical distancing. Recreational park areas are open except those closed for the season. Monitor installation communications for status of specific food establishments, golf courses, RV parks, resorts, outdoor recreation areas vehicle storage, and auto hobby shops.
- Child and Youth Programs (CYP): No changes to CYP at this time. Personnel can contact their local CYP staff for more information.
- Galley indoor seating is limited to active duty personnel only. There will one person per table and will not exceed 25% of facility capacity.
- Navy Housing Services Center referral services will be provided by phone and email.
- Navy Gateway Inns and Suites is open to official travelers and local active duty personnel only.
- Fleet and Family Support Centers: Counseling advocacy and prevention, and Navy Gold Star services will be done virtually. Training and individual appointments are available virtually to include Transition Assistance, Financial Management, Relocation, EFM, Employment, Sexual Assault Prevention and Response Victim Advocate, Family Advocacy Program (FAP), SAIL and non-medical counseling. FAP treatment groups will be provided in person following safety protocols.
- Navy Wounded Warrior Program will be providing virtual services only.
- Religious Services are limited to 25% of facility capacity.
- Region Legal Service Office Northwest is continuing to provide legal assistance. Visit https://www.jag.navy.mil/legal_services/rlso/rlso_northwest.htm for more information.

- Commands and service members should maintain HPCON C measures both on and off installations, even when those restrictions or measures are more stringent than those placed on the general public. DoD civilian employees, military families and contractors are strongly encouraged to comply with this guidance to minimize risk to personnel and the greater Navy Family.

All Navy personnel should comply with guidance provided by their Installation Commanding Officers regarding on-base service and facilities. Please continue to monitor the following installation and Fleet & Family Readiness Facebook pages for the latest COVID-19 information:

***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
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 specific duty location and procedures should contact their supervisor and work through their chain of command for clarification.

9. CDC 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 cleaning & disinfecting recommendations: https://www.cdc.gov/coronavirus/2019- ncov/community/home/cleaning-disinfection.html
- CDC COVID-19 Vaccination FAQs: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html
- Military Health Service COVID-19 Vaccine FAQs: https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine
- DoD COVID-19 Rumor Control: https://www.defense.gov/Explore/Spotlight/Coronavirus/Rumor-Control/
- DoD COVID-19 Vaccine Availability Information: https://www.defense.gov/Explore/Spotlight/Coronavirus/Vaccine-Availability/
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadviceline.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 Planning Tools: 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.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.

ENCLOSURE: NAVY REGION NORTHWEST COVID-19 SCREENING QUESTIONNAIRE

CNRNW COVID-19 Screening Questionnaire (version 2020.11.18)

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 YES NO
      (> 15 minutes cumulatively over a 24 hour period)
   b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.) YES NO

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** outside the local area to areas identified with **high infection rates**[1] in the past 14 days?
(>50 cases / 100K population over last 7 days) YES NO

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**

[1]Visitor 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