

// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)

Update 50: Feb. 11, 2021

STATUS UPDATE

COVID-19 vaccination continues in 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. 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 Feb. 9, reported 308,392 cases and 4,603 deaths. Visit <https://www.doh.wa.gov/Emergencies/COVID19> for the latest WA data.
- Dept. of the Navy, as of Feb. 10, reported 4,720 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 #50 includes the following:

1. Updated SECDEF and SECNAV Mask Guidance and Other Measures
2. CDC Updated Mask Guidance and Tips For Increasing Effectiveness
3. COVID Economic Impact Payments and Your Taxes
4. Local COVID-19 vaccination continues
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6. Vaccine: Important to protecting people and ending the pandemic, and what to expect
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8. Washington State COVID-19 vaccination site locator
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1. Updated SECDEF and SECNAV Mask Guidance and Other Measures

Secretary of Defense and Secretary of the Navy recently released updated guidance regarding the wearing of face masks/cloth face coverings.

All individuals on military installations and all individuals performing official Dept. of the Navy/Dept. of Defense duties from any location other than the individual's home must wear masks and physically distance in accordance with the most current CDC guidelines. These should be practiced in combination with other everyday preventative actions to reduce the spread of the virus that causes COVID-19, including avoiding touching faces and frequently washing hands with soap and water for at least 20 seconds.

Personnel must wear masks at all times while on military installations except:

- When an individual is alone in an office with floor-to-ceiling walls with a closed door.
- For brief periods of time when eating and drinking while maintaining physical distancing in accordance with CDC guidelines and instructions from commanders and supervisors.
- When the mask is required to be lowered briefly for identification or security purposes.
- When necessary to reasonably accommodate an individual with a disability.

Some exceptions to these requirements may be granted in writing and should include appropriate alternative safeguards whenever feasible. Personnel with concerns or questions about the updated guidance should discuss with their supervisor.

Find the signed memo from Secretary of Defense online at

<https://media.defense.gov/2021/Feb/04/2002576265/-1/-1/1/DOD-ANNOUNCES-USE-OF-MASKS-AND-OTHER-PUBLIC-HEALTH-MEASURES.PDF>.

2. CDC Updated Mask Guidance and Tips For Increasing Effectiveness

The Centers for Disease Control and Prevention (CDC) recently released updated COVID-19 face covering guidance based on latest available science. The CDC says that correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks help protect those around the wearer as well as offers some protection for the wearer too. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

Two ways to make sure masks work most effectively:

- Make sure the mask fits snugly against the face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask
- Pick a mask with multiple layers, or wear a disposable mask under a cloth mask, to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

CDC's Do's and Don'ts for increasing mask effectiveness include the following:

Do choose a mask with a nose wire

Do use a mask fitter or brace to prevent air leakage

Do check that it fits snugly over your nose, mouth, and chin with no gaps

Do add layers of material to add extra protection or wear one disposable mask under a cloth mask

Do make sure you can see and breathe easily

Do knot and tuck ear loops of a 3-ply mask to ensure there are no gaps around nose and mouth.

Don't combine two disposable masks; they are not designed to fit tightly and wearing more than one will not improve fit.

Don't combine a KN95 or N95 mask with any other mask and only use one at a time

Read the CDC's latest face covering guidance in full at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

3. COVID Economic Impact Payments and Your Taxes













According to the Internal Revenue Service (IRS), many individuals eligible for the COVID-related Recovery Rebate Credit already received the full amount in two rounds of payment known as Economic Impact Payments (also known as stimulus payments or checks). For those who were issued the full amount of each Economic Impact Payment, they don't need to claim the Recovery Rebate credit or include any information related to it when they file their 2020 tax return.

For those eligible for the credit but didn't receive any Economic Impact Payments or were issued less than the full amounts, they can claim the Recovery Rebate Credit when filing their 2020 tax return.

To learn more about how to claim the credit, visit the IRS's website at <https://www.irs.gov/newsroom/recovery-rebate-credit>.

Military personnel can also find assistance through the Military OneSource Tax Resource Center. Visit <https://www.militaryonesource.mil/financial-legal/tax-resource-center/> to learn more.

4. Local COVID-19 vaccination continues:

Recommended	Not Recommended
 Medical procedure masks (sometimes referred to as surgical masks or disposable face masks)	 Masks that do not fit properly (large gaps, too loose or too tight)
 Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)	 Masks made from materials that are hard to breathe through (such as plastic or leather)
 Masks made with breathable fabric (such as cotton)	 Masks made from fabric that is loosely woven or knitted, such as fabrics that let light pass through
 Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)	 Masks with one layer
 Masks with two or three layers	 Masks with exhalation valves or vents
 Masks with inner filter pockets	 Wearing a scarf/ski mask

Source:

Military medical professionals continue to administer doses of FDA-approved SARS-CoV-2 vaccines to Northwest Navy personnel. 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/>.

Area medical treatment facilities are currently executing Phase 1a, 1b.1 and part of 1b.2. Personnel should discuss the vaccine with their supervisor/chain of command to learn which phase they are in. Commands will provide more information about vaccine scheduling with personnel as plans and schedules are solidified.

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 vaccine becomes 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 regarding other protective measures.

Personnel may also want to familiarize themselves ahead of time with certain relevant documents, including Emergency Use Authorization (EUA) fact sheets for each FDA-approved COVID-19 vaccine and the DHA Form 207 COVID-19 Vaccine Screening and Immunization Documentation.

EUA fact sheets for each FDA-approved vaccine can be found on FDA's website at <https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines>.

The EUA fact sheets and DHA Form 207 can be found on Military Health System's website at <https://health.mil/Military-Health-Topics/Health-Readiness/Immunization-Healthcare/IHD-COVID-19-Vaccine-Resource-Center-for-Health-Care-Personnel#Forms>. (Note: To view or download DHA Form 207 requires Common Access Card authentication.)

5. Frequently Asked Questions about SARS-CoV-2 vaccines:

Coordination continues for the administering of FDA-approved SARS-CoV-2 vaccine to Northwest Navy personnel who choose to get it. Many common questions have been answered by experts and that information is available online. Personnel with other questions not listed on the following websites can discuss further with their supervisor or healthcare provider.

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) Vaccine FAQs site: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

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: 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: *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 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. 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.

Chief of Naval Operations Adm. Mike Gilday and Master Chief Petty Officer of the Navy Russ Smith answered questions from Fleet Sailors about the COVID-19 Vaccine, and shared thoughts about why Sailors should get the vaccine.

The video can be viewed online at <https://www.dvidshub.net/video/781739/cno-and-mcpon-message-fleet-covid-vaccine> or on the Chief of Naval Operations Adm. Mike Gilday Facebook page at <https://www.facebook.com/USNavyCNO/posts/1845772745571110>

Protective measures and behaviors still needed.

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>.

7. Background: Navy Vaccine Allocation:

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_dkH0N28RDpQwfMsNLJpNLwSpu-ZfHMj2xOTu0.

8. 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 administering vaccines to those eligible for the vaccine in the state's 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>.

9. What the CDC knows about the COVID-19 variants so far:

Many have likely seen in the news that there are a few COVID-19 variants that have been found in areas in the U.S. According to the Centers for Disease Control and Prevention (CDC), viruses constantly change through mutation, and new variants of a virus are expected to occur over time. The same thing is happening with the SARS-CoV-2 virus that causes COVID-19. Multiple variants of the virus have been documented in the United States and globally during this pandemic.

What the CDC knows so far about the variants:

These variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. Currently, there is no evidence that these variants cause more severe illness or increased risk of death. However, an increase in the number of cases will put more strain on health care resources, lead to more hospitalizations, and potentially more deaths.

Rigorous compliance with public health protective measures, such as vaccination, physical distancing, use of masks, hand hygiene, and isolation and quarantine, are essential to limiting the spread of SARS-CoV-2 and protecting public health.

The CDC says that public health officials are studying these variants as quickly as possible to learn more and control their spread.

Because of the continued global presence of the virus and its variants, Navy personnel should continue being diligent in following the preventative measures in place to help slow the spread of the virus and the virus variants. These include:

- Wearing well-fitting, multi-layered face coverings in alignment with Navy and CDC guidelines
- Physical distancing of at least six feet
- Avoiding/limiting gatherings
- Regularly washing hands with soap and water for at least 20 seconds
- Cleaning and disinfecting frequently-touched objects and surfaces

Learn more about the variant at <https://www.cdc.gov/coronavirus/2019-ncov/transmission/variant.html>.

10. 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 number of new 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 make 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.

- All individuals performing official Dept. of the Navy/Dept. of Defense duties from any location other than the individual's home must wear masks and practice physical distancing of at least six feet in accordance with the most current CDC guidelines.
- Personnel must wear masks/cloth face coverings in accordance with current CDC and Navy guideline. Masks must be worn at all times while on military installations except:
 - When an individual is alone in an office with floor-to-ceiling walls with a closed door.
 - For brief periods of time when eating and drinking while maintaining physical distancing in accordance with CDC guidelines and instructions from commanders and supervisors.
 - When the mask is required to be lowered briefly for identification or security purposes.
 - When necessary to reasonably accommodate an individual with a disability.
- 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.
- Cloth face coverings should be in alignment with Navy and CDC guidelines. Face coverings should:
 - Fit snugly, but comfortably, against the face, and be secured with ties or ear loops
 - Fully cover nose and mouth. Full-face coverings (like ski masks) are not authorized.
 - Include multiple layers of fabric but allow wear to breathe 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.cnmc.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 be 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.

11. 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.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.cnmc.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.cnmc.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: 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**

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>