

# // Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 10: April 21, 2020

## STATUS UPDATE

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It has been about three months since the Centers for Disease Control and Prevention (CDC) and Washington State (WA) Dept. of Health (DoH) announced the first case of COVID-19 in WA (and the first official case in the nation). It has been almost one month since WA instituted a “stay home” order. WA and other states continue to see rising numbers of positive COVID-19 cases. WA DoH reported 12,085 cases and 652 deaths as of 11:59 p.m. on Apr. 19. For the latest WA DoH situational report, visit their website at [www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus). The Dept. of the Navy (DON) continues to see rising numbers as well and reported 1,222 cases on Sunday among military, civilians, family members and contractors.

Update #10 includes the following:

1. DoD temporary allowance of certain expired IDs/Credentials
2. Updated COVID-19 screening questionnaire
3. Fleet and Family Support Center podcast series available
4. Agencies continue to report scams related to COVID-19
5. Tips, resources for living in this new normal
6. Local area defined in terms of travel, leave
7. Previously-directed measures still in place, including face coverings and physical distancing
8. Resources for Sailors and families
9. CDC Practical Tips and Web links to reference sites

The health and well-being of our personnel and their families remain our top priority. Navy leaders continue to closely monitor the situation and make efforts to limit exposure to our Northwest Navy Family while ensuring mission requirements are met.

**1.** The Dept. of Defense (DoD) and Navy have made adjustments to DoD ID card offices in response to COVID-19 to ensure they can maintain operations while minimizing the number of non-essential persons visiting DoD ID card offices. Your nearest ID card issuing facility can be found by using the RAPIDS Site Locator at <http://www.dmdc.osd.mil/rsl/> and appointments can be scheduled using the RAPIDS Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil>. Some sites are only allowing appointments and increasing the time between customers to support social distancing measures. DoD ID card issuing facilities are keeping their hours and availability information up to date on the above-mentioned sites, as well as on local phone lines and websites.

DoD has also implemented the following measures to temporarily allow for continued use of expiring ID cards/credentials:

- Common Access Cards (CAC) or Volunteer Logical Access Credentials (VoLAC) that expired on or after April 16, 2020, and are within 30 days of expiration, may have the certificates updated using ID Card Office Online to allow for continued use through Sept. 30, 2020. Such cards are also authorized for continued use to facilitate access to benefits through Sept. 30 if the cardholder's benefits eligibility is unchanged.
- Uniformed Services ID (USID) cards that expired on or after Jan. 1, 2020, can be authorized for continued benefit use through Sept. 30, 2020, if the cardholder's affiliation did not change.

These measures will enable personnel who are unable or waiting on an appointment to renew their CAC/VoLAC/USID to continue temporarily using an expired card for physical and logical access to facilities and benefits through Sept. 30, 2020.

More information can be found at <https://www.cac.mil/Coronavirus/>. Scroll to the bottom of that page under News & Updates for specific directions to verify eligibility and renew credentials, as well as find points of contact if you have problems with this process.

**2.** U.S. Fleet Forces recently approved an updated COVID-19 health screening questionnaire for use at various installation/facility checkpoints as well as at home by Navy personnel who are continually self-evaluating their health for signs of illness. The full screening questionnaire can be found at the very end of this update.

Everyone needs to do their part to prevent the spread of the virus. Everyone should continue following health protection guidance from the CDC and local public health officials, which includes physical distancing, not gathering in groups for parties (despite many people being home from school and work), frequent hand-washing, regular cleaning of spaces, and wearing cloth face coverings in public when unable to maintain physical distancing.

**3.** Fleet and Family Support Center (FFSC) has a list of audio and video podcasts available for Navy families looking for support and resources covering a variety of topics ranging from stress and anger management to how to prepare for transition to civilian life after the Navy. The podcasts are available online at [www.navylifepnw.com/podcasts](http://www.navylifepnw.com/podcasts) and can be downloaded at any time.

CUSFFINAVNORTH COVID-19 Screening Questionnaire (V2020.04.18)	
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, 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. *Entry denied	
2. Have you TRAVELED INTERNATIONALLY in the past 14 days?	YES NO
If "YES", LEAVE/DO NOT ENTER the workplace. Ununiformed personnel: Complete 14 days of ROM.† Entry denied. GS/contractor: DO NOT ENTER workplace for 14 days and inform supervisor/employer.‡ Follow CDC Guidance. *Entry denied	
3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your authorized local travel radius in the past 14 days?	YES NO
If "YES", LEAVE/DO NOT ENTER the workplace. Ununiformed personnel/GS/contractor: DO NOT ENTER workplace and contact supervisor/employer for additional guidance.‡ Refer to NMCPHC assessment of state/county specific risk (CAC required).‡	
4. Have you had CLOSE PERSONAL CONTACT, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)	YES NO
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	
5. TEMPERATURE CHECK (due to close proximity, screeners should wear cloth face covering or other mask as available):	
a. If temperature is less than 100°F (37.8°C), allow access. Screening is complete.	
b. If temperature is equal to or higher 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. *Entry denied	

**4.** Multiple federal agencies are reporting various scams related to COVID-19. Identified scams include bogus companies selling unapproved products that claim to treat or prevent coronavirus; persons contacting DoD personnel offering unrequested computer support to gain access to their; unsolicited requests from persons pretending to be a bank in an attempt to steal personal and account information; unsolicited emails offering advice or information about COVID-19 that include links or attachments that contain malware; and suspicious phone calls with offers for testing kits or to perform COVID-19 testing at a person's residence.

Report crimes and scams to the following agencies or contact local law enforcement:

Federal Trade Commission:

[www.ftccomplaintassistant.gov/#crnt&panel1-1](http://www.ftccomplaintassistant.gov/#crnt&panel1-1).

Naval Criminal Investigative Service:

[www.ncis.navy.mil/Resources/NCIS-Tips/](http://www.ncis.navy.mil/Resources/NCIS-Tips/)

FBI's Internet Crime Complaint Center: [www.ic3.gov](http://www.ic3.gov)

Remember to use extreme caution when sharing information online and to Stop, Think and then Connect.

For more tips, visit the Dept. of Homeland Security's

**KEEP CALM and Avoid Coronavirus Scams**

Here are **5 things** you can do to avoid a Coronavirus scam:

- Ignore offers for vaccinations and home test kits.**  
Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- Hang up on robocalls.**  
Scammers use illegal sales call to get your money and your personal information.
- Watch out for phishing emails and text messages.**  
Don't click on links in emails or texts you didn't expect.
- Research before you donate.**  
Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](http://ftc.gov/charity).
- Stay in the know.**  
Go to [ftc.gov/coronavirus](http://ftc.gov/coronavirus) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](http://ftc.gov/subscribe).

Federal Trade Commission  
If you see a scam, report it to [ftc.gov/complaint](http://ftc.gov/complaint)

Cybersecurity and Infrastructure Security Agency website <https://www.us-cert.gov/ncas/tips>. Employees with questions should contact their command's cybersecurity/information technology representative.

Active duty military and civilian employees are encouraged to take advantage of the DoD Antivirus Software License Agreement Home Use Program. Home use of the antivirus products will protect personal PCs and potentially lessen the threat of malicious threats being introduced to the workplace and DoD networks. Information on how to activate your subscription can be found at the very end of this update or online at <https://patches.csd.disa.mil/Metadata.aspx?id=79775>.

**5.** Daily life continues and adjusting to this new normal has taken its toll on many of our Northwest Navy Family members. Your health and well-being is important, including your emotional and mental health. There are a number of resources available that could help with managing stress or even shopping for groceries during this difficult time, including:

- Military OneSource has information on turning catastrophic thinking into purposeful action during times of crisis (<https://www.militaryonesource.mil/family-relationships/family-life/covid-19-resources/catastrophic-thinking-into-purposeful-action>). Those experiencing a crisis or needing immediate mental health help, contact the Military Crisis Line at 800-273-8255 and Press 1.
- Washington state COVID-19 Response Emotional Health and Well-Being page (<https://www.coronavirus.wa.gov/you-and-your-family/mental-and-emotional-well-being>) has links to various mental health resources and tips for activities like grocery shopping during this pandemic (<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/GroceryShoppingTips.pdf>).
- Dept. of Health and Human Services has a collection of COVID-19 behavioral health resources, including online guide to coping with COVID-19 "stay home" orders: <https://asprtracie.hhs.gov/technical-resources/115/covid-19-behavioral-health-resources/99>.
- Substance Abuse and Mental Health Services Administration compiled tips for distancing, quarantine and isolation during an infectious disease outbreak, such as dealing with anxiety, boredom or anger: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>.
- Dept. of Navy (DoN) Civilian Employee Assistance Program services is available to DoN civilians through their phone number 1-844-DON-CEAP (1-844-366-2327).

**6.** Personnel movement guidance continues to evolve during the pandemic to protect personnel exposure to the virus as well as prevent the spread of the virus. Secretary of Defense recently extended the stop-movement order until June 30. One key thing used in determining decisions on local personnel movements (including PCS, travel and leave) is definition of the "local area." Navy Region Northwest considers the local area as "the area within the permanent duty station limits and the metropolitan area around the permanent duty station served by the local public transit systems, and the separate cities, towns or installations among which the public commutes on a daily basis." Local area commanders continue determining movement limits for their personnel while keeping in mind that the purpose of the limitations is to maintain force health protection, readiness of the force and to mitigate the risk of transmission among personnel. More information on the DoD extension of the stop-movement order can be found at <https://media.defense.gov/2020/Mar/19/2002266939/-1/-1/1/COVID-19-TRAVEL-RESTRICTIONS-FAQ.pdf>.

**7.** In alignment with federal and state guidance, Northwest Navy Commands continue to implement the following health protection measures as previously directed until further notice. Northwest Navy personnel should continue to monitor installation Facebook pages for additional changes related to installation services or facilities such as food establishments, shops, child and youth programs or recreation centers.

- In alignment CDC recommendations, all individuals on DoD property, installations and facilities are required to wear cloth face coverings when unable to maintain at least six feet of physical distance.



- Installations have cancelled/postponed events and closed certain facilities such as gyms, base theaters, recreation centers and chapels. Dine-in restaurants and bars on base are closed, and other food establishments are only open for carry-out and/or drive-through.

## 8. Information for Sailors and their families include:

- Navy childcare providers and staff will provide support to service members and military families as long as they are able to. For specific details, please contact your local Child and Youth Program representative.
- Navy Region Northwest Fleet and Family Readiness (FFR) program is sharing daily tips for Navy families on food and nutrition, fun family resources, personal enrichment opportunities and news in their Navy Family Plan of the Day series that can be found on their Facebook pages: [www.facebook.com/WhidbeyFFR](http://www.facebook.com/WhidbeyFFR); [www.facebook.com/KitsapFFR](http://www.facebook.com/KitsapFFR); and [www.facebook.com/EverettFFR](http://www.facebook.com/EverettFFR).
- The updated MyNavy Family App provides additional information and resources for Sailors and families. Learn more & download the app at [www.applocker.navy.mil](http://www.applocker.navy.mil).
- All Navy personnel should always make sure their information is accurate in the Navy Family Accountability and Assessment System (NFAAS). Visit the NFAAS site to review and update or validate information: <https://navyfamily.navy.mil>.
- Military medical treatment facilities are doing their best to implement physical distancing measures while also addressing patients' care needs. Those who are able to use virtual means can connect with their provider remotely through tools like the MHS GENESIS patient portal, which can be found at <https://myaccess.dmdc.osd.mil/identitymanagement/authenticate.do?execution=e1s1>.
- The Military Health System (MHS) Nurse Advice Line (NAL) has been receiving a much larger call volume and wait times tend to be lengthy. They are working on reducing waiting times as best they can. Please continue to call if you are exposed or have symptoms, but you may also view Tricare's frequently asked questions: <https://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs>.

Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRNW may 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 others; and regularly clean and disinfect frequently-touched objects and surfaces.

## 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 #

## NAVY REGION NORTHWEST EMPLOYEES

Washington State continues to follow a “stay home, stay healthy” policy. We have been aligned with the state throughout this crisis and will continue to do so. In the executive order, our military and civilian workforce is exempted traveling to and from work and may continue to support the mission. Essentially, our work continues with the same safety restrictions we previously implemented. Please continue with your same actions including teleworking when possible or returning directly home from work and maintaining physical distancing. 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.cnrc.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.

## ENCLOSURE 1: ANTI-VIRUS HOME USE PROGRAM GUIDE

### **Antivirus Home Use Program (AV HUP)**

The DoD Antivirus Software License Agreement with McAfee allows active DoD employees to utilize the antivirus software for home use. Home use of the antivirus products will not only protect personal PCs, but will also potentially lessen the threat of malicious logic being introduced to the workplace and compromising DoD networks. Contractors are excluded from using the software at home or on any other system not belonging to the DoD.

### **McAfee Internet Security**

As a member of the DoD, you can now take advantage of a free 1-year subscription to McAfee Internet Security for your PC or MAC at no cost to you. This subscription gives you proactive security for your home PC by preventing malicious attacks and keeping you safe while you surf, search, and download files online. McAfee's security service also continuously delivers the latest software so your protection is never out-of-date.

By installing McAfee software on your home system, you'll not only be protecting your PC from malicious threats, but you'll also help your organization strengthen its IT security against transferable viruses and spyware.

Instructions on how to download your copy of McAfee Internet Security:

1. Navigate to the website for your applicable platform, either PC or MAC, listed below. In addition, enter the associated "Company Code" in the appropriate field on the webpage:

<b>Platform</b>	<b>URL</b>	<b>Company Code</b>	<b>Expiration</b>
PC	<a href="http://www.mcafee.com/windows/dod">www.mcafee.com/windows/dod</a>	DIS41FBC06	22 MAR 2021
MAC	<a href="http://www.mcafee.com/mac/dod">www.mcafee.com/mac/dod</a>	DIS75F9D61	22 MAR 2021

2. Enter your DoD email address.
3. Click "Get Email".
4. You will receive an email from McAfee Subscriptions with your unique license key and download link.

**\*\*Note - DO NOT download the software on your Government Furnished Equipment (GFE).\*\***

### **AV/AS HOME USE**

- DISA Home Use Program instructions can be found here:  
<https://patches.csd.disa.mil/Metadata.aspx?id=79775> (CAC Required)
- DoD does not provide any technical assistance to home users. Home users seeking technical support can contact McAfee directly on the support website: <http://home.mcafee.com/Root/Support.aspx?page=Support>

ENCLOSURE 2: UPDATED USFF/NAV NORTH COVID-19 SCREENING QUESTIONNAIRE

**CUSFF/NAV NORTH 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

- |   |     |    |
|---|-----|----|
| 2. Have you TRAVELED INTERNATIONALLY in the past 14 days? | YES | NO |
|---|-----|----|

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
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- |  |     |    |
|--|-----|----|
| 3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your authorized local travel radius in the past 14 days? | YES | NO |
|--|-----|----|

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>
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- |  |     |    |
|--|-----|----|
| 4. Have you had CLOSE PERSONAL CONTACT, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below) | YES | NO |
| 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

5. TEMPERATURE CHECK (due to close proximity, screeners should wear cloth face covering or other mask as available):
- a. If temperature is less than 100°F (37.8°C), allow access. Screening is complete.
  - b. If temperature is equal to or higher 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>