

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 7: April 1, 2020

STATUS UPDATE

No, this is not an April Fools joke. Our global – and personal – response to COVID-19 continues. The number of positive COVID-19 cases continues to rise throughout Washington State (WA) as well as in other states within the Navy’s Northwest Region, increasing the risk to the Northwest Navy Family. WA Dept. of Health reported as of 11:59 p.m. on March 28, there were 4,896 confirmed positive cases (out of 65,345 total tests) and 195 deaths resulting from COVID-19. For the latest WA State Dept. of Health’s situational report, visit their website at www.doh.wa.gov/emergencies/coronavirus. COVID-19 cases throughout the Department of Defense (DoD) are also rising; the 306 cases reported by DoD on Tuesday include uniformed military, civilian, family members, and contractor personnel.

The health and well-being of our personnel and their families remains our top priority and we continue to make every effort to limit exposure to our Northwest Navy Family while balancing mission requirements.

The Navy recognizes the importance of providing service members and families with access to quality childcare services even during this difficult time. As long as we are able to, Navy childcare providers and staff stand ready to support our service members and military families. For specific details, please contact your local Child and Youth Program representative.

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 started March 30. Visit www.navylifepnw.com or find them on Facebook at www.facebook.com/WhidbeyFFR; www.facebook.com/KitsapFFR; and www.facebook.com/EverettFFR. Another helpful and informative application is the MyNavy Family app. This application is the first tool by the U.S. Navy developed for Navy spouses and Sailors’ families that combines authoritative information from more than two dozen websites into a single, convenient application. Learn more & download the app here: www.applocker.navy.mil.

The “Stay Home” order for Washington State (as well as those for Idaho, Minnesota and Oregon in our Northwest Region) remains in effect. As mentioned in the last update, Navy personnel (military and civilian) are exempted from these orders as military personnel and other Dept. of Defense (DoD) workers who support essential services required to meet national security commitments are considered essential critical infrastructure workers. Some Navy jobs require a physical presence at work. Personnel unsure about their work status should discuss with their supervisor.

As many within our Northwest Navy Family continue to work from home, we all need to keep operational security and good cybersecurity hygiene in mind. Be aware of your alternate work location: ensure your screen is not visible to others, encrypt all emails containing sensitive information, ensure your home Wi-Fi connection is secure, ensure your computer/smart device and files are not accessible to others, be aware of others (including smart virtual assistants like Siri or Alexa) who can hear you when you are on the phone, and avoid posting information about work on your social media accounts.

Regardless of your work location and whether for work or personal use, good cybersecurity is important. A good rule of thumb is to Stop, Think, and then Connect. Be suspicious of unexpected emails and delete emails from unknown sources, use extreme caution when clicking on links or opening email attachments, and make sure your computer has current anti-virus and firewall software. For more tips,

visit the Dept. of Homeland Security's 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.

We are all in this together, so every Northwest Navy Family member needs to help by doing their part to slow the spread of the virus. Everyone needs to continue following health protection guidance from the CDC and local public health officials, which includes social distancing, not gathering in groups for parties (despite many people being home from school and work), frequent hand-washing, regular cleaning of spaces and other actions recommended by the CDC.

In alignment with federal and state guidance, Northwest Navy Commands continue to implement the following health protection measures as previously directed, which are in effect until further notice:

- Commands have implemented enhanced medical screening checkpoints at certain operational or headquarters buildings. The symptom screening and COVID-19 questionnaire review would be done outside of the facility, prior to entry or immediately upon entry to the facility.
- All Navy personnel – whether at home or at work – should continuously self-evaluate their health for signs of illness.
- Installations adjusted operations at visitor control centers (VCC) to include the use of electronic means to the maximum extent possible to grant installation access and discontinued waiting room use when social distancing cannot be maintained. If necessary, VCC staff will direct customers to wait in a secondary holding area until called. VCC staff will also continue using a COVID-19 health questionnaire to screen personnel seeking access to the installation.
- Region Legal Service Office has reserved all legal assistance services for active duty servicemembers by appointment only. Existing appointments for those not active duty will be cancelled and rescheduled at a later time. Active duty legal service appointments will be made over the phone by calling the appropriate office:
 Bremerton: (360) 476-4275
 Bangor: (360) 396-6003
 Everett: (716) 712-4677
 Whidbey Island: (360) 257-2126
- In alignment with DoD guidance, and to enable mission assurance and force health protection, the Navy will follow

CUSFF/NAVNORTH COVID-19 Screening Questionnaire (V2020.03.17)		
1. ARE YOU CURRENTLY SICK with any of the following symptoms?	YES	NO
a. Fever b. Cough c. Sore Throat d. Shortness of Breath		
If "YES", LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, 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. ¹ *Entry denied		
2. Have you TRAVELED INTERNATIONALLY in the past 14 days?	YES	NO
If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed personnel: Complete 14 days of ROM. ² *Entry denied GS/CTR: DO NOT ENTER workplace for 14 days, GS inform supervisor, CTR inform employer. ³ Follow CDC Guidance. ³ *Entry denied		
3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your local area in the past 14 days?	YES	NO
If "YES", self-monitor for fever, cough, difficulty breathing. To extent possible, implement social distancing. If symptoms develop, immediately contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. ³		
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 a clean mask on when one is available and contact/report to your medical provider (call ahead to inform them of your pending arrival) for quarantine determination. *Entry denied		
5. Once instructed by higher authority to conduct TEMPERATURE CHECKS:		
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, 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. ¹ *Entry denied		
ROM: Restriction of Movement		
¹ https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html		
² OSD Memo Force Health Protection Guidance supp 4 (11Mar20)		
³ https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html		

established travel restrictions through May 11, for service members, DoD civilians, and families traveling to, from, or through Level 3 locations, as designated by the CDC. Navy has also restricted official domestic travel for its service members, civilians and family members in order to limit the spread of COVID-19.

- 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 Commanders have activated their emergency operations centers to support COVID-19 response and coordination with agency and community partners.
- Transient Personnel Unit will continue screening incoming personnel upon arrival and then daily after that.
- NRNW and Installations continue working to provide or coordinate cleaning products and/or hand sanitizer for high-traffic facilities and common areas on base for those personnel whose job requires a physical presence.
- NRNW and Installations continue reviewing increased frequency of janitorial services at certain facilities and stand ready to implement in a scalable manner.
- Military Medical Treatment Facilities continue to limit points of entry, conduct prescreening procedures and evaluate impacts to the Navy's mission.
- Navy Command leadership has greatly limited ship and facility tours, Navy-sponsored events, large events and mass gatherings.
- Navy Commands have and continue to identify areas where employees may be initially isolated if they develop symptoms at work. Those employees will then be sent home or to a medical treatment facility as appropriate.
- Navy Commands have been encouraging personnel who feel ill to stay home and self-isolate per CDC guidance, and helping them understand personnel policies that support those decisions (such as annual or sick leave, or weather and public safety leave provisions). Commands have been ensuring personnel diagnosed with or exposed to COVID-19 are isolated or quarantined in alignment with CDC and Dept. of Defense guidance.
- Navy Commands have implemented alternative work schedules and contingency procedures to maintain operational readiness but slow the spread of COVID-19. These plans include options such as teleworking from home. If employees directed to remain at home are unable to work remotely, they should be put into a weather or safety leave status. Servicemembers, civilians and contractors should follow the directions given by their supervisors for their respective commands/organizations.
- Installations have cancelled events and closed certain facilities such as gyms, base theaters, recreation centers and chapels. Dine-in restaurants and bars on base are closed with the following exception: Galleys and Navy food services are carry-out and/or drive-through. There may be some galley exceptions where social distancing can be accommodated. Certain shops such as Navy Exchanges and Commissaries remain open at this time.
- Navy Commands continue to coordinate as needed with their Installation and Public Works to arrange for deep-cleaning of any affected facilities in the event of a confirmed COVID-19 case.

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.

All Navy personnel should always make sure their information is accurate in the Navy Family Accountability and Assessment System (NFAAS). Accurate contact information is required to facilitate a quick and accurate muster of personnel in affected areas in disaster/emergency situations if one is needed. Visit the NFAAS site to review and update or validate information: <https://navyfamily.navy.mil>.

Military medical treatment facilities are doing their best to implement social 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

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC cleaning & disinfecting recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- CDC Guidance for Travelers: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Military Health System: <http://health.mil>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.mhsnurseadvice.com
- 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 #

NAVY REGION NORTHWEST EMPLOYEES

Washington State Governor, Jay Inslee initiated a “stay home, stay healthy” policy March 23 for the state of Washington. 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 forward with your same actions including teleworking when possible or returning directly home from work and maintaining social distancing. We must continue to minimize potential exposure as best we can. 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 above 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 like the example to the right, and links to additional information and resources from our public health partners.

