

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 11: April 30, 2020

STATUS UPDATE

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 official confirmed case of COVID-19 in WA. It has been a little over 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 14,070 cases and 801 deaths as of 4:30 p.m. on Apr. 29. For the latest WA DoH situational report, visit their website at www.doh.wa.gov/emergencies/coronavirus. The Dept. of the Navy (DON) continues to see rising numbers as well and reported 1,539 cases on Tuesday among military, civilians, family members and contractors.

Update #11 includes the following:

1. Gatherings still prohibited, physical distancing still required
2. WA State stay home order extended; some parks, outdoor recreation opening May 5 with limitations
3. Families First Coronavirus Response Act (civilian sick and family medical leave expansion)
4. Region Legal Service Office Northwest update to services
5. Previously-directed measures still in place, including face coverings and physical distancing
6. Resources for Sailors and families
7. 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. While national and local conversations about the reopening or potential reopening of certain parts of society have begun, physical distancing is still an important measure that needs to be exercised. As difficult as distancing has been for many people, public health officials have noted that our physical distancing efforts have been working to reduce the spread of the virus. It is important that every Northwest Navy Family member continues to maintain the healthy habits established since we began elevating our pandemic response efforts.

For the time being, Navy recreational facilities, including ball fields and MWR centers on Navy-owned property, remain closed to protect Navy personnel from exposure to the virus. No decisions have been made yet about when outdoor recreation areas might re-open. Navy leaders continue to closely monitor the health situation and are taking local actions and public health guidance into consideration when determining if changes to measures are needed. If the situation evolves, Navy-implemented restrictions may change, but until then, every Northwest Navy Family member needs to continue doing their part to prevent the resurgence of the virus. This includes practicing physical distancing and not gathering in groups for parties, exercise or games/sports. Changes will be communicated as decisions are made. Navy personnel are also encouraged to keep monitoring Navy installation social media and communications for any updates.

2. Washington State Governor recently announced that he is extending the “stay home” order past May 4. He did not yet provide a new end date as he said reopening will be done in phases. The Governor also announced that he will reopen state parks to day use and allow some hunting, fishing and playing golf starting May 5. Any Northwest Navy Family member planning to participate in any of these activities should continue to follow health protection measures such as physical distancing, not gathering in groups, wearing face coverings, cleaning hands thoroughly and frequently, and going right back home after completing the recreational activity.

Find the Governor's full announcement on his decision to reopen outdoor recreation and the health protection measures still in effect even during outdoor recreation activities at <https://medium.com/wagovernor/inslee-announces-easing-of-outdoor-restrictions-8ed2c3d62050>.

3. The Families First Coronavirus Response Act (FFCRA) was signed into law and with it comes adjustments that Navy civilian personnel should be aware of. This includes the Emergency Paid Sick Leave Act (EPSLA, Division E of the FFCRA) and Emergency Family and Medical Leave Expansion Act (Expanded EFMLA, Division C of the FFCRA).

- EPSLA provides federal civil service employees up to 80 hours of emergency paid sick leave in specified circumstances related to COVID-19. This paid sick leave is in addition to any other paid leave entitlements and is available for use between April 1 and Dec. 31, 2020.
- Expanded EFMLA allows certain eligible employees to take up to 12 weeks of expanded emergency family and medical leave between April 1 and Dec. 31, 2020. Employees could qualify for expanded EMFLA if they were unable to work or telework because they are caring for their child/children whose school or daycare is closed or childcare is unavailable for reasons related to COVID-19.

There are exceptions to both EPSLA and Expanded EMFLA, which can be found on the Office of Personnel Management website at <https://www.opm.gov/policy-data-oversight/covid-19/opm-fact-sheet-federal-employee-coverage-under-the-leave-provisions-of-the-families-first-coronavirus-response-act-ffcra.pdf>. The Department of Labor also posted additional information and guidance on the two acts, which can be found at: <https://www.dol.gov/agencies/whd/pandemic>.

4. Region Legal Service Office Northwest (RLSO NW) made additional adjustments to their services to limit the possibility of spreading COVID 19 to customers/clients and office staff. RLSO NW legal assistance services are continuing as follows:

Until further notice, all legal assistance services (to include estate planning, family law, special powers of attorney, notaries etc.) are reserved for active duty servicemembers AND dependents of active duty servicemembers.

All legal assistance services will continue to be by appointment only. Appointments for active duty servicemembers and dependents of active duty servicemembers will be telephonic. Appointments will be scheduled once all required paperwork is received by the legal office.

To schedule an appointment or have the required paperwork sent please call the RLSO NW appointment lines:

For Bremerton, call (360) 476-4275

For Bangor, call (360) 396-6003

For Everett, call (716) 712-4677

For Whidbey Island, call (360) 257-2126

Required paperwork, including the Legal Assistance Intake Questionnaire and the Remote Services Disclosure and Acknowledgement can also be downloaded from www.jag.navy.mil/legal_services/rlso/rlso_northwest.htm.

5. 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.

- The Navy will follow travel restrictions in alignment with Secretary of Defense's extension of stop-movement order to June 30. All Dept. of Navy personnel, and their families, including active, reserve, and civilian personnel whose travel is government-funded will stop movement, both internationally and

domestically. With some exceptions, this stop movement applies to all official travel, including but not limited to, temporary duty (TDY) travel; government-funded leave travel; permanent duty travel, including Permanent Change of Station (PCS) travel; and travel related to Authorized and Ordered Departures issued by the Department of State. To learn more about the order and to see the exceptions to this order, view the ALNAV message dated April 21, 2020: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/ALNAVS/ALN2020/ALN20044.txt>

- Dept. of Defense (DoD) aims to minimize the number of non-essential persons visiting DoD ID card offices. Some sites are only allowing appointments and increasing the time between customers to support physical distancing measures. DoD has also implemented measures to enable personnel who are unable to or are waiting on an appointment to renew their DoD ID card 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.
 - 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.
 - Find the nearest ID card issuing facility can be found by visiting <http://www.dmdc.osd.mil/rsl/>. Appointments can be scheduled using the RAPIDS Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil>.
- 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. Persons wearing face coverings must still follow physical distancing guidelines as much as possible. Personnel will need to lower their face covering if directed by security personnel to verify identification.

Navy Exchanges and Commissaries require all customers and workers wear face coverings in the stores. The Navy is working on producing face coverings for military personnel, but until those are produced, personnel are authorized to wear medical or construction type masks, or other hand-made cloth coverings using bandanas, scarfs, or other fabric materials. Face coverings need to be conservative in appearance and not offensive, as well as meet the following CDC guidance:

- ✓ 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.
- ✓ Preferably 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.

Information on how to produce face coverings at home can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

- All Navy personnel – whether at home or at work – should continuously self-evaluate their health for signs of illness. Commands continue to conduct enhanced medical screening at certain checkpoints, including use of the approved screening questionnaire.
- 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 physical 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.
- 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.
- NRNW and Installations continue reviewing frequency of janitorial services at certain facilities and stand ready to increase in a scalable manner or arrange for deep-cleaning of any affected facilities in the event of a confirmed COVID-19 case.
- 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. Servicemembers, civilians and contractors should follow the directions given by their supervisors for their respective commands/organizations.
- Installations have canceled/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.

6. Resources 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; www.facebook.com/KitsapFFR; and www.facebook.com/EverettFFR. FFR Program also 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 and can be downloaded at any time.
- The updated MyNavy Family App provides additional information and resources for Sailors and families. Learn more & download the app at 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

- 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
- 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 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.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>

This Northwest Navy information “hub” will include status updates, handy information flyers for printing and posting like the example to the right, and links to additional information and resources from our public health partners.

ENCLOSURE: UPDATED USFF/NAVNORTH COVID-19 SCREENING QUESTIONNAIRE

CUSFF/NAVNORTH 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.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/contractor: DO NOT ENTER workplace for 14 days and inform supervisor/employer.² Follow CDC Guidance.³ *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. Uniformed personnel/GS/contractor: DO NOT ENTER workplace and contact supervisor/employer for additional guidance.²
Refer to NMCPHC assessment of state/county specific risk (CAC required).⁴

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.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 Supplemental 8 (13 Apr20)

³ <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

⁴ <https://esportal.med.navy.mil/sites/nmcphc/pps/COVID19/COVID19%20State%20Surveillance%20Medical%20Intel.pdf>