

// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)

Update 53: Mar. 5, 2021

STATUS UPDATE

COVID-19 case rates may be improving in some areas but many communities in the Northwest are still seeing new positive COVID-19 cases and hospitalizations each week. To continue limiting the spread of the virus, protective measures remain in effect across Navy Region Northwest installations. Northwest Navy installations are either in Health Protection Condition (HPCON) Charlie (C) or Bravo (B).

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.

As vaccination efforts continue, some communities reopened businesses to more activities. Navy personnel should be aware that the Navy's measures, which apply to Navy personnel on and off base, might be different from state or county guidelines. 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 Mar. 2, reported 323,123 cases and 5,012 deaths. Visit <https://www.doh.wa.gov/Emergencies/COVID19/DataDashboard> for the latest WA data.
- Dept. of the Navy, as of Mar. 3, reported 2,647 confirmed active cases among military, civilians, family members and contractors. Navy Medical Treatment Facilities have administered approximately 371,331 vaccine doses so far. Visit <https://www.navy.mil/US-Navy-COVID-19-Updates/> for the Navy's latest report.

Update #53 includes the following:

1. Other Vaccine Location Resources: Retail Pharmacies, Veterans Affairs and Washington State
2. Some Northwest Navy Installations permitted to shift to HPCON B
3. Another FDA-Approved Vaccine
4. Local COVID-19 vaccination continues
5. SECDEF and SECNAV Mask Guidance and Other Measures
6. COVID Economic Impact Payments and Taxes
7. Frequently Asked Questions about SARS-CoV-2 vaccines
8. Vaccine: Important to protecting people and ending the pandemic, and what to expect
9. CDC practical tips, web links to reference sites, and general information for Navy employees

1. Other Vaccine Location Resources: Retail Pharmacies, Veterans Affairs and Washington State

Retail Pharmacies

The federal government launched the Federal Retail Pharmacy Program for COVID-19 Vaccination. It is a collaboration between the federal government, states and territories, and 21 national pharmacy partners and independent pharmacy networks to increase access to COVID-19 vaccination across the United States. This program is one component of the Federal government's strategy to expand access to vaccines for the American public. The program is being implemented incrementally based on the available vaccine supply, with select retail pharmacy locations providing COVID-19 vaccine to eligible individuals. As vaccine availability increases over time, the program will expand

Personnel eligible to receive the vaccine through non-Navy/non-military medical facilities can check the Centers for Disease Control and Prevention's website to find out more and learn which retail pharmacies may be participating in each state: <https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/index.html>

Pharmacies participating in the program may include TRICARE network pharmacies and non-network pharmacies. The availability of the vaccine may vary by location. TRICARE says that beneficiaries will eventually be able to get the COVID-19 vaccine through the following means:

- Local military hospital or clinic
- Local or state health department COVID-19 vaccination sites
- Civilian medical provider
- Pharmacies participating in the Federal Retail Pharmacy Program

TRICARE says there is no cost-share if the vaccine is received at a TRICARE network pharmacy and there is no cost for the COVID-19 vaccine itself if received at a non-network pharmacy.

Find out more from TRICARE about the vaccine at

https://www.tricare.mil/CoveredServices/BenefitUpdates/Archives/02_18_2021_More_Options_Get_COVID19_Vaccine.

U.S. Dept. of Veterans Affairs

Currently, the U.S. Dept. of Veterans Affairs (VA) is offering COVID-19 vaccine to Veterans already receiving care from the VA, based on CDC and VA risk criteria. VA health care team members are contacting patients eligible for the vaccine.

Veterans who are not enrolled or do not currently receive care at VA can visit VA's Eligibility web page at <https://www.va.gov/health-care/eligibility/> to learn more. VA staff are prioritizing Veterans at high risk, who are older, have existing health problems, and those living in nursing homes or other group living facilities.

The vaccine sites in the Puget Sound area include Seattle, American Lake, Silverdale and Mount Vernon. Vaccinations are by appointment only. Eligible Veterans can call (206) 716-5716 to schedule a vaccination or contact their primary care team. Their COVID-19 Vaccine Hotline (recorded message) is updated daily with current vaccine scheduling information: (206) 277-4040.

Find more local Puget Sound area vaccine information from the VA Puget Sound Healthcare System website at <https://www.pugetsound.va.gov/services/covid-19-vaccines.asp>.

Veterans with general questions about COVID-19 or vaccination should call 1-800-myVA411 or (1-800-698-2411), press 8 for COVID information or visit www.va.gov/health-care/covid-19-vaccine/. The VA also has answers to frequently asked questions about COVID-19 at <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>.

Washington State

Washington (WA) State 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 current phase.

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>.

2. Some Northwest Navy Installations permitted to shift to HPCON B:

In response to improving COVID-19 conditions in certain communities, some Navy Region Northwest installations were recently permitted to adjust health protection conditions from Charlie (HPCON C) to Bravo (HPCON B).

Naval Station Everett will remain in HPCON C, but Naval Base Kitsap, Naval Air Station Whidbey Island and Naval Magazine Indian Island can adjust measures on base as needed. Installation leaders continue to monitor the situation on and around their installation and maintain plans to adjust measures to protective measures when necessary to protect the health and safety of Northwest Navy personnel.

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>

HPCON B or C measures in place at an installation applies to all service members, civilian employees and contractors. At a minimum, all personnel and commands should continue to follow health protection measures in alignment with Centers for Disease Control and Prevention (CDC), Dept. of Defense/Dept. of the Navy and state guidelines, including:

- All individuals performing official Dept. of the Navy/Dept. of Defense duties from any location other than the individual's home must wear masks or cloth face coverings 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.
- 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.
- Maintain no-touch ID/credential scanning at all entry control points. Personnel will be required to present both sides of their ID/credential and hold for screening by the guard.
- Limit business and social gatherings. Essential operations and training are not limited in size, but must maintain social distancing and use of cloth face coverings.
- Commands should continue allowing telework for employees and using virtual meeting options instead of in-person meetings.
- 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.
- Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings at the commander's discretion.
- Personnel should avoid non-essential travel and minimize stops outside of work and home. Personnel should check travel advisories and utilize the NRNW Travel Planner Tools to help them make informed decisions for work or personal travel. The planning tools can be found online at <https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>. Personnel should continue discussing pre- and post-travel decisions with their supervisor.
- Commands should direct that all personnel considering travel to check travel advisories and use the NRNW COVID-19 Travel Planner Tools help in making travel plans, or helping in modifying, cancelling or postponing the travel based on COVID-19 risks associated with travel locations, planned activities and modes of transportation.
- 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.

- 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.
- 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 appropriate health protection condition measures both on and off installations, even when those restrictions or measures are more stringent than those placed upon 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.

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.

3. Another FDA-Approved Vaccine:

Many have probably heard that another SARS-CoV-2 vaccine was approved by the FDA for use and doses are being distributed across the country. This most recent approved vaccine is Johnson & Johnson's Janssen COVID-19 vaccine and requires one shot in the upper arm. The Janssen vaccine has proved to be highly efficacious and safe with studies showing no hospitalizations or deaths in people receiving the vaccine.

Dept. of Defense is prepared to roll out the Janssen COVID-19 vaccine without delay. Because the Janssen COVID-19 vaccine is one dose and can be easily stored in environments without special freezers, it is ideal for austere environments. Therefore, DoD will initially focus on distributing doses of this vaccine to forces deployed to austere locations. This means initial shipments of the Janssen COVID-19 vaccine will go to overseas organizations/units and Naval Forward Deployed Forces.

Like the Pfizer and Moderna vaccines, some side effects are expected. The common side effects include mild pain, redness and swelling in the arm where the shot was administered, and fever, chills, tiredness and headaches. These side effects should go away in a few days.

Find more information about this vaccine at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/janssen.html>.

Additional information about the other approved vaccines can be found online at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>.

4. Local COVID-19 vaccination continues:

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/NAVADMIN/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/>.

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. 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 and other measures.

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 maintain physical distancing 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>.

The Centers for Disease Control and Prevention (CDC) also 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.

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>.

6. COVID Economic Impact Payments and 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.

7. 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>

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

Everyone is encouraged to get the vaccine.

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

Protective measures and behaviors still needed.

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 itself 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](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>.

9. CDC Practical Tips:

There are simple things the CDC recommends people continue to do to reduce risk of infection and prevent the spread of COVID-19. These include:

- Wash your hands often with soap and water for 20 seconds; use sanitizer containing at least 60% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with sick people; maintain physical distance of at least six feet outside of your home
- Do not gather in groups and do not go out in public if you are sick, unless seeking medical attention
- Cover coughs and sneezes, and discard used tissues in the trash and wash your hands immediately after
- Cover your mouth and nose with a cloth face covering when around others
- Clean and disinfect frequently touched surfaces at least daily

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC How to Wear and Make Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- CDC cleaning & disinfecting recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- CDC COVID-19 Vaccination FAQs: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
- Military Health Service COVID-19 Vaccine FAQs: <https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Vaccine-Efforts/Getting-the-COVID-19-Vaccine>
- DoD COVID-19 Rumor Control: <https://www.defense.gov/Explore/Spotlight/Coronavirus/Rumor-Control/>
- DoD COVID-19 Vaccine Availability Information: <https://www.defense.gov/Explore/Spotlight/Coronavirus/Vaccine-Availability/>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or www.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.cnic.navy.mil/regions/cnrnw/installations/nas_whidbey_island/about/faqs.html
- NavyLife NAS Whidbey Island Facebook page: <https://www.facebook.com/WhidbeyFFR/>
- Naval Base Kitsap Facebook page: <https://www.facebook.com/kitsapnavy/>
- NavyLife Naval Base Kitsap Facebook page: <https://www.facebook.com/KitsapFFR/>
- Naval Station Everett Facebook page: <https://www.facebook.com/NavalStationEverett/>
- NavyLife Naval Station Everett Facebook page: <https://www.facebook.com/EverettFFR/>
- Navy Region Northwest Fleet and Family Readiness Program: <https://www.navylifepnw.com/>
- US Navy COVID-19 Leaders' Handbook: <https://allhands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook>.
- Navy Region Northwest Travel Planning Tools:
<https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>

NAVY REGION NORTHWEST EMPLOYEES

Our work continues with health and safety protective measures in place. Unless you are told otherwise by your supervisor, please continue with your same actions, including teleworking when possible or returning directly home from work and maintaining physical distancing and wearing of face coverings. Please discuss with your supervisor if you need clarification on your work situation or if you have questions about which Navy vaccination phase you may be in.

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 Navy-specific updates for the Navy family at <https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>. This Northwest Navy information “hub” will include status updates, handy information flyers for printing and posting, and links to additional information and resources from our public health partners.

ENCLOSURE: NAVY REGION NORTHWEST COVID-19 SCREENING QUESTIONNAIRE

CNRNW COVID-19 Screening Questionnaire (version 2020.11.18)

1. **IN THE PAST 24 HOURS**, have you had any of the following symptoms? YES NO
- a. Fever
 - b. Cough (not due to allergies)
 - c. Sore Throat
 - d. Shortness of Breath
 - e. Loss of smell or taste

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). **Follow CDC/OSD Guidance.** *Entry denied

2. Have you had **CLOSE PERSONAL CONTACT**, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)

- a. Within 6 feet for prolonged period of time (**> 15 minutes cumulatively over a 24 hour period**) YES NO
- 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>