

// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)

Update 63: June 4, 2021

STATUS UPDATE

COVID-19 vaccinations in the U.S. continue to prove effective and remain in ready supply. Rates of new cases have fallen in many areas across the country, although some communities – including certain locations in the Northwest area of responsibility – still have elevated COVID-19 case rates. Across the Puget Sound region, the number of confirmed cases continues to decrease with continued vaccination efforts. Protective measures remain in effect across Navy Region Northwest installations to continue limiting the spread of the virus among Navy personnel and families. All Northwest Navy installations currently remain in Health Protection Condition (HPCON) Bravo (B).

Navy Region Northwest's updated guidance aligns with the recently updated masking recommendations by the Centers for Disease Control and Prevention (CDC) and guidance provided by Dept. of Defense (DoD) and the Navy. While Navy Region Northwest has updated its guidance, some command, facility and service-specific measures remain at the commander's discretion, based on their mission and risk assessment.

Northwest Navy Family members should monitor their respective installation websites and social media pages for the latest base-specific updates on services and activities.

Current Numbers:

- Washington (WA) Dept. of Health, as of June 2, reported 403,882 confirmed cases and 5,821 deaths. Visit <https://www.doh.wa.gov/Emergencies/COVID19/DataDashboard> for the latest WA data.
- U.S. Navy reported, as of June 2, that it has fewer than 250 active cases, and 39,104 Navy personnel are partially vaccinated; 235,389 Navy personnel are fully vaccinated. Visit <https://www.navy.mil/US-Navy-COVID-19-Updates/> for the latest information.
- Dept. of Defense reported administering 3,621,851 doses of vaccine as of June 2, 2021. Visit <https://www.defense.gov/Explore/Spotlight/Coronavirus/> for the latest numbers.

Update #64 includes the following:

1. Benefits of getting vaccinated; long-term effects of COVID-19
2. Local Navy COVID-19 vaccination: Bremerton/Bangor, Oak Harbor and Everett
3. U.S. Navy COVID-19 Standing Guidance Update 1
4. Updated Navy Region Northwest COVID-19 Guidance
5. More vaccine resources: Veterans Affairs, Madigan, retail pharmacies and Washington state
6. Frequently Asked Questions about SARS-CoV-2 vaccines
7. Vaccine: Important to protecting people and ending the pandemic, and what to expect

1. Benefits of getting vaccinated; long-term effects of COVID-19

The Centers for Disease Control and Prevention (CDC) shared a list of benefits to getting the COVID-

19, which include:

- COVID-19 vaccination will help keep you from getting COVID-19 and may also help you prevent the spread of the disease to others around you if you do become infected.
- Once you are fully vaccinated, you can start safely doing more things that you stopped doing because of the pandemic.
- COVID-19 vaccination is a safer way to help build protection. Getting COVID-19 may offer some protection, known as natural immunity, but the risk of severe illness and death far outweighs any benefits of natural immunity, and there could be long-term effects of COVID-19.
- COVID-19 vaccination will be an important tool to help stop the pandemic and works with your immune system so it is ready to fight the virus if you are exposed.
- COVID-19 vaccines are safe and effective.
- None of the COVID-19 vaccines can make you sick with COVID-19.

More details on the benefits of getting vaccinated can be found at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>.

The CDC also says that, “Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first being infected with the virus that causes COVID-19. Even people who did not have symptoms when they were infected can have post-COVID conditions. These conditions can have different types and combinations of health problems for different lengths of time.

CDC and experts around the world are working to learn more about short- and long-term health effects associated with COVID-19, who gets them, and why.”

These long-term health effects could affect multiple organs or appear weeks after infection, even if the illness was mild or the person had no symptoms.

The CDC also recommends that people get vaccinated even if they already had COVID-19.

Learn more about some long-term effects of COVID-19 from the CDC’s website at <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>.

2. Local Navy COVID-19 vaccination: Bremerton/Bangor, Oak Harbor and Everett

Military medical professionals continue to administer doses of FDA-approved SARS-CoV-2 vaccines to personnel around the world, including here in the Northwest, in accordance with the Dept. of Defense’s phased plan. Navy medical treatment facilities (MTF) have opened up vaccination to a wider range of individuals.

Naval Hospital Bremerton (NHB) and Branch Health Clinic:

The Pfizer-BioNTech COVID-19 vaccine is available for eligible beneficiaries ages 12 and up. A parent/guardian must accompany those under the age of 18.

The vaccine is available by appointment Monday – Friday 7 a.m. to 3:30 p.m. at the NHB Immunization Clinic. To make an appointment at the Immunization Clinic, visit <https://informatics-stage.health.mil/BremertonCOVIDApp/COVIDSeries.aspx>.

The vaccine will also be available on a walk-in basis at the NHB Urgent Care Clinic from 3:30 p.m. to 7 p.m., Monday – Friday and all day Saturday, Sunday, and (open) holidays.

Eligible beneficiaries can also make an appointment by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday.

For any parent and/or guardian who have questions regarding vaccinations, please discuss any concerns with a medical provider.

Patients can also make an appointment by phone by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday.

Find the latest NHB information at <https://bremerton.tricare.mil/Patient-Resources/-COVID-19-Vaccine> or <https://www.facebook.com/navalhospitalbremerton>.

Naval Branch Health Clinic Everett:

Branch Health Clinic Everett will continue to offer the Moderna COVID-19 vaccine. To schedule an appointment at Everett, please visit <https://informatics-stage.health.mil/EverettCOVIDApp/>.

Eligible beneficiaries can also make an appointment by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday.

For any parent and/or guardian who have questions regarding vaccinations, please discuss any concerns with a medical provider.

Patients can also make an appointment by phone by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday.

Find the latest NHB information at <https://bremerton.tricare.mil/Patient-Resources/-COVID-19-Vaccine> or <https://www.facebook.com/navalhospitalbremerton>.

Naval Health Clinic Oak Harbor (NHCOH):

NHCOH is providing the COVID-19 vaccine to TRICARE beneficiaries, age 18 years and older. Vaccination appointments are only for military retirees, family members of active duty and family members of retirees. Active Duty members are not eligible to book a vaccine appointment and will be scheduled for a vaccination by their command.

Eligible individuals can schedule an appointment online at NHCOH Vaccine Clinic website (<https://informatics-stage.health.mil/OakHarborCOVIDApp/>) or by phone by calling the Puget Sound Military Appointing Center at 1-800-404-4506.

Find the latest NHCOH information at <https://oakharbor.tricare.mil/Patient-Resources/COVID-Vaccine> or <https://www.facebook.com/NavalHealthClinicOakHarbor>.

Getting the vaccine is voluntary, but all DoD personnel are encouraged to get it to protect their health, their families and their community.

Regardless of vaccination status, personnel should continue to follow directions and guidance from their chain of command regarding protective measures.

Personnel that have not yet received their first shot 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.

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.)

3. U.S. Navy COVID-19 Standing Guidance Update 1

U.S. Navy released an update to its COVID-19 Standing Guidance on June 2 in the form of NAVADMIN 110/21. This update contains some revisions to paragraph 7 in the previous version. Paragraph 7 concerns provision of crew health information, testing and quarantine, including compliance with policy guidance regarding host nation requirements for arriving U.S. military and civilian personnel.

Find the full NAVADMIN 110/21 at:

<https://www.mynavyhr.navy.mil/Portals/55/Messages/NAVADMIN/NAV2021/NAV21110.txt?ver=cSyJIL7PxXC2jHW6jXYyaw%3d%3d>

4. Updated Navy Region Northwest COVID-19 Guidance:

Navy Region Northwest COVID-19 guidance includes adjustments for fully vaccinated personnel (who are at least two weeks beyond their final dose of the COVID-19 vaccine) as stated below, in alignment with guidance from the Centers for Disease Control and Prevention (CDC), Dept. of Defense (DoD) and the Navy.

Some places on and off Navy property may still require people wear a mask based on the rules at their specific locations, and the CDC's latest masking guidance does not apply to health care settings like hospitals, long-term care, and doctors' offices where there may be more people at higher risk.

Naval Base Kitsap, Naval Air Station Whidbey Island, Naval Station Everett and Naval Magazine Indian Island remain in HPCON B. 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 the 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>

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.

HPCON B measures for Navy Region Northwest (NRNW) installations include:

- Fully vaccinated personnel are no longer required to wear a mask indoors or outdoors on non-health care DoD facilities. At Commander's discretion, individual workplaces or services may still require visitors or customers to wear masks to ensure a safe workforce.
- Commanders may apply more restrictive Force Health Protection Measures including requiring masks by personnel, visitors or customers, for mission assurance.
- Personnel not fully immunized will continue to comply with applicable DoD and Navy physical distancing and masking guidance, including continuing to wear masks indoors on military installations with the following exceptions:
 - 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;
 - When necessary to reasonably accommodate participation in a religious service;
 - When underlying health conditions exist that prohibit mask wearing, and the individual is in possession of medical documentation from a military or licensed civilian healthcare provider outlining the condition and the restriction it places on the mask wearing;
 - When outdoors, including for physical fitness, and appropriate physical distancing can be maintained in accordance with CDC guidance;
 - When clear or unrestricted visualization of verbal communication is required for safe and effective operations (e.g. Air Traffic Control, Emergency Dispatch, Police/Fire/Emergency Services);
 - Children under the age of two and anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance;
 - Personnel conducting training in which mask wearing is not feasible, such as swim qualification, amphibious, or aquatic training events; or where mask wearing impedes safety, such as live-fire, Chemical, Biological, Radiological, and Nuclear (CBRN), or other high-risk training events where masks create a hazard;
 - Individuals alone (or with members of their household) in their housing, barracks room, private outdoor space, or personally owned vehicle;
 - Personnel operating machinery, tools and/or other items during the use of which a mask would present a safety hazard.
- 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.

- Personnel and commands should maintain strict good hygiene measures such as regularly and thoroughly washing hands, and regular cleaning of frequently touched surfaces.
- Installations may limit occupancy of certain command areas where personnel are likely to congregate and interact in close proximity.
- Commands should continue screening all reporting personnel upon arrival as a routine precaution to prevent increased risk of exposure to COVID-19.
- Installation Visitor Control Center (VCC) personnel will continue the use of COVID-19 Health Questionnaire to screen all personnel who seek access to installations.
- Personnel should follow DoD, CDC, State and host installation guidance when assessing requests for ship or facility tours, events or gatherings and make deliberate decisions based on the nature of the event and value to the mission and the Navy.
- Personnel and commands should comply with workplace occupancy limitations as directed by Chief of Naval Operations.

Additionally, all commands in the Puget Sound area shall do the following:

- Follow current state guidance for gatherings, events, meetings and public spaces but continue to minimize exposure during all activities.
- Continue to utilize virtual capabilities as practical to reduce or eliminate in person meetings or travel requirements.
- Continue telework at supervisor or command discretion.
- 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 educate workforce on personnel and flexible work policies in accordance with OPM guidelines that support employee decisions to stay home if sick or vulnerable. Medically vulnerable personnel, or personnel who reside with vulnerable individuals, should be permitted to telework as possible to minimize exposure.
- Personnel planning personal travel should check travel advisories and evaluate COVID-19 risks accordingly. Personnel can use the NRNW Travel Planner Tools to help them make informed decisions for work or personal travel: <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>.
- Properly screen contractors, vendors, delivery services, etc. to ensure personnel do not perform services while sick or symptomatic.
- Continue to educate personnel on COVID-19-related information and vaccines.
- Personnel and commands should comply with workplace occupancy limitations as directed by Chief of Naval Operations.

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.

5. More Vaccine Resources: Veterans Affairs, Madigan, Retail Pharmacies and Washington State

For those eligible and able to get vaccinated outside of Navy Medical Treatment Facilities, there are

other vaccination options available.

U.S. Dept. of Veterans Affairs

In late March 2021, Congress passed a new law that allows the U.S. Dept. of Veterans Affairs (VA) to offer COVID-19 vaccines to more Veterans and some spouses and caregivers of Veterans.

VA Puget Sound Health Care System vaccination sites 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 (1-800-698-2411) and 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/>.

Madigan Army Medical Center

Madigan Army Medical Center continues to vaccinate patients and beneficiaries. Starting April 12, Madigan will vaccinate all enrolled patients and other Tricare eligible beneficiaries 16 years of age or older on Joint Base Lewis-McChord.

To get the vaccine, patients must make an appointment by calling the Puget Sound Military Appointment Center at 1-800-404-4506 from 6 a.m. – 8 p.m., Monday through Friday, and 7 a.m. – 3:30 p.m. on Saturday and Sunday, or by visiting the link to Madigan's online COVID-19 Vaccine Scheduler at <https://go.usa.gov/xHc4t>.

For the latest updates from Madigan, individuals should visit Madigan's website at <https://madigan.tricare.mil/Health-Services/Preventive-Care/COVID-19-Vaccine> or call the dedicated COVID-19 Vaccine Hotline at 253-968-4744.

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.

Individuals 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.

Washington State and Counties

Washington (WA) State has online resources to help people find a COVID-19 vaccination facility near them. 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.

Washington county public health departments are also providing local resources for COVID-19 vaccination within the respective counties:

Kitsap County: https://kitsappublichealth.org/CommunityHealth/CoronaVirus_Vaccine.php or call 360-728-2219

Island County: <https://www.islandcountywa.gov/Health/Pages/Covid-Vaccine.aspx>

Snohomish County: <https://snohomish-county-coronavirus-response-snocogis.hub.arcgis.com/pages/covid-19-vaccine> or call 425-339-5278.

Jefferson County: <https://jeffersoncountypublichealth.org/1529/COVID-19-Vaccine>

6. 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>

7. 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.

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>.

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>.

INFORMATION RESOURCES

- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.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/>
- NW Navy Vaccination Appointments Websites:
 - Naval Hospital Bremerton (Moderna): <https://informatics-stage.health.mil/Bremerton1COVIDApp/>

- Naval Hospital Bremerton (Pfizer): <https://informatics-stage.health.mil/PSNSCOVIDApp/COVID.aspx>
- NHB Branch Health Clinic Everett: <https://informatics-stage.health.mil/EverettCOVIDApp/>
- Naval Health Clinic Oak Harbor: <https://informatics-stage.health.mil/OakHarborCOVIDApp/>
- Naval Hospital Bremerton COVID-19 Vaccine Info: <https://bremerton.tricare.mil/Patient-Resources/-COVID-19-Vaccine> or <https://www.facebook.com/navalhospitalbremerton>
- Naval Health Clinic Oak Harbor COVID-19 Vaccine Info: <https://oakharbor.tricare.mil/Patient-Resources/COVID-Vaccine> or <https://www.facebook.com/NavalHealthClinicOakHarbor>
- 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

Work continues with health and safety protective measures in place. Unless told otherwise by your supervisor, please continue following all current measures, including teleworking if possible and maintaining physical distancing and wearing of face coverings if not fully vaccinated. 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 coordinate with their supervisor regarding reporting to work. Employees working from home should continue to monitor their own health for any signs of illness and keep their supervisor informed if 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 2021.03.01)

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, continue to wear a 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. TEMPERATURE CHECK (if directed). Is temperature above 100°F (37.8°C)? (due to close proximity, screeners should wear mask or cloth face covering as directed)

– **Masks are required at all times while onboard the installation**

YES NO

If No, screening complete. Access granted.

If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed/GS/Contractor personnel contact supervisor/employer, continue to wear a 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**

If not FULLY IMMUNIZED², answer Questions 3 and 4 as well.

3. Have you had **CLOSE 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, continue to wear a 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**

4. Have you **traveled to or had close contact with anyone who traveled** outside the local area to areas identified with **high infection rates¹** in the past 14 days?

(>100 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.

¹Visitor Control Centers will utilize questions 1, 2, and 3 only for customers requesting access to the Installation.

²Fully immunized is defined as both doses of vaccine completed (Moderna or Pfizer) and two weeks elapsed since the second dose. If single dose vaccine (Johnson-Johnson) two weeks elapsed since vaccination.

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.cnrc.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>