

# // Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 18: June 16, 2020

## STATUS UPDATE

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Navy Region Northwest received approval from U.S. Fleet Forces Command Tuesday to reconstitute certain non-mission critical services and reopen certain facilities previously closed due to COVID. Each Northwest Navy Installation Commanding Officer will assess their local operating environment, address concerns, and begin opening facilities and services as conditions allow. The health and well-being of Navy personnel and their families remains the top priority so Northwest Navy Commands will continue to take a conditions-based phased approach in making adjustments in day-to-day operations to help protect the Fleet, Sailors, civilians and contractors and their families.

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

While Washington State (WA) and other Northwest municipalities continue systematically restarting some activities and reopening certain business and recreation facilities, the region remains in a COVID-19 environment. WA Dept. of Health reported 26,531 cases and 1,231 deaths as of 11:59 p.m. on June 15 and the Dept. of the Navy reported 528 confirmed active cases June 16 among military, civilians, family members and contractors. For the latest WA DoH situational report, visit [www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus), and for the Navy's latest report, visit <https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/>.

Because new positive COVID-19 cases continue to rise in some areas within the Northwest Region, Navy personnel must maintain practices that reduce risks of spreading the virus. Even as things gradually improve, everyone must stay focused on continuing mission essential operations and maintain the practices that have helped the Navy be successful so far in preventing a spike in disease. This includes physical distancing, using face coverings, good hygiene, medical screening and regular cleaning and disinfecting of frequently-touched surfaces.

Update #18 includes the following:

1. Northwest Navy Installations to Begin Reconstitution of Services, Reopening Facilities
  2. Health Protection Measures Remaining in Place
  3. CDC Practical Tips and Web links to reference sites
- 1.** Northwest Navy installations have begun executing their phased reconstitution plans following approval from U.S. Fleet Forces Command June 16. Installations are authorized to begin restoring services with appropriate mitigations. Adjustments will be done at each Installation Commanding Officer's discretion so each installation can begin to reconstitute certain services while ensuring the safety and health of personnel. Adjustments made to health protection condition levels are conditions-based and not time-based, so each installation may adjust their measures slightly differently depending on their unique situation.

Some of the changes personnel may expect to see region-wide include:

- Morale, Welfare and Recreation Programs, Food Services, Navy Getaway Lodging, Navy Gateway Inns and Suites, and Fleet and Family Service Centers will begin providing limited services.
- Religious programs and chapels may begin offering limited services. Regular and crisis counseling remain available through virtual means and one-on-one crisis counseling available as necessary.

- Barber shops and hair salons are authorized to open with mitigations. Patrons are strongly encouraged to contact the barber shop or salon regarding service hours and mitigations.
- Navy personnel – military and civilian – are authorized to utilize off-installation fitness centers, restaurants, barber shops and salons, personal and professional services as long as they follow the recommended public health and safety measures we have been practicing such as wearing face coverings. Personnel should exercise caution to minimize risk to themselves and the greater Navy Family.

Installations will be announcing specific reconstitution actions and changes as they begin to reopen certain facilities and re-start certain non-mission critical services. Personnel should continue to monitor Northwest Navy installations' social media pages and/or websites to learn the most up-to-date base-specific changes.

*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](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/>

Personnel unsure of how these changes will affect their work schedule or duty location and procedures should contact their supervisor and work through their chain of command for clarification.

**2.** Although installations are beginning to reopen certain facilities and services in alignment with Dept. of Defense and Dept. of Navy guidance, Northwest Navy commands and personnel will continue to practice the following health protection measures:

- Personnel must maintain physical distancing of at least six feet and gatherings will be limited to no more than 10 people. Commands are encouraged to continue using virtual meeting options instead of in-person meetings when possible.
- Personnel must wear cloth face coverings on base when physical distancing is not possible.
  - 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>.

- 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.
- Commands should continue coordinating with contractors, vendors and delivery services to ensure their personnel are properly screened and do not perform services while sick or symptomatic.
- 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 continue maximizing telework options where practicable.
- 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 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.
- Navy Exchanges and Commissaries will continue to implement procedures to promote physical distancing within stores and require face coverings for employees and patrons.
- Dept. of Defense and Dept. of Navy have issued guidance for lifting travel restrictions under COVID-19 as conditions allow. Find the DoD memo and accompanying factsheet at <https://www.defense.gov/Newsroom/Releases/Release/Article/2198014/update-to-personnel-movement-and-travel-restrictions/> and the Navy's NAVADMIN 20/168 at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMIN/NAV2020/NAV20168.txt>

Northwest Navy leaders continue to review ongoing Dept. of Defense/Dept. of Navy adjustments to COVID travel guidance to determine appropriate local travel policies. Personnel unsure of their travel status should consult with their chain of command.

## PRACTICAL TIPS

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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 6 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

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- CDC COVID-19 situational information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- CDC How to Wear and Make Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC cleaning & disinfecting recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- Military Health System: <http://health.mil>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)
- Tricare Coronavirus FAQs: [www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs](http://www.tricare.mil/HealthWellness/HealthyLiving/Coronavirus/Coronavirus-FAQs)
- Washington State Dept. of Health COVID-19 site: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- Washington State Department of Health novel coronavirus call center: 1-800-525-0127 and press #
- 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](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/>

## 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.

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, and links to additional information and resources from our public health partners.

**CUSFF/NAVNORTH COVID-19 Screening Questionnaire**  
(V2020.04.18)

<b>1. IN THE PAST 24 HOURS, have you had any of the following symptoms?</b>	<b>YES</b>	<b>NO</b>
a. Fever b. Cough (not due to allergies) c. Sore Throat d. Shortness of Breath e. Loss of smell or taste		
If "YES", LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. <sup>1</sup> *Entry denied		
<b>2. Have you TRAVELED INTERNATIONALLY in the past 14 days?</b>	<b>YES</b>	<b>NO</b>
If "YES", LEAVE/DO NOT ENTER the workplace.	<u>Uniformed personnel:</u> Complete 14 days of ROM. <sup>2</sup> *Entry denied <u>GS/contractor:</u> DO NOT ENTER workplace for 14 days and inform supervisor/employer. <sup>2</sup> Follow CDC Guidance. <sup>3</sup> *Entry denied	
<b>3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your authorized local travel radius in the past 14 days?</b>	<b>YES</b>	<b>NO</b>
If "YES", LEAVE/DO NOT ENTER the workplace.	<u>Uniformed personnel/GS/contractor:</u> DO NOT ENTER workplace and contact supervisor/employer for additional guidance. <sup>2</sup> Refer to NMCPHC assessment of state/county specific risk (CAC required). <sup>4</sup>	
<b>4. Have you had CLOSE PERSONAL CONTACT, with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below)</b>	<b>YES</b>	<b>NO</b>
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		
<b>5. TEMPERATURE CHECK (due to close proximity, screeners should wear cloth face covering or other mask as available):</b>		
a. If temperature is <u>less</u> than 100°F (37.8°C), allow access. Screening is complete.		
b. If temperature is equal to or <u>higher</u> than 100°F (37.8°C), LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put a clean mask on when one is available, and contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. <sup>1</sup> *Entry denied		

ROM: Restriction of Movement  
<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>  
<sup>2</sup> OSD Memo Force Health Protection Guidance Supplemental 8 (13 Apr20)  
<sup>3</sup> <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>  
<sup>4</sup> <https://esportal.med.navy.mil/sites/nmcpbc/pps/COVID19/COVID19%20State%20Surveillance%20Medical%20Intel.pdf>