

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 1: March 4, 2020

WEEKLY STATUS

Coronavirus disease (COVID-19), a newly identified viral respiratory infection, continue to increase around the world and health experts anticipate further spread. Cases, some with related deaths, have been reported in Washington State. The Centers for Disease Control and Prevention (CDC), however, still assesses the overall immediate risk of this new virus to the American public as LOW. To date, the most vulnerable patients have been age 60 or older with existing health issues, while almost all of those under 60 and healthy have recovered.

At this time, there are currently no confirmed cases of Coronavirus within Navy Region Northwest commands. Our Navy medical professionals will continue to monitor the situation and stand ready to assist our Sailors, civilians and families as needed.

Navy commands within the continental United States are planning, protecting, and preparing to mitigate the potential effects of COVID-19. These measures focus on protecting and educating our people, as well as ensuring mission essential functions are maintained as the COVID-19 environment evolves. We encourage personnel and their families to stay informed, use their community resources, and follow the CDC's personal health protective guidance. Personnel should prepare as they would in any emergency to help limit the severity of an outbreak. Informed participation and cooperation will be needed for effective public health efforts.

PRACTICAL TIPS

There are simple things people can do to reduce risk of infection and prevent the spread of COVID-19, which are similar to routine flu and other upper respiratory virus prevention measures.

Assess and adjust your hygiene etiquette:

- **Clean** your hands – Use soap and water for 20 seconds, use hand sanitizer with minimum 60 percent alcohol.
- **Cover** your cough – Use your arm or tissue. If you use a tissue, immediately throw it in the trash.
- **Confine** yourself at home when sick
- **Crowd** avoidance – Use discretion when travelling to impacted areas, urban areas, or large gatherings.

Avoid touching your eyes, nose, and mouth with unwashed hands; avoid close contact with people who are sick; and clean and disinfect frequently touched objects and surfaces.

INFORMATION RESOURCES

- More practical CDC tips you can use at work and at home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC COVID-19 information <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Military Health System <http://health.mil>
- Novel Coronavirus Outbreak 2020, Washington State Department of Health <https://www.doh.wa.gov/Emergencies/Coronavirus>
- CDC Guidance for Travelers <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Washington State Department of Health novel coronavirus call center: 1-800-525-0127 and press #

NAVY REGION NORTHWEST EMPLOYEES

Along with following the practical tips above, supervisors and employees should be prepared to deal with this matter as they would when regular seasonal flu risks hit the workplace. Follow your command's normal sick call procedures. Those who are sick should stay home and see their health care provider as needed. To take care of yourself or a family member, leave authorization should follow normal timekeeping policy and processes.

Where applicable and eligible, Ad Hoc Telework agreements should be reviewed and considered for mission continuity when and where necessary.

For symptoms such as moderate-to-severe difficulty breathing, severe chest pain, high fever or inability to hold down fluids, personnel should seek care from your primary care manager immediately.

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. Navy Region Northwest will continue to provide weekly Navy-specific updates for the Navy family at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>

This Northwest Navy information “hub” will include weekly 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.

