

// Northwest Navy All Hands Message

Coronavirus Disease 2019 (COVID-19)

Update 44: December 23, 2020

STATUS UPDATE

Many areas in the Pacific Northwest and across the nation continue to see new positive COVID-19 cases and hospitalizations each week. In an effort to prevent the spread of the virus among Navy personnel, increased protective measures have been implemented across Navy Region Northwest installations. All Northwest Navy installations remain in Health Protection Condition (HPCON) Charlie (C).

Northwest Navy Installation Commanding Officers (COs) continue assessing 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.

Some of the Navy's measures may be different from those in neighboring communities. Most noticeable changes associated with the increased HPCON level include increased restrictions on occupancy levels for installation facilities and services. 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 Dec. 21, reported 219,584 cases and 3,131 deaths. Visit <https://www.doh.wa.gov/Emergencies/COVID19> for the latest WA data.
- Dept. of the Navy, as of Dec. 22, reported 5,620 confirmed active cases among military, civilians, family members and contractors. Visit <https://www.navy.mil/US-Navy-COVID-19-Updates/> for the Navy's latest report.

Update #44 includes the following:

1. Local COVID-19 vaccine information
2. CDC tips for winter holiday celebrations
3. Washington State additional restrictions until Jan. 4
4. Navy Region Northwest remains in Health Protection Condition Charlie
5. CDC practical tips and web links to reference sites

1. Initial allocations of the FDA-approved SARS-CoV-2 vaccines are being distributed and administered by medical professionals. Many have seen in the news that the vaccine is being administered at medical facilities throughout the Northwest, including at some military facilities such as Madigan Army Medical Center, in accordance with the Dept. of Defense's phased plan.

Northwest Navy commands will follow the phased plan, which is outlined in NAVADMIN 327/20. In Phase 1a, the initial phase, healthcare and emergency services personnel would receive the vaccine.

NAVADMIN 327/20, including the Navy's vaccine phased plan and guidance, and can be found at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20327.txt>

Everyone 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. While personnel wait for their opportunity to receive the vaccine, they should continue to follow directions and guidance from their chain of command. Commands will share more information about vaccine scheduling with personnel as the details become available.

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.

Vaccine safe; some side effects normal:

U.S. government and medical experts say that the vaccines are safe. The 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 contains no live virus and does not pose a threat to family members or others around the recipient once administered.

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 US COVID-19 vaccine planning, how the vaccines work, vaccine safety, and more, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>.

2. The Centers for Disease Control and Prevention (CDC) provided winter holiday guidelines and other information to help Americans celebrate during the pandemic. According to the CDC, the safest way to celebrate winter holidays is to celebrate at home only with the people that live in that same household. Although the vaccine is being distributed and administered, experts say that people still need to follow public health

guidance and continue the same protective behaviors such as wearing a face covering, physical distancing, avoiding crowds and gatherings, and thoroughly and regularly washing hands.

Alternative activities suggested by the CDC include:

- Hosting a virtual celebration or meal with friends and family
- Gathering virtually for a gift exchange or activity such as decorating cookies
- Drive through a local holiday light display or walk and look from a safe distance
- Make crafts or cards to send to family and friends
- Volunteering to help others in need from a safe distance

Staying home is still considered the best way to stay protected but if travel is necessary, personnel should utilize the Navy Region Northwest Travel Planner Tools check the CDC's travel planning resources to help make appropriate travel plans.

Learn more about how to stay COVID-safe this holiday season by visiting the CDC's website at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>.

For those still traveling, they should discuss plans with their supervisor and utilize the NRNW Travel Planner Tools. All of the tools can be downloaded from the NRNW COVID-19 Webpage at <https://www.cnrc.navy.mil/regions/cnrnw/om/COVID-19.html>.

All personnel should use these planning tools and discuss any travel plans with their supervisor. Together, the employee and supervisor can make appropriate decisions regarding travel plans or restriction of movement requirements.

3. Washington State Governor extended the state's additional restrictions until Jan. 4. Initially implemented Nov. 15, these restrictions include limitations or closures of indoor dining, retail shopping, indoor social gatherings, gyms, movie theaters, religious services and museums/zoos.

Navy personnel should continue to monitor installation communications to find the latest information regarding Navy COVID-19 measures.

To learn more about the state's restrictions, visit <https://coronavirus.wa.gov/what-you-need-know/safe-start/whats-open-each-phase>.

4. The Navy Region Northwest elevated its health protection measures to Health Protection Condition (HPCON) Charlie (C) at installations within the Puget Sound operating area Nov. 19. This was in alignment with current Dept. of Defense guidance and is due to the recent significant rise in number of new COVID-19 cases in Washington State and the increased potential for exposure to the virus.

Implementing HPCON C at NRNW installations is enacted in an effort to protect the Navy fleet, fighter, and family from the increasing number of positive COVID-19 cases across the state. This increase also coincides with Washington State Governor increasing protective measures to reduce to the rising number of positive cases.

HPCON C applies to all service members, civilian employees and contractors, and includes the following regional measures. Northwest Navy leaders will continue to assess the situation and made decisions

accordingly. Future modifications to HPCON C will depend not only on federal and state direction, but the success or failure of our local actions to maintain a ready force.

- Personnel must maintain physical distancing of at least six feet.
- Limit business gatherings or meetings to no more than 10 persons, and social gatherings to no more than five persons. Essential operations and training are not limited in size, but must maintain social distancing and use of cloth face coverings.
- Commands are encouraged to continue using virtual meeting options instead of in-person meetings when possible.
- Personnel must wear cloth face coverings on Navy property when physical distancing of at least six feet is not possible. Cloth face coverings should be in alignment with Navy and CDC guidelines. Face coverings should:
 - ✓ 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.
 - ✓ 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.
 - ✓ Not interfere with wearing eyeglasses or cause them to fog.
 - ✓ When in uniform, only plain neutral colors – black, brown, tan, white, grey, green or blue – can be worn. No words, logos, symbols, prints or patterns are authorized. The only exception is a camouflage pattern that matches the Navy’s existing camouflage pattern uniforms.
 - ✓ Face coverings with an exhaust valve and neck gaiter style face coverings are not recommended, and in some places, are prohibited. These type of face coverings do not entrain moisture in exhaled breath, failing to reduce the spread of the COVID-19 Virus and failing to protect other personnel.
- 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.
- Personnel and commands should conduct daily COVID-19 screening using the NRNW COVID-19 Questionnaire version dated Nov. 18, 2020. Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings.
- Personnel should avoid non-essential travel. Service members should minimize stops at off-base facilities and businesses in compliance with state and local restrictions. Military families, civilian employees, and contractors are strongly encouraged to follow the same risk avoidance measures. Personnel should utilize the NRNW Travel Planner Tool to help them make informed decisions for leave and liberty within Washington State. The planning tool can be found online at <https://www.cnmc.navy.mil/regions/cnrnw/om/COVID-19.html>. For travel beyond Washington State, travelers should review the Department of Navy COVID-19 Travel Tracker at <https://www.mnp.navy.mil/group/DON-COVID-19-TRAVEL-TRACKER> and the CDC cases and

deaths by county website at <https://www.cdc.gov/coronavirus/2019-NCOV/cases-updates/county-map.html> in order to make informed pre- and post-travel decisions.

- 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 ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and DoD guidance.
- 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 (NEX) will limit patron levels to 50% of facility capacity. Barber shops are open with safety measures. NEX will continue promoting physical distancing within stores and require face coverings for employees and patrons.
- Commissaries will limit patron levels to 25% of facility capacity. There will be a 100% ID check and no guests will be permitted with the authorized ID cardholder. Commissaries will continue to promote physical distancing within stores and require face coverings for employees and patrons.
- MWR: Fitness and aquatic centers are limited to active duty personnel only and will not exceed 50% of facility capacity. Single Sailor Liberty Centers are open to active duty personnel with distancing measures. Recreation and bowling centers are closed. Equipment rentals are available by reservation and curbside pick-up only. Theaters are open to active duty personnel and their families and will not exceed 15% of facility capacity with physical distancing. Recreational park areas are open except those closed for the season. Monitor installation communications for status of specific food establishments, golf courses, RV parks, resorts, outdoor recreation areas vehicle storage, and auto hobby shops.
- Child and Youth Programs (CYP): No changes to CYP at this time. Personnel can contact their local CYP staff for more information.
- Galley indoor seating is limited to active duty personnel only. There will one person per table and will not exceed 25% of facility capacity.
- Navy Housing Services Center referral services will be provided by phone and email.
- Navy Gateway Inns and Suites is open to official travelers and local active duty personnel only.
- Fleet and Family Support Centers: Counseling advocacy and prevention, and Navy Gold Star services will be done virtually. Training is available virtually to include Transition Assistance Program, Sexual Assault Prevention and Response Victim Advocate, Family Advocacy Program

(FAP), SAIL and non-medical counseling. FAP treatment groups will be provided in person following safety protocols.

- Navy Wounded Warrior Program will be providing virtual services only.
- Religious Services are limited to 25% of facility capacity.
- 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 HPCON C measures both on and off installations, even when those restrictions or measures are more stringent than those placed on 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.

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>

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.

Additional information regarding the Washington State Governor's announcement regarding statewide COVID-19 restrictions can be found on the Governor's website at

<https://www.governor.wa.gov/sites/default/files/proclamations/COVID%2019%20November%20Statewide%20Restrictions.pdf>.

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 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 #
- 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.

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.

ENCLOSURE: UPDATED 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.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>

