

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 22: July 16, 2020

STATUS UPDATE

While Washington State (WA) and other Northwest municipalities continue systematically restarting some activities and reopening certain business and recreation facilities, some areas in the region continue to see a rise in new positive COVID-19 cases. In some communities, there has been a significant increase in new cases in recent days.

WA Dept. of Health, as of end of day July 15, reported 43,046 cases and 1,421 deaths. Visit www.doh.wa.gov/emergencies/coronavirus for the latest WA data.

Dept. of the Navy, as of July 15, reported 2,454 confirmed active cases among military, civilians, family members and contractors. Visit <https://navylive.dodlive.mil/2020/03/15/u-s-navy-covid-19-updates/> for the Navy's latest report.

Current conditions allow for Northwest Navy commands to remain stable in our current health protection condition level for the time being, but Navy personnel must maintain practices to reduce the spread of the virus. This includes physical distancing, using face coverings, good hygiene, medical screening and regular cleaning and disinfecting of frequently-touched surfaces.

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. While installation COs have opened some services and facilities as conditions allowed, they are also prepared to increase health protection measures again should the conditions require such actions. 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 remain more stringent than those in neighboring communities. It is essential that all personnel take personal responsibility to continue limiting the spread of the disease. Asymptomatic spread is a reality and one misstep opens an opportunity for another attack from the virus. All personnel must remain vigilant in executing force health protection guidance.

Update #22 includes the following:

1. Measures still in place despite reconstitution of some services on base, reopening of communities
2. Navy releases more guidance on face coverings when in uniform
3. Fall 2020 Physical Fitness Assessment suspended due to COVID
4. Thrift Savings Plan temporary loan and withdrawal options under the CARES Act
5. Navy Installations Continue Assessing, Reopening Facilities As Conditions Allow
6. Health Protection Measures & Behaviors Remaining in Place
7. CDC Practical Tips and Web links to reference sites

1. Although Northwest Navy installations have been able to reopen some facilities and reconstitute some services, leadership continue to monitor and assess the situation on and around the installations. Reports from many state and county public health officials across the country show significant increases in positive COVID-19 cases in WA State in recent days. Navy leaders are prepared to increase health protection measures in the event the situation requires heightened mitigation measures to protect the fleet, fighters and their families.

For the time being, Navy personnel are authorized to utilize off-installation fitness centers, restaurants, barber shops and salons, personal and professional services, and places of worship as long as they follow public health and safety measures and exercise caution to minimize risk to themselves and the greater Navy Family. Dept. of Defense and Navy have recently authorized personnel to attend religious services at places of worship as long as they follow health protection protocols.

Navy leaders are asking all personnel – including active duty, civilians, family members, retirees and contractors – to continue doing their part to reduce the spread of the virus on and off base, which includes the following measures:

- Maintaining physical distancing of at least six feet
- Limiting in-person gatherings to 10 people or less
- Wearing cloth face coverings when physical distancing is not possible
- Maintaining strict good hygiene measures such as regularly and thoroughly washing hands, and regularly cleaning and disinfecting frequently touched surfaces
- Minimizing non-essential travel and utilize the Navy Region Northwest Travel Planner map
- Staying at 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.

2. Cloth face coverings have been required for wear by Navy personnel since April 5; however, the Navy has recently released additional, more specific guidance regarding design type and configuration for authorized wear with Navy uniforms. When worn in a Navy uniform, face coverings must still meet the standards set by the Centers for Disease Control and Prevention (CDC) and can be purchased by individuals or issued by commands.

Face coverings worn in uniform must overall be conservative in appearance, non-offensive and exhibit nothing that will bring discredit upon the wearer or the Navy. Only face coverings made of plain neutral colors -- specifically black, brown, tan, white, grey, green, blue can be worn. No lettering/wording, logos, symbols, prints or patterns are authorized. The only exception is the option to wear coverings with camouflage patterns that match the Navy's existing camouflage pattern uniforms.

Read more about the updated face covering guidance in NAVADMIN 194/20, which can be found online at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20100.txt>.

3. The Navy has suspended the fall 2020 Physical Fitness Assessment (PFA) to minimize risk of Sailor exposure to the COVID-19 virus. The suspension was announced in NAVADMIN 193/20 on July 7, and is the second consecutive fitness cycle suspended because of COVID-19 mitigation concerns. When fitness testing does resume in January 2021, the plank will replace the curl-up for the first time and the rowing machine will become an alternate cardio option as well, the message said.

Read NAVADMIN 193/20 online at <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2020/NAV20193.txt>.

4. The temporary loan and withdrawal options for Thrift Savings Plan (TSP) participants affected by COVID-19 are now available. These options are authorized by the Coronavirus Aid, Relief, and Economic Security (CARES) Act. This law also provides favorable tax treatment for other types of withdrawals participants may be currently eligible for. Both the loan and withdrawal options are available only if participants can certify that they meet certain CARES Act criteria and TSP eligibility rules.

If eligible, TSP also now allows participants to submit loan and withdrawal TSP forms online by logging in to My Account and uploading a PDF copy of the form. This is in addition to the other option, which is to mail or fax your completed form and supporting documentation to TSP.

Find more information about TSP temporary loan and withdrawal options at <https://www.tsp.gov/covid-19/>.

5. Northwest Navy installations continue to monitor and assess the situation, and reconstitute certain services and reopen facilities in phases as conditions allow. Installations are 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.

Currently, adjustments include:

- Morale, Welfare and Recreation Programs, Food Services, Navy Getaway Lodging, Navy Gateway Inns and Suites, and Fleet and Family Service Centers began 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, and places of worship as long as they follow the recommended public health and safety measures we have been practicing such as maintaining physical distancing and wearing face coverings. Personnel should exercise caution to minimize risk to themselves and the greater Navy Family.

Installations will announce specific reconstitution actions and changes as they manage certain facilities and 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, as follows:



Members of Region Legal Service Office Northwest (RLSO NW) Legal Assistance Department demonstrate the use of COVID-19 safety measures for will executions, including use of glass barriers. The Legal Assistance Department continues to execute its mission of service to Sailors and their families while protecting the health of clients and each other. For more information, please visit the Legal Assistance website at https://www.jag.navy.mil/legal_services/rlso/rlso_northwest.htm.

To request legal assistance services, please call one of the appointment lines below:

- Bremerton: (360) 476-4275
- Bangor: (360) 396-6003
- Everett: (716) 712-4677

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 duty location and procedures should contact their supervisor and work through their chain of command for clarification.

6. The region and nation remain in a COVID-19 operating environment even though installations have reopened certain facilities and services in alignment with Dept. of Defense and Dept. of Navy guidance, and communities have reopened certain businesses off base. Because the risk of the virus spreading remains present, Northwest Navy commands and personnel must 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 Navy property when physical distancing of at least six feet is not possible. Cloth face coverings should be in alignment with NAVADMINs 100/20 and 194/20 and CDC guidelines, and 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.
- 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.

- Personnel should continue minimizing non-essential travel.
- 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 ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and Dept. of Defense 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 and Commissaries will continue to implement procedures to promote physical distancing within stores and require face coverings for employees and patrons.

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 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

- 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/cnrrw/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 Planner Map: <https://www.cnic.navy.mil/regions/cnrrw/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/cnrrw/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

Self-screening process

CNRNW COVID-19 Screening Questionnaire (version 2020.07.01)

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, 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) YES NO
- b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.)

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** to areas identified with **high infection rates**¹ in the past 14 days? YES NO
(>50 cases / 100K population over last 7 days)

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**

¹The following websites provide guidance for determining risk associated with travel. VCC personnel will utilize the DoN Travel Tracker factors 1 and 2 to determine whether access should be granted.

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>