

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 27: August 25, 2020

STATUS UPDATE

Data trends in the greater Pacific Northwest and nationally show varying rates of COVID-19 infections, but new people continue to test positive for COVID-19 each day in most places. Northwest Navy installations remain stable at the current Health Protection Condition Bravo (B), but if the rate of new cases increases again, stricter protective measures may be implemented.

Washington (WA) Dept. of Health, as of August 19, reported 69,389 cases and 1,837 deaths. Visit www.doh.wa.gov/emergencies/coronavirus for the latest WA data.

Dept. of the Navy, as of August 19, reported 2,537 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.

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 be different than those in neighboring communities. 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 of frequently-touched surfaces.

Update #27 includes the following:

- 1.** Face coverings with exhalation valves or vents not recommended for use
- 2.** Navy family resources – School year and childcare options
- 3.** Navy civilian leave policies, alternate work schedules
- 4.** Stay safe and healthy during Labor Day holiday
- 5.** Updated Navy COVID-19 Leaders' Handbook
- 6.** Navy Installations continue assessing conditions
- 7.** Health protection measures and behaviors remaining in place
- 8.** CDC practical tips and web links to reference sites

1. Navy Region Northwest recommends Navy personnel *not* use face coverings that have one-way valves or vents. This is because these types of face coverings allow exhaled respiratory droplets to easily exit through a vent or valve and therefore, increase potential spread of the virus. The Centers for Disease Control and Prevention (CDC) and Defense Health Agency also do not recommend using these types of face coverings with an exhalation valve or vent, and in certain facilities, their use is prohibited. Additionally, recent studies also indicate that popular face covering alternatives, such as neck gaiters made of thin, stretchy material, are not effective.

Since NAVADMIN 100/20 was issued in early April, all individuals on Dept. of Defense property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of social distance from others. This includes all military personnel, civilian employees, family members, contractors and all other individuals. Additional guidance for wear of cloth face coverings in uniform can be found in NAVADMIN 194/20 and in Section 7 below.

2. The new school year is quickly approaching.

This school year will be unlike any school year before due to the COVID-19 pandemic. Navy families (military and civilian employees) are making difficult decisions regarding multiple school options and what will be best for their child(ren). School administrators are faced with challenging decisions around how to operate their schools this year in the midst of the pandemic. This time of year, is usually full of excitement and anticipation; shopping for school supplies, finding out who your child's teacher will be etc. If you are new to NRNW, it can be even more challenging. Rest assured; these things will still happen. Schools will release details as they confirm registrations, student enrollment choices and technology needs. Everyone needs to do their best to be patient and courteous.

School districts in Washington State are offering several educational options for families this fall.

- Remote (or distance) learning - students will be assigned a teacher and follow district curriculum. This will be the learning format when local health conditions are unsafe for in-person learning. There will be some live instruction and some pre-recorded instruction. Attendance will be taken and grading is required.
- Hybrid model - students will attend two days of school in person and three days remote (distance). The hybrid model allows schools to meet social distancing requirements and more easily switch between hybrid and remote (distance) learning based on local health conditions. Some districts may offer more on campus instruction for younger students or students receiving special services.

Coronavirus Disease 2019
COVID-19
What you need to know to keep your family safe and healthy.

WEAR THIS
REGULATION
FACE MASK

NOT THAT
MASK WITH
VALVE

Some face masks have a plastic valve embedded in the fabric. This is a one-way valve which prevents pathogens from entering but does not prevent them from leaving when you exhale. When you wear a face mask with a valve, most of what you're exhaling is unfiltered, and you're potentially putting others at risk for the spread of COVID-19.

Face masks with respiratory valves are **NOT APPROVED** at DHA locations. All DHA personnel must wear a face covering without a vent or respiratory valve.

www.tricare.mil/coronavirus

DHA
Defense Health Agency
TRICARE

- Virtual ‘academy’ – 100% online only education for the entire school year. This option is for parents that do not want their child to return to in person school this year. School districts are providing various platforms for their virtual learning option.
- School district parent partnership program – similar to homeschool but with school district provided resources, curriculum and teacher support. Parents must meet the state home school requirements.
- Homeschooling – Parents are responsible for their child’s learning. Parents have to follow state home school requirements and file a declaration with the local school district.

Most public schools in NRNW are starting the school year with remote (distance) learning. Few districts meet Washington State Health Department’s criteria to open in a hybrid model. Visit your school district’s website to learn more about their fall opening plans. To learn more about Washington State’s guidance on the reopening of schools during COVID-19, visit the Office of the Superintendent of Public Instruction’s guidance: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DecisionTree-K12schools.pdf> or visit their COVID-19 info page: <https://www.k12.wa.us/about-osp/press-releases/novel-coronavirus-covid-19-guidance-resources>.

Remote learning increases the childcare need in our community. There simply is not enough child care (nationwide) for the demand. The first step in addressing the childcare need is by working with Commands and employers to create flexible work schedules and telework opportunities as much as possible. This will allow childcare providers to provide care for those that need it most, and in the safest way possible. Navy Region Northwest has released guidance regarding alternative work schedules.

Childcare on the installations is provided by Navy Child and Youth Programs (CYP). To request childcare, parents should create an account and register at www.militarychildcare.com for the care needed. CYP school age care (SAC) is expanding services at this time within COVID-19 health guidelines. Classroom sizes are limited due to safety with medical concurrence and Command concurrence. CYP professionals and youth in SAC program must wear facial coverings.

Youth attending CYP SAC programs will be provided with time to participate in online learning and complete school work. School assigned or personal technology devices will be allowed. CYP professionals will be able to assist with connecting to wifi and logging into school accounts. They will also assist youth by modeling problem solving strategies that are an important part of youth development. It is important to note, CYP professionals are not teachers or tutors. Academic learning remains the responsibility of the school and family. For additional homework support www.tutor.com/military has expanded access. This free service is now available for military service members and Dept. of Defense (DoD) civilians as well as their family members.

Local school districts are working with community partners to address childcare needs as well. The YMCA’s Y-Kids and Boys and Girls Club of America provide school age care in many districts near installations. Champions and Martha & Mary Child Care are also available near Naval Base Kitsap. Parents can also use Child Care Aware of America www.childcareaware.org to search for providers.

Additionally, Military One Source now provides military members free access to a national database of more than a million caregivers so they can find hourly, flexible and on-demand child care. More information and registration information can be found at: <https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-childcare-services>

If you have questions about CYP SAC programs, please contact your installation’s CYP program. Child and Youth Education Services (CYES) School Liaison Officers are also available at each installation to help military families with school related challenges. Contact information can be found at the following websites:

Whidbey Island: <https://whidbey.navylifepnw.com/welcome-aboard/relocation-support/childcare-schools>

Everett: <https://everett.navylifepnw.com/welcome-aboard/relocation-support/childcare-schools->

3. For civilian employees, there are some options for emergency leave, some of which were signed into law because of the pandemic. Commands should also provide information to their employees about what options are available for telework or alternate work schedules.

The Families First Coronavirus Response Act (FFCRA) was signed into law and with it comes adjustments that Navy civilian personnel should be aware of. This includes the Emergency Paid Sick Leave Act (EPSLA, Division E of the FFCRA) and Emergency Family and Medical Leave Expansion Act (Expanded EFMLA, Division C of the FFCRA).

EPSLA provides federal civil service employees up to 80 hours of emergency paid sick leave in specified circumstances related to COVID-19. This paid sick leave is in addition to any other paid leave entitlements and is available for use between April 1 and Dec. 31, 2020.

Expanded EFMLA allows certain eligible employees to take up to 12 weeks of expanded emergency family and medical leave between April 1 and Dec. 31, 2020. Employees could qualify for expanded EMFLA if they were unable to work or telework because they are caring for their child/children whose school or daycare is closed or childcare is unavailable for reasons related to COVID-19.

There are exceptions to both EPSLA and Expanded EMFLA, which can be found on the Office of Personnel Management website at <https://www.opm.gov/policy-data-oversight/covid-19/opm-fact-sheet-federal-employee-coverage-under-the-leave-provisions-of-the-families-first-coronavirus-response-act-ffcra.pdf>. The Department of Labor also posted additional information and guidance on the two acts, which can be found at: <https://www.dol.gov/agencies/whd/pandemic>.

To learn more about civilian leave options or to ask questions, contact your command's human resources or personnel/manpower office representatives.

4. Labor Day is fast approaching and while this time of year often would mean backyard barbecues with friends and family, or road trips and final vacations before school starts. Things are obviously different this year. Over the past several months, our greater Northwest Navy Family has led the way in adapting operations and behaviors to protect the team while ensuring force readiness. Because the risk of viral transmission is still high in many Northwest communities, all Navy personnel must continue practicing the behaviors that have allowed Northwest Navy commands to successfully continue meeting critical operational requirements throughout the pandemic.

Following the Memorial Day and 4th of July holidays, local Northwest communities experienced an increase in positive COVID-19 cases. Health experts and public officials have attributed the rise in new cases to an increase in travel and gatherings or group events. Holidays are a good opportunity to take some time off of work and enjoy time with family as long as activities are done safely. Navy personnel need to exercise personal responsibility and follow the guidelines and measures that remain in place, including maintaining social distancing, not gathering in groups, practicing good hygiene and wearing face coverings in public settings.

Navy personnel planning to travel over the Labor Day holiday should review the Navy Region Northwest (NRNW) Travel Planner tool for travel within Washington state or the Centers for Disease Control and Prevention sites to understand the case rate in the planned travel location. Personnel should use that information to make travel decisions and to communicate plans with their commands in case a quarantine is required following travel.

NRNW Travel Planner tool: <https://www.cnic.navy.mil/regions/cnrnw/om/COVID-19.html>
CDC Case Map: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/county-map.html>

5. The latest version of the U.S. Navy COVID-19 Leaders' Handbook was made available Aug. 12. The new version of the Leaders' Handbook includes updated information about operational guidance, mitigation measures and guidance for adjusting health protection condition levels, and can be found online at <https://allhands.navy.mil/The-Way-Forward/US-Navy-COVID-19-Leaders-Handbook/>.

6. 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 when able to ensure appropriate mitigations can be maintained. Adjustments will be done at each Installation Commanding Officer's discretion so each installation can 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.

As of mid-June, adjustments have included:

- 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:

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.

7. 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 five 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.
- 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.

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 Planner Map: <https://www.cnmc.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.cnmc.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

Navy Region Northwest COVID-19 Screening Questionnaire (version 2020.08.13)

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) YES NO
- a. Within 6 feet for prolonged period of time (> 15 minutes)
 - 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** in the past 14 days (see note 1)? 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

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.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>