

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 2: March 5, 2020

WEEKLY STATUS

Given the continued growth of positive cases of COVID in the Seattle area (70 confirmed cases, 10 deaths, and 231 under public health supervision). Please advise your employees to strongly consider potential travel and avoid, if feasible, Snohomish, King and Grant Counties.

Additionally, Fleet Forces issued new guidance today that directs the following:

Service Members – returning from approved official and/or non-official travel to China, South Korea and Italy shall be directed to remain at home or in a comparable setting for 14 days restriction of Movement (ROM) from the date of departure, avoid congregate settings, limit close contact with people and animals to the greatest extent possible, avoid travelling, self-monitor and seek immediate medical care if symptoms (E.G., cough, fever, shortness of breath) develop.

GS Employees - returning from approved official and/or non-official travel to China, South Korea and Italy shall be asked to voluntarily remain at home or in a comparable setting for 14 days restriction of Movement (ROM) from the date of departure, avoid congregate settings, limit close contact with people and animals to the greatest extent possible, avoid travelling, self-monitor and seek immediate medical care if symptoms (E.G., cough, fever, shortness of breath) develop. Weather and safety leave may be granted if the employee is not in a telework status.

Contractors - returning from approved official and/or non-official travel to China, South Korea and Italy shall be asked by the contracting officer to have their employees comply with Centers for Disease Control Guidance located at <https://www.cdc.gov/coronavirus/2019-ncov/>.

Commands with personnel in ROM report the number and location to Fleet Forces and the chain of command via encrypted email. All commands must closely track personnel in ROM status during their absence.

Please ensure all our personnel and our tenant commands are aware of this new requirement and our employees are cognizant of the need to report travel. Given the current situation, all employees should carefully consider the risks of overseas travel before departing for foreign shores.

Region PAO is generating an all hands notification of this new requirement and will also place of the Region COVID information site.

Region N8 – please discuss with the front office development and promulgation of Region guidance for consistent application and accounting of the appropriate GS leave status.

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.cnrc.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.

