

// Northwest Navy All Hands Message

Coronavirus (COVID-19)

Update 33: October 1, 2020

STATUS UPDATE

Data trends in the greater Pacific Northwest and nationally show varying rates of COVID-19 infections. Some Western Washington communities show increased rates while others show stable or slightly declining trends. 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 September 29, reported 87,522 cases and 2,126 deaths. Visit www.doh.wa.gov/emergencies/coronavirus for the latest WA data.

Dept. of the Navy, as of September 30, reported 1,352 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 allow, 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 frequently-touched surfaces.

Update #33 includes the following:

1. COVID-19 and upcoming flu season precautions
2. CDC recommendations and ideas for COVID-19-safe Halloween activities
3. Navy Installations continue assessing conditions
4. Health protection measures and behaviors remaining in place
5. CDC practical tips and web links to reference sites

1. In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, flu activity typically peaks between December and February, according to the Center for Disease Control and Prevention (CDC). It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. The CDC says that because of the ongoing COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever.

The CDC lists useful information for this season, including information on how to protect yourself and your family against flu by getting a flu vaccine, on their website at <https://www.cdc.gov/flu/about/season/flu-season.htm>.

For Navy commands and personnel west of Puget Sound, Naval Hospital Bremerton (NHB) will begin providing annual influenza vaccinations sometime after Halloween, when an annual shipment of the flu vaccine is expected to arrive. Once there is an established delivery date for the bulk flu vaccine delivery, the hospital will announce the dates and times for its annual “Shot-Exercise,” or SHOTEX for short. NHB leaders understand that some beneficiaries are anxious to get this information, and they’re committed to keeping their community informed as updates are received on the expected delivery date for the flu vaccine.

For those who need or desire to get their flu shot before that time, it’s recommend you visit one of the retail outlets in the community that accepts TRICARE. Visit <https://tricare.mil/> for more information.

Civilian government employees covered under Federal Employee Health Benefits (FEHB) health plans can get flu shots at no cost out in town, and many plans offer flu shots for children and adults at convenient locations, like retail pharmacies. The following website provides more information on vaccine locations: <https://www.vaccinefinder.org/>

During the ongoing pandemic, people are strongly encouraged to get the flu vaccine. However, anyone suspected or confirmed to have COVID-19 should postpone the flu vaccine until they recover and complete isolation. While mild illness is not necessarily a reason to stop people from getting a flu vaccination, COVID patients should delay getting their flu vaccinations for the safety of health care personnel and others they may come in contact with while seeking the flu vaccination.

NHB echoes the CDC’s advice that everyone - even those as young as six months - should get the influenza vaccine each year. It is especially important for pregnant women and people with chronic diseases like asthma and diabetes, and those that have weakened immune systems.

One of the challenging aspects of flu is that someone who becomes infected can infect others one day before they have symptoms and up to five days after becoming sick. Influenza usually causes mild to severe illness, and in extreme, uncommon, cases can lead to death.

Symptoms of influenza include fever, headache, extreme tiredness, dry cough, sore throat, chills, runny or stuffy nose and muscle aches. Stomach symptoms such as nausea, vomiting, and diarrhea also can occur but are more common in children than adults. Traditionally, seasonal flu impacts the elderly and the young the most.

There are, however, multiple steps that can be done daily to mitigate the potential spread of the flu. One of the most effective is hand washing.

What can people do to protect themselves against the flu virus? In alignment with CDC guidance, and similar to COVID-19 prevention measures, NHB advises people to:

- Avoid close contact with people who are sick, when you are sick, keep your distance from others to protect them from also getting sick.
- If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands often to help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose or mouth.

2. According to the Center for Disease Control and Prevention (CDC), celebrating Halloween will likely need to be different this fall to prevent the spread of the virus that causes COVID-19. Officials suggest people avoid activities that are higher risk for spread and should consider fun alternatives that pose lower risk of contracting or spreading the virus that causes COVID-19.

First and foremost, if you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

Listed on the CDC website are several safer, alternative ways to participate in Halloween. Alternative Halloween celebration activities are listed in three different categories: low risk, moderate risk, and higher risk activities. A few activities suggested from each category include:

- Low risk:
 - o Carving or decorating pumpkins with members of your household and displaying them
 - o Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
 - o Having a virtual Halloween costume contest

- Moderate risk:
 - o Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart
 - o Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
 - o Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing.

- Higher risk: CDC recommends avoiding these activities to help prevent the spread of COVID-19.
 - o Participating in traditional trick-or-treating where treats are handed to children who go door to door
 - o Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
 - o Attending crowded costume parties held indoors

The complete list of activities are listed on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>

Navy personnel and families can also check installation Fleet and Family Readiness (FFR) facilities to have some holiday-related fun while staying safe. There are FFR resources and activities celebrating Halloween with COVID-preventative measures in place. Note that FFR Halloween events may not actually be on Halloween, but a week or so before.

Details can be found online at:

Naval Base Kitsap:

<https://kitsap.navylifepnw.com/magazine>

<https://www.facebook.com/events/425710138411039>

Naval Air Station Whidbey Island:

<https://whidbey.navylifepnw.com/magazine>

<https://www.facebook.com/events/1053336008415983/>

Naval Station Everett:

<https://everett.navylifepnw.com/magazine>

3. 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.

This includes:

- 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.

4. The region and nation remain in a COVID-19 operating environment even though installations have reopened certain facilities and services in alignment with DoD and 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 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 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.cnrc.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.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

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>