

# Navy Region Southwest



Coronavirus (COVID-19)

Update 7: April 15, 2020

## STATUS UPDATE

The number of positive COVID-19 cases continues to rise throughout California (CA) as well as in other states within the Navy's Southwest Region, increasing the risk to the Southwest Navy Family.

The California Dept. of Public Health (DPH) reported as of April 13, there were 23,338 confirmed positive cases and 758 deaths resulting from COVID-19. COVID-19 cases throughout the Department of Defense (DoD) are also rising; the 4,769 cases reported by DoD on Tuesday include uniformed military, civilian, family members, and contractor personnel. These numbers are inclusive of all those who have recovered and returned to work currently; 626 individuals as of April 14.

Our efforts to stop the spread of coronavirus and “flatten the curve” are still critically important. While it's not easy, remaining at home, the Navy Region Southwest Fleet and Family Readiness Programs team has compiled comprehensive resources for Navy families – military and civilian – to help manage fitness goals, keep children learning and occupied, assist with finances, and keep each other healthy.

These resources – and many more – are available at [NavyLifeSW.com/at-home](https://NavyLifeSW.com/at-home), and by following the [Navy Life SW Facebook page](#).

Additionally, the updated MyNavy Family App provides additional information and resources for Sailors and families. Learn more & download the app at [www.applocker.navy.mil](http://www.applocker.navy.mil).



Many of our Southwest Navy Family continue to work from home, but operational security and cyber security need to be maintained. Active duty military and civilian employees are encouraged to take advantage of the DoD Antivirus Software License Agreement Home Use Program. Home use of the antivirus products will protect personal PCs and potentially lessen the threat of malicious threats being introduced to the workplace and DoD networks. Information on how to activate your subscription can be found online at <https://patches.csd.disa.mil/Metadata.aspx?id=79775>.

Remember to use extreme caution when sharing information online and to Stop, Think and then Connect. For more tips, visit the Dept. of Homeland Security's Cybersecurity and Infrastructure Security Agency website <https://www.us-cert.gov/ncas/tip5>. Employees with questions should contact their command's cybersecurity/information technology representative.

As a reminder, all Navy personnel - whether at work or at home - should continuously self-evaluate their health for signs of illness. We are all in this together, so every Southwest Navy Family member – whether working from home or physically present at work – needs to help by doing their part to slow the spread of the virus.

In alignment with federal, state and local guidance, Southwest Navy Commands continue to implement the following health protection measures as previously directed, which are in effect until further notice:

- 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.
- Personnel required to physically report to work must go through health-monitoring checkpoints at certain operational or headquarters buildings.
- Installations may require proof of a face covering prior to coming on board, and face coverings are required for all individuals entering commissaries and Navy exchanges, in addition for those who cannot maintain the recommended physical distance requirements while on base.
- Navy Commands have been encouraging personnel who feel ill to stay home and self-isolate per CDC guidance, and helping them understand personnel policies that support those decisions (such as annual or sick leave, or weather and public safety leave provisions). Commands have been ensuring personnel diagnosed with or exposed to COVID-19 are isolated or quarantined in alignment with CDC and Dept. of Defense guidance.
- Navy Commands continue to coordinate as needed with their Installation and Public Works to arrange for deep-cleaning of any affected facilities in the event of a confirmed COVID-19 case.

Southwest Navy personnel should continue to monitor installation Facebook pages for additional changes related to installation services or facilities.

The health and well-being of our personnel and their families remains our top priority and we are making every effort to limit exposure to our Southwest Navy Family while balancing mission requirements.

## **TRAVEL RESTRICTIONS**

---

On March 21, 2020, the Secretary of the Navy issued NAVADMIN 080/20 which consolidates previous guidance and outlines the Navy's mitigation measures in response to COVID-19. This order also amplifies Department of Defense (DoD) and Department of the Navy (DoN) direction for service members and Navy civilians. These restrictions are necessary to preserve force readiness, limit the continuing spread of the virus, and preserve the health and welfare of Navy military members, Navy civilians, and their families, and the local communities in which we live.

- These orders will remain in effect until May 11, 2020.
- Navy military members and their families who have questions regarding COVID-19 guidance or entitlements associated with stop movement should contact the MyNavy Career Center (1-833-330-6622) or [emailAskMNCC@navy.mil](mailto:emailAskMNCC@navy.mil). Detailers are ready to support all order modifications and commands should work with their placement officers.
- The Secretary of Defense has issued a stop movement as of 13 March 2020 for overseas travel to CDC Level 3 countries and 16 March 2020 for domestic travel, of all military and DoD civilian personnel, and dependents. Dependents are also restricted from accompanying on PCS orders to CDC level 2 countries.
- Detaching and gaining commands have been directed to make every effort to contact affected members in route to/from their command and to advise them of the contents of the NAVADMIN. Members with questions regarding this stop movement or entitlements should contact the MyNavy Career Center (1-833-330-6622) or [emailAskMNCC@navy.mil](mailto:emailAskMNCC@navy.mil). Detailers are ready to support all order modifications and commands should work with their placement officers.
- General information on impacts to Permanent Change of Station orders will be put out on [npc.navy.mil](http://npc.navy.mil), or reach NPC on Facebook <https://www.facebook.com/navypersonnelcommand/>. Impacted Sailors within 60 days of their PCS are currently being contacted by their detailers. If a Sailor has not been contacted, they can access their detailer's information by logging on to MyNavy Assignment, or by going to the NPC website ([npc.navy.mil](http://npc.navy.mil)) and clicking the "contact your detailer" link in the top left hand corner, or by contacting the MyNavy Career Center (1-833-330-6622) or email [AskMNCC@navy.mil](mailto:AskMNCC@navy.mil). MNCC is open 24/7 and agents are standing by to connect Sailors with detailers.

- Service Members who travel or have traveled in the prior 14 days to or through a CDC COVID-19 Warning Level 3 or Alert Level 2 location will immediately notify their chain of command and be placed in a 14 day restriction of movement (ROM) status. Service Members will comply with Navy Component Commander guidance concerning pre- and post- travel medical screening and reception procedures to include ROM.
- The Office of the Under Secretary of Defense (Personnel and Readiness) has announced that Navy Service Member eligible family members (EFMs) and Department of the Navy civilian employees who have determined they are at higher risk of a poor health outcome if exposed to COVID-19 or who have requested departure based on a commensurate justification in foreign areas as well as a civilian employee and/or other eligible family members who may need to accompany them - are authorized to depart their current duty station. DoN civilian employees who wish to depart their duty station must consult with their chain of command.
- It is strongly recommended that eligible family members and civilian employees after traveling to, through and from a location with a Center for Disease Control Travel Health Notice for COVID-19 take the following measure for the next 14 days: (a) Implement self-observations for symptoms of fever, cough or difficulty breathing (b) Implement social distancing, e.g., remain out of congregate settings, avoid mass gatherings, and maintain 6 feet distance from others when possible (c) If individuals feel feverish or develop measured fever, cough, or difficulty breathing, immediately self-isolate, limit contact with others, and seek advice by telephone from the appropriate healthcare provider to determine whether medical evaluation is required.

## **PRACTICAL TIPS**

---

To reduce risk of infection and prevent the spread of COVID-19, 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. If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, CDC recommends the following to prevent spreading the disease to others:

- Stay home except to get medical care, in which case call ahead to your medical provider before visiting
- Separate yourself from other people and animals in your home
- Call ahead before visiting a doctor
- Cover your coughs and sneezes
- Avoid sharing items with others
- Clean your hands often
- Clean all “high-touch” surfaces daily
- Monitor your symptoms

For symptoms such as moderate-to-severe difficulty breathing, severe chest pain, high fever or inability to hold down fluids, again, personnel should call (before visiting) their primary care manager immediately.

## **INFORMATION RESOURCES**

---

- More practical CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC recommendations for cleaning and disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- CDC COVID-19 information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Military Health System: <https://health.mil/News/In-the-Spotlight/Coronavirus>
- CDC Guidance for Travelers: <https://www.cdc.gov/coronavirus/2019-cov/travelers/index.html>
- Tricare Nurse Advice Line: 1-800-TRICARE (874-2273) or [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)
- Military Crisis Line: 1-800-273-TALK (option 1), text 838255, visit [www.militarycrisisline.net](http://www.militarycrisisline.net)
- Military OneSource: Call 1-800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil)
- Navy Chaplain Care: Call 1-855-NAVY-311, or visit [www.navy.mil/local/chaplaincorps/](http://www.navy.mil/local/chaplaincorps/)
- Psychological Health Resource Center: Call 1-866-966-1020; visit [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)
- Psychological Health Outreach Program (PHOP): Call: 1-866-578-PHOP (7467).
- Navy and Marine Corps Public Health Center: Visit [www.med.navy.mil](http://www.med.navy.mil)
- Navy and Marine Corps Relief Society: Locations available at: [www.nmcers.org](http://www.nmcers.org)
- Department of the Navy Employee Assistance Program: (844) 366-2327, or visit <https://donceap.foh.psc.gov/>
- State COVID-19 Pages and Resources:
  - California State Department of Health website <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx> and general call center: 1-916-558-1784
  - Nevada Division of Public and Behavioral Health: [http://dph.nv.gov/Programs/OPHIE/dta/Hot\\_Topics/Coronavirus/](http://dph.nv.gov/Programs/OPHIE/dta/Hot_Topics/Coronavirus/)

## NAVY REGION SOUTHWEST 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 sick call guidance and 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 timekeeping policy and processes. Where applicable and eligible, telework agreements should be reviewed and considered for mission continuity when and where necessary.

## INSTALLATIONS AND COMMANDS

Southwest 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 Southwest will continue to provide weekly (or more frequently if needed) Navy-specific updates for the Navy family on [this web page](#) and through the Navy Region Southwest [Facebook page](#).

This Southwest Navy information “hub” will include 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.

