

Navy Region Southwest



Coronavirus (COVID-19)

Update 8: April 22, 2020

STATUS UPDATE

It has been over one month since the state of California issued a “stay at home” order, and nearly a full month since a similar order was issued by the state of Nevada. Similar orders are in place throughout Navy Region Southwest states, and the number of cases – and deaths attributed to COVID-19 – continues to rise. There is hope that our efforts to slow the spread of coronavirus are having an impact, but the numbers are still sobering.

The California Dept. of Public Health (DPH) reported as of April 20 there were 33,261 confirmed positive cases and 1,268 deaths resulting from COVID-19. COVID-19 cases throughout the Department of Defense (DoD) are also rising; the 5,734 cases reported by DoD today include uniformed military, civilian, family members, and contractor personnel. These numbers are inclusive of all those who have recovered and returned to work; 1,595 individuals as of April 22.

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.

U.S. Fleet Forces recently approved an updated COVID-19 health screening questionnaire for use at various installation/facility checkpoints as well as at home by Navy personnel who are continually self-evaluating their health for signs of illness. The full screening questionnaire can be found in the PDF version at the bottom of this page, or under Fact Sheets and Additional Resources on this webpage.

Everyone needs to do their part to prevent the spread of the virus. Everyone should continue following health protection guidance from the CDC and local public health officials, which includes physical distancing, not gathering in groups for parties (despite many people being home from school and work), frequent hand-washing, regular cleaning of spaces, and wearing cloth face coverings in public when unable to maintain physical distancing.

The Dept. of Defense (DoD) and Navy have made adjustments to DoD ID card offices in response to COVID-19 to ensure they can maintain operations while minimizing the number of non-essential persons visiting DoD ID card offices. Your nearest ID card issuing facility can be found by using the RAPIDS Site Locator at <http://www.dmdc.osd.mil/rsl/> and appointments can be scheduled using the RAPIDS Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil>.

Some sites are only allowing appointments and increasing the time between customers to support social distancing measures. DoD ID card issuing facilities are keeping their hours and availability information up to date on the above-mentioned sites, as well as on local phone lines and websites.

CUSFF/NAVORTH COVID-19 Screening Questionnaire (V2020.04.18)	
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, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, 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 Guidance. ¹ *Entry denied	
2. Have you TRAVELED INTERNATIONALLY in the past 14 days?	YES NO
If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed personnel: Complete 14 days of ROM. ² *Entry denied GS/contractor: DO NOT ENTER workplace for 14 days and inform supervisor/employer. ² Follow CDC Guidance. ¹ *Entry denied	
3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your authorized local travel radius in the past 14 days?	YES NO
If "YES", LEAVE/DO NOT ENTER the workplace. Uniformed personnel/GS/contractor: DO NOT ENTER workplace and contact supervisor/employer for additional guidance. ² Refer to NIMCHC assessment of state/country specific risk (CAC required). ⁴	
4. 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	
b. In direct contact with infectious secretions (been coughed/sneezed upon, etc.)	
If "YES", LEAVE/DO NOT ENTER the workplace. 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) for quarantine determination. *Entry denied	
5. TEMPERATURE CHECK (due to close proximity, screeners should wear cloth face covering or other mask as available):	
a. If temperature is less than 100°F (37.8°C) , allow access. Screening is complete.	
b. If temperature is equal to or higher than 100°F (37.8°C) , LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put a clean mask on when one is available, and contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. ¹ *Entry denied	

ROM: Restriction of Movement

¹ <https://www.cdc.gov/coronavirus/2019-nCoV/faq-questions-answers.html>

² OSD Memo Force Health Protection Guidance Supplemental 8 (13 Apr20)

³ <https://www.cdc.gov/coronavirus/2019-nCoV/faq-questions-answers.html>

⁴ <https://response.medi.navy.mil/2020/04/16/cac-guidance-for-covid-19/>

DoD has also implemented the following measures to temporarily allow for continued use of expiring ID cards/credentials:

- Common Access Cards (CAC) or Volunteer Logical Access Credentials (VoLAC) that expired on or after April 16, 2020, and are within 30 days of expiration, may have the certificates updated using ID Card Office Online to allow for continued use through Sept. 30, 2020. Such cards are also authorized for continued use to facilitate access to benefits through Sept. 30 if the cardholder's benefits eligibility is unchanged.
- Uniformed Services ID (USID) cards that expired on or after Jan. 1, 2020, can be authorized for continued benefit use through Sept. 30, 2020, if the cardholder's affiliation did not change.



These measures will enable personnel who are unable or waiting on an appointment to renew their CAC/VoLAC/USID to continue temporarily using an expired card for physical and logical access to facilities and benefits through Sept. 30, 2020.

More information can be found at <https://www.cac.mil/Coronavirus/>. Scroll to the bottom of that page under News & Updates for specific directions to verify eligibility and renew credentials, as well as find points of contact if you have problems with this process.

Multiple federal agencies are reporting various scams related to COVID-19. Identified scams include bogus companies selling unapproved products that claim to treat or prevent coronavirus; persons contacting DoD personnel offering unrequested computer support to gain access to their; unsolicited requests from persons pretending to be a bank in an attempt to steal personal and account information; unsolicited emails offering advice or information about COVID-19 that include links or attachments that contain malware; and suspicious phone calls with offers for testing kits or to perform COVID-19 testing at a person's residence.

Remember to use extreme caution when sharing information online and to Stop, Think and then Connect.

Report crimes and scams to the following agencies or contact local law enforcement:

- Federal Trade Commission: www.ftccomplaintassistant.gov/#crnt&panel1-1
- Naval Criminal Investigative Service: www.ncis.navy.mil/Resources/NCIS-Tips/
- FBI's Internet Crime Complaint Center: www.ic3.gov

For more tips, visit the Dept. of Homeland Security's Cybersecurity and Infrastructure Security Agency website <https://www.us-cert.gov/ncas/tips>. Employees with questions should contact their command's cybersecurity/information technology representative.

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>.

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.

TRAVEL RESTRICTIONS AND LEAVE POLICY UPDATE

The Department of Defense’s ongoing travel restrictions and Stop Movement order has been extended, meaning that, unless rescinded earlier, this update keeps all Navy permanent change of station moves and non-essential official travel on hold until **June 30**.

The extension was announced in NAVADMIN 116/20, released April 21. The message replaces NAVADMIN 080/20, released March 21, and is an updated version of the “one-stop” roll-up of all the Navy’s personnel-related policies in place to mitigate the spread of COVID-19 throughout the force.

The message also announced recently approved special leave accrual for military members on active duty, of up to 120-days because of COVID-19 travel restrictions. This authorization applies to leave earned between March 11 and Sept. 30, 2020 and Sailors will have until the end of fiscal-year 2023 to use or lose those days.

More information on the DoD extension of the stop-movement order can be found at <https://media.defense.gov/2020/Mar/19/2002266939/-1/-1/1/COVID-19-TRAVEL-RESTRICTIONS-FAQ.pdf>.

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
- Military Crisis Line: 1-800-273-TALK (option 1), text 838255, visit www.militarycrisisline.net
- Military OneSource: Call 1-800-342-9647 or visit www.militaryonesource.mil
- Navy Chaplain Care: Call 1-855-NAVY-311, or visit www.navy.mil/local/chaplaincorps/
- Psychological Health Resource Center: Call 1-866-966-1020; visit 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
- Navy and Marine Corps Relief Society: Locations available at: 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://dpbh.nv.gov/Programs/OPHIE/dta/Hot_Topics/Coronavirus/
 - Arizona Department of Health Services: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>
 - Colorado Department of Public Health & Environment: <https://covid19.colorado.gov/>
 - New Mexico Department of Health: <https://cv.nmhealth.org/>
 - Utah Department of Health: <https://coronavirus.utah.gov/>

NAVY REGION SOUTHWEST EMPLOYEES

Both California and Nevada continue to implement “stay at home” policies and state-wide orders. Navy Region Southwest has been aligned with our state partners throughout this crisis and will continue to support state, county and local efforts to “flatten the curve.” In state executive orders, our military and civilian workforce is exempted traveling to and from work and may continue to support the mission. Essentially, our work continues with the same safety restrictions we previously implemented. Please

continue with your same actions including teleworking when possible or returning directly home from work and maintaining physical distancing. 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 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

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.



CUSFF/NAVNORTH COVID-19 Screening Questionnaire

(V2020.04.18)

1. **IN THE PAST 24 HOURS**, have you had any of the following symptoms? **YES NO**
- Fever
 - Cough (not due to allergies)
 - Sore Throat
 - Shortness of Breath
 - Loss of smell or taste

If "YES", **LEAVE/DO NOT ENTER the workplace**, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, 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 Guidance.¹ ***Entry denied**

2. Have you **TRAVELED INTERNATIONALLY** in the past 14 days? **YES NO**

If "YES", **LEAVE/DO NOT ENTER the workplace**.

Uniformed personnel: Complete 14 days of ROM.² ***Entry denied**
GS/contractor: DO NOT ENTER workplace for 14 days and inform supervisor/employer.² Follow CDC Guidance.³ ***Entry denied**

3. Have you **TRAVELED DOMESTICALLY (U.S.)** outside of your authorized local travel radius in the past 14 days? **YES NO**

If "YES", **LEAVE/DO NOT ENTER the workplace**.

Uniformed personnel/GS/contractor: DO NOT ENTER workplace and contact supervisor/employer for additional guidance.²
Refer to NMCPhC assessment of state/county specific risk (CAC required).⁴

4. 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**
- Within 6 feet for prolonged period of time
 - In direct contact with infectious secretions (been coughed/sneezed upon, etc.)

If "YES", **LEAVE/DO NOT ENTER the workplace**. 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) for quarantine determination. ***Entry denied**

5. **TEMPERATURE CHECK** (due to close proximity, screeners should wear cloth face covering or other mask as available):

- If temperature is **less than 100°F (37.8°C)**, allow access. Screening is complete.
- If temperature is **equal to or higher than 100°F (37.8°C)**, **LEAVE/DO NOT ENTER the workplace**, GS inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put a clean mask on when one is available, and contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance.¹ ***Entry denied**

ROM: Restriction of Movement

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

² OSD Memo Force Health Protection Guidance Supplemental 8 (13 Apr20)

³ <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

⁴ <https://esportal.med.navy.mil/sites/nmcphc/pps/COVID19/COVID19%20State%20Surveillance%20Medical%20Intel.pdf>