

Navy Region Southwest



Coronavirus (COVID-19)

Update 3: March 21, 2020

STATUS UPDATE

On Thursday, March 19, 2020, Governor Gavin Newsom of California issued a state-wide “stay at home” order directing all residents to stay home until further notice.

Navy Region Southwest supports the Governor’s efforts to slow the spread of coronavirus and “flatten the curve,” while maintaining mission readiness. Our Navy installations are responsible for keeping air fields, ports, Navy housing, galley services, medical facilities, and utilities open and supporting our Fleet, fighters and their families. The Governor’s order exempts federal critical infrastructure sectors, and we are taking steps to limit our services to only those essential functions that are necessary to keep the Navy ready to defend the Nation.

Our key and essential staff have been directed to come into work in order to support our critical fleet operations and ensure force generation. At our military bases across the state, the staff and contractors coming in to work are those fulfilling mission critical functions such as port and airfield operations, fire and police services, child care, food services, medical support, cleaning contracts and emergency management.

All fitness centers and gymnasiums have been closed since March 18, and all of our teen centers, youth sports activities, and hourly child care services are suspended. Our day care centers remain open but are practicing social distancing activities, and we have directed all parents that are working from home due to COVID-19 to care for their children at home rather than bringing them to our day care facilities.

Our food service venues have either closed or gone to carry-out options only where able. For those that must remain open for dining, social distancing has been enforced, and self-serve options are eliminated.

All of our installations are continuing no-touch I.D. screening at all entry control points. Our visitor control centers and air terminals are screening visitors using health questionnaires to determine risk.

Our commissaries are checking I.D. cards at the entrances and limiting visitor access to cut down on the number of people in the stores, and support social distancing. Beginning March 19, we ended “early bird” shopping hours to allow more time for cleaning and restocking shelves.

We understand our bases provide critical and essential services – medical care, pharmacy services, groceries – to our active duty military members and their families, veterans, and retirees. We will continue to provide those services that are needed to support the Fleet and our community.

Our ask of everyone coming to our bases for any reason is simple:

- Only come to work if you directed to come in by your supervisor or manager. If told to work from home, stay home.
- If you need to come on base for any reason, follow the CDC guidelines to reduce the spread of infection: wash your hands frequently, avoid crowds, and...
- If you are sick, stay home!

We want to thank our local communities for the support you show our active duty service members, their families, our retirees and our veterans. Please know that our Navy Region Southwest family will continue

to be your partner in this fight against COVID-19. We will do our part to flatten the curve, while continuing to protect national security and defend our Nation.

Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRSW is postured to implement additional measures as needed in alignment with Dept. of Defense guidance and in coordination with state and local partners should there be an increase in risk to the Fleet, Fighter and Family.

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. 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. 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, 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) 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. 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 \(874-2273\)](tel:1-800-TRICARE) or www.mhsnurseadvice.com
- Military Crisis Line: 24/7 confidential and toll-free support for service members and veterans in crisis. Call 1-80-273-TALK (option 1), text 838255, or visit www.militarycrisisline.net
- Military OneSource: Confidential non-medical counseling available to service members and families. Call 1-800-342-9647 or visit www.militaryonesource.mil

- Navy Chaplain Care: Communications are 100 percent confidential unless the service member decides otherwise. Call 1-855-NAVY-311 to request chaplain support, or visit www.navy.mil/local/chaplaincorps/
- Psychological Health Resource Center: Free and confidential professional health resource for service members, families and clinicians. Call 1-866-966-1020 or visit www.realwarriors.net/livechat to speak with a consultant 24/7.
- Psychological Health Outreach Program (PHOP): Provides Navy Reservists and their families full access to appropriate psychological health care services. Contact your local PHOP region for assistance at 1-866-578-PHOP (7467).
- Navy and Marine Corps Public Health Center: Committed to supporting Fleet and Marine Corps readiness and enhancing public health outcomes through products and services. Visit www.med.navy.mil
- Navy and Marine Corps Relief Society: Sailors, Marines and family members who experience financial hardship due to COVID-19 are encouraged to seek assistance from their local Navy and Marine Corps Relief Society office. Locations and points of contact available at: www.nmcrcs.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/

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.

