



Naval District Washington

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CMC Calls Upon Personnel to Look After Each Other During Pandemic

By: Mass Communication Specialist 2nd Class Jason Amadi, Naval District Washington Public Affairs

WASHINGTON (NNS) – Many Naval District Washington (NDW) personnel are adhering to Physical Distancing guidelines and are teleworking to mitigate the spread of COVID-19.

Despite the lack of face-to-face contact, NDW Command Master Chief Michael Carbone says it's important to check up on each other as we navigate this period.

"We need to know if they're hurting," said Carbone. "On any typical day in the Navy, leadership is able to conduct muster,

inspection and just talk to people. And when you know your people, you're able to know when they're up or down. You're able to pull them aside and see if they need help. With the pandemic and social distancing, it makes it impossible for you to do that in person, so we have to create that."

"So, some people might say 'Why do I have to muster? Why are people checking up on me? Why am I getting all these phone calls?' It's because we care. We need to know if our people need anything and what we can do to make things better."

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DEFEATING COVID-19

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COVID-19

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Navy Mandates Face Covering: What You Need to Know

By MC1 Mark D. Faram, Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy will now require the use of cloth face coverings for all military, Navy civilian and contractors as well as family members while on DoD property, installations and facilities when maintaining proper social distancing between people isn't possible.

The order is effective immediately, according to NavAdmin message 100/20, released April 5.

"To the extent practical," the message states, individuals "are required to wear cloth face coverings when they cannot maintain six feet of social distance."

The message aligns the Navy with the Centers for Disease Control's recent recommendation strongly encouraging the wearing of cloth face coverings when in public and close proximity between people can't be avoided.

As is the Navy's convention, local commanders can issue exceptions to this requirement.

The policy also requires anyone wearing a face covering to uncover their faces when directed to by security forces during identity checks.

"Navy will continue to implement protective measures to mitigate the spread of COVID-19 to our total force and their families, and the American people," the message said.

While medical N95 masks are in short supply world-wide, face coverings are not, and the Navy is taking a practical approach to what can be worn.

Official uniform face coverings are in the works, the message said. But until they are procured and implemented, those in uniform can wear medical or construction type masks if they have them.

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04 Physical Distancing — Stay connected with you friends and family, but not physically

Carbone says he's hearing stories about

NDW Sailors committing acts of kindness and cites Yeoman 2nd Class Caesare Rivera as an example of someone helping others during the pandemic.

"Rivera was telling me a story about how the people in his building are pulling together. There was one person in his building who was bound to a wheelchair because of an

illness and they went out and bought groceries for her because she couldn't go. That made me proud. We have people who are professionals every day and have good hearts. Not only does he do good things in uniform, but when no one is looking, he also does great things," said Carbone.

Carbone encourages NDW Sailors and civilians to continue to work together and do their part to defeat COVID-19.

"We're going to get through this. We're fighting an enemy that's on our shore. We're used to going overseas and fighting there. Now it's impacting not only how we fight as a team, but it's impacting how we come together as a family or tribe. It's very, very important that we continue to be who we are and reach down deep to help each other during these hard times," says Carbone.

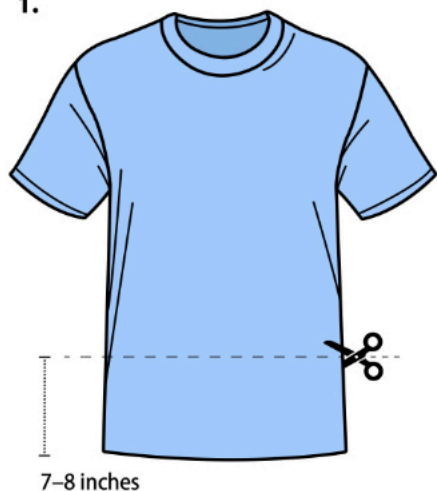
How to Make a Face Covering: Quick Cut T-shirt Cloth Face Covering (no sew method)

Tutorial

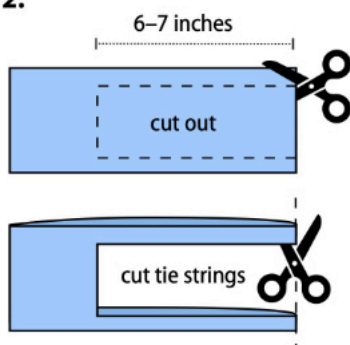
Materials

- T-shirt
- Scissors

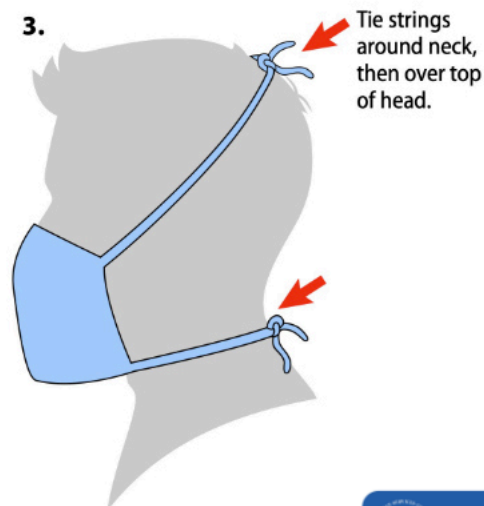
1.



2.



3.



Reprinted from [CDC.gov](https://www.cdc.gov)



A Tip For Working At Home

Establish your routine

When you're away from the workplace, it's important to set specific hours—and stick to them. It's easy to work more hours than normal, but that may cut into your family time and affect your sleep schedule. You may also feel pressure to prove that you are spending your time productively, and this can result in increased anxiety and stress. Set your boundaries and develop a routine: wake up at the same time every day, take a shower, get dressed, etc. Keep as much of your non-work life as it was before the pandemic.



Use Official News Sources

Monitor official news resources and public health updates regularly to stay informed. Navy Region Naval District Washington will continue to provide weekly (or more frequently as needed) updates.



See Navy-specific updates for the Navy family on the NDW FaceBook Page

Face Covering from page 1

If not, they can fashion their own or wear cloth coverings such as bandanas and scarfs. In all cases, however, anything worn must be conservative in appearance, not offensive, and conform to the CDC guidance.

- Any face covering must meet the following requirements:
- Fit snugly but comfortably against the side of the face and allow breathing without restriction
- Cover the face only from nose to chin.
- Must secure in place with ties or ear loops.
- Any cloth mask must have multiple layers of fabric.

Navy supports, and will continue to implement, all measures necessary to mitigate risks to the force, to our mission and to the spread of the disease and as a result, the message said.

Even when off-base or in not uniform, the message strongly encourages all uniformed and civilian Navy personnel, to follow all CDC guidelines, including the use of face coverings.

Directions to make your own face coverings can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.

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