

Navy Region Southwest



Coronavirus (COVID-19)

Update 5: April 1, 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 March 30, there were 6,932 confirmed positive cases and 150 deaths resulting from COVID-19. For the latest California DPH situational report, visit their website at

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>.

COVID-19 cases throughout the Department of Defense (DoD) are also rising; the 1,259 cases reported by DoD on Tuesday include uniformed military, civilian, family members, and contractor personnel.

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.

All Navy personnel - whether at work or at home - should continuously self-evaluate their health for signs of illness. Personnel required to physically report to work started seeing health-monitoring checkpoints at certain operational or headquarters buildings last week. This is in alignment with a recent Navy order for Commanders to conduct daily COVID-19 screenings for operational units and headquarters buildings. The specific screening process will be developed by Commanders to ensure appropriate preventive measures and social distancing protocols are maintained.

This transition to enhanced medical screening (which is defined as symptom screening with touchless temperature checks), of uniformed members, government civilians, and contractors will be done as equipment becomes available. This enhanced medical screening doesn't require completion by medical personnel.

Enhanced screening will be conducted outside of the facility, prior to entry, or immediately upon entry to the facility. Screening will not be conducted in the workspace/office. The COVID-19 Questionnaire, as seen below, will be used to screen personnel. An assigned screener will perform hand hygiene prior to and after conducting questionnaire screening and temperature check procedures.

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. Everyone needs to continue following health protection guidance from the CDC and local public health officials, which includes social distancing, not gathering in groups for parties (despite many people being home from school and work), frequent hand-washing, regular cleaning of spaces and other actions recommended by the CDC.

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

- Installations will evaluate and adjust operations at visitor control centers (VCC), including the use of electronic means to the maximum extent possible to grant installation access and discontinuing waiting room use if social distancing cannot be maintained. If necessary, VCC staff will direct

customers to wait in a secondary holding area until called. VCC staff will also continue using a COVID-19 health questionnaire (above) to screen personnel seeking access to the installation.

- 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.
- NRSW and Installations continue reviewing increased frequency of janitorial services at certain facilities and stand ready to implement in a scalable manner.
- Military Medical Treatment Facilities continue to limit points of entry, conduct prescreening procedures and evaluate impacts to the Navy's mission.
- 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 have implemented alternative work schedules and contingency procedures to maintain operational readiness but slow the spread of COVID-19. These plans include options such as teleworking from home. If employees directed to remain at home are unable to work remotely, they should be put into a weather or safety leave status. Service members, civilians and

CUSFF/NAVNORTH COVID-19 Screening Questionnaire (V2020.03.17)				
1. ARE YOU CURRENTLY SICK with any of the following symptoms?	YES	NO		
<ul style="list-style-type: none"> a. Fever b. Cough c. Sore Throat d. Shortness of Breath 				
If "YES", LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, 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				
2. Have you TRAVELED INTERNATIONALLY in the past 14 days?	YES	NO		
If "YES", LEAVE/DO NOT ENTER the workplace. <table style="margin-left: 20px; border: none;"> <tr> <td style="border: none;"><u>Uniformed personnel:</u> Complete 14 days of ROM.² *Entry denied</td> </tr> <tr> <td style="border: none;"><u>GS/CTR:</u> DO NOT ENTER workplace for 14 days, GS inform supervisor, CTR inform employer.³ Follow CDC Guidance.³ *Entry denied</td> </tr> </table>	<u>Uniformed personnel:</u> Complete 14 days of ROM. ² *Entry denied	<u>GS/CTR:</u> DO NOT ENTER workplace for 14 days, GS inform supervisor, CTR inform employer. ³ Follow CDC Guidance. ³ *Entry denied		
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3. Have you TRAVELED DOMESTICALLY (U.S.) outside of your local area in the past 14 days?	YES	NO		
If "YES", self-monitor for fever, cough, difficulty breathing. To extent possible, implement social distancing. If symptoms develop, immediately contact/report to your medical provider (call ahead to inform them of your pending arrival). Follow CDC Guidance. ³				
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		
<ul style="list-style-type: none"> 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 a clean mask on when one is available and contact/report to your medical provider (call ahead to inform them of your pending arrival) for quarantine determination. *Entry denied				
5. Once instructed by higher authority to conduct TEMPERATURE CHECKS:				
<ul style="list-style-type: none"> a. If temperature is <u>less</u> than 100°F (37.8°C), allow access. Screening is complete. b. If temperature is <u>equal to or higher</u> than 100°F (37.8°C), LEAVE/DO NOT ENTER the workplace, GS inform supervisor, CTR inform employer, 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 supp 4 (11Mar20)

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

contractors should follow the directions given by their supervisors for their respective commands/organizations.

- Installations have cancelled events and closed certain facilities such as gyms, base theaters, recreation centers and chapels. Dine-in restaurants and bars on base are closed with the following exception: Galleys and Navy food services are carry-out and/or drive-through. There may be some galley exceptions where social distancing can be accommodated. Certain shops such as Navy Exchanges and Commissaries remain open at this time.
- 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 such as food establishments, shops, child and youth programs or recreation centers.

All Navy personnel should always make sure their information is accurate in the Navy Family Accountability and Assessment System (NFAAS). Accurate contact information is required to facilitate a quick and accurate muster of personnel in affected areas in disaster/emergency situations if one is needed. Visit the NFAAS site to review and update or validate information: <https://navyfamily.navy.mil>.

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: 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.nmcrs.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.