

Navy Region Southwest



Coronavirus (COVID-19)

Update 12: August 14, 2020

STATUS UPDATE



Southwest Navy Installation Commanding Officers (COs) continue assessing their local operating environments and make decisions to mitigate the risk to the health and safety of Navy personnel and to the Navy's ability to continue performing mission essential operations. While some installation COs have opened some services and facilities as conditions allowed, they are also prepared to increase health protection measures again should the conditions require such actions. Southwest Navy family members should monitor installation websites and social media pages for the latest base-specific updates on services and activities.

Some of the Navy's measures may be different than those in neighboring communities. It is essential that all personnel take personal responsibility to continue limiting the spread of the disease. Everyone must maintain vigilance in their individual protective behaviors both on and off base, including maintaining physical distancing, using face coverings,

maintain good hygiene, conducting medical screening and regular cleaning and disinfecting of frequently-touched surfaces.

Southwest Navy installations continue to monitor and assess the situation, and reconstitute certain services and reopen facilities in phases as conditions allow. Installations are restoring services when able to ensure appropriate mitigations can be maintained. Adjustments will be done at each installation Commanding Officer's discretion so each installation can reconstitute certain services while ensuring the safety and health of personnel. Adjustments made to health protection condition levels are conditions-based and not time-based, so each installation may adjust their measures slightly differently depending on their unique situation.

Installations will announce specific reconstitution actions and changes as they manage certain facilities and certain non-mission critical services. Personnel should continue to monitor Southwest Navy installations' social media pages to learn the most up-to-date base-specific changes, as follows:

Naval Air Weapons Station China Lake:

Facebook page: <https://www.facebook.com/NAWSChinaLake/>

NavyLife NAWS China Lake Facebook page: <https://www.facebook.com/NAWSCL.FFR/>

Naval Air Facility El Centro:

Facebook page: <https://www.facebook.com/NAFEC>

NavyLife NAF El Centro Facebook page: <https://www.facebook.com/groups/NAFEICentro/>

Naval Air Station Fallon:

Facebook page: <https://www.facebook.com/Naval-Air-Station-Fallon-126636387376605/>

NavyLife NAS Fallon Facebook page: <https://www.facebook.com/NavyLifeNASF/>

Naval Air Station Lemoore:

Facebook page: <https://www.facebook.com/NASLemoore/>

NavyLife NAS Lemoore Facebook page:

<https://www.facebook.com/NavyLifeNASL/>

Naval Base Coronado:

Facebook page:

<https://www.facebook.com/NavalBaseCoronado/>

NavyLife NB Coronado Facebook page:

<https://www.facebook.com/navylifenbc/>

Naval Base Point Loma:

Facebook page:

<https://www.facebook.com/NavalBasePointLoma/>

NavyLife NB Point Loma: <https://www.facebook.com/NavyLifeNBPL/>

Naval Base San Diego:

Facebook page: <https://www.facebook.com/NavalBaseSD/>

NavyLife NB San Diego: <https://www.facebook.com/navylifenbsd/>

Naval Base Ventura County:

Facebook Page: <https://www.facebook.com/NavalBaseVenturaCounty/>

NavyLife NB Ventura County Facebook page: <https://www.facebook.com/NavyLifeNBVC/>

Naval Support Activity Monterey:

Facebook page: <https://www.facebook.com/NSAMonterey/>

NavyLife NSA Monterey Facebook page: <https://www.facebook.com/NSAMonterey/>

Naval Weapons Station Seal Beach:

Facebook page: <https://www.facebook.com/NWSSealBeach/>

NavyLife NWS Seal Beach Facebook page: <https://www.facebook.com/navylifenwssb/>

Navy Region Southwest Fleet and Family Readiness Program:

Website: <https://www.navylifesw.com/>

Facebook page: <https://www.facebook.com/navylifesw/>

Personnel unsure of how these changes will affect their work schedule or duty location and procedures should contact their supervisor and work through their chain of command for clarification.

The region and nation remain in a COVID-19 operating environment even though installations have reopened certain facilities and services in alignment with Dept. of Defense and Dept. of Navy guidance, and communities have reopened certain businesses off base. Because the risk of the virus spreading remains present, Southwest Navy commands and personnel must continue to practice the following health protection measures:

- Personnel must maintain physical distancing of at least six feet and gatherings will be limited to small groups. Commands are encouraged to continue using virtual meetings options instead of in-person meetings when possible.
- Personnel must wear cloth face coverings on Navy property when physical distancing of at least six feet is not possible. Cloth face coverings should be in alignment with NAVADMINs 100/20 and 194/20 and CDC guidelines, and face coverings should:
 - Fit snugly, but comfortably, against the side of the face.
 - Be from nose to chin. Full-face coverings (like ski masks) are not authorized.

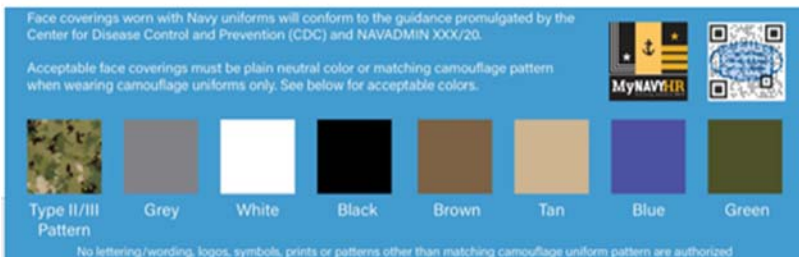


- Be secured with ties or ear loops.
- Include multiple layers of fabric if material is cloth.
- Allow for breathing without restriction.
- If reusable, be able to be laundered and machine dried without damage or change to its shape.
- Not interfere with wearing eyeglasses or cause them to fog.
- When in uniform, only plain neutral colors – black, brown, tan, white, grey, green or blue – can be worn. No words, logos, symbols, prints or patterns are authorized. The only exception is a camouflage pattern that matches the Navy's existing camouflage pattern uniforms.



"Initial face covering guidance facilitated immediate wear and availability of face coverings as one of several COVID-19 protective measures. Procurement, design and wear guidance was less defined pending the availability of more durable and conservative designed government procured face coverings."

CHIEF OF NAVAL PERSONNEL
Vice Adm. John Nowell



○ Information on how to produce face coverings at home can be found on the CDC website at

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

○ Personnel and commands must maintain strict good hygiene measures such as refraining from handshaking, regularly and thoroughly washing hands, and regular cleaning and disinfecting of frequently touched surfaces.

○ Personnel should continue minimizing non-essential travel.

○ Commands should continue conducting enhanced medical screening for all operational units and headquarters buildings.

○ Commands should continue coordinating with contractors, vendors and delivery services to ensure their personnel

are properly screened and do not perform services while sick or symptomatic.

- Personnel should continue to stay home if they are feeling ill, self-isolate as best possible and notify their supervisor. Personnel requiring medical attention should call their medical care provider. Commands should ensure personnel exposed to or diagnosed with COVID-19 are isolated or quarantined in accordance with CDC and Dept. of Defense guidance.
- Commands should continue maximizing telework options where practicable.
- 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.
- Installation visitor control centers (VCC) continue screening all personnel seeking installation access using the most current COVID-19 health questionnaire. VCCs continue the use of electronic means to maximum extent possible to grant installation access and discontinued waiting room use when physical distancing cannot be maintained.
- Navy Exchanges and Commissaries will continue to implement procedures to promote physical distancing within stores and require face coverings for employees and patrons.

The prohibitions listed above are essential to safeguard the health, safety, and welfare of our service members and to ensure mission readiness and assurance. Our priority remains the health and safety of our personnel.

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

On June 8, 2020, the Secretary of Defense signed a [memo](#), moving to a conditions-based, phased approach to personnel movement and travel. As of today, the following locations meet the conditions to lift travel restrictions, subject to the assessment of conditions at individual military installations within these areas.

These criteria are: 1) removal of shelter-in-place orders or other travel restrictions 2) 14-day downward trajectory of flu-like and COVID-19-like symptoms; and 3) 14-day downward trajectory of new COVID-19 cases or positive tests.

The secretaries of the military departments, commanders of the combatant commands, and the chief management officer will assess specific DOD installations, facilities, or locations under their purview.

More information on the latest DoD guidance can be found at <https://media.defense.gov/2020/May/26/2002305766/-1/-1/1/TRANSITION-TO-CONDITIONS-BASED-PHASED-APPROACH-TO-%20COVID-19-PERSONNEL-MOVEMENT-AND-TRAVEL-RESTRICTIONS.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

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- 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.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://dph.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.