

# Navy Region Southwest



Coronavirus (COVID-19)

Update 10: May 21, 2020

## STATUS UPDATE

States and municipalities across the Navy Region Southwest area of responsibility have begun restarting some activities and reopened certain facilities. Due to risks to our personnel and national-defense mission, the Navy's posture has not changed and we remain stabilized in our continued preventive COVID-19 measures.

Our priority remains the health and safety of our personnel. The Navy is planning for a phased reconstitution. Keep in mind that the Navy's phased reconstitution of services and activities may remain more stringent than the guidelines from state and county officials for areas outside Navy property. For now, we must stay focused on continuing our mission essential operations and maintain the practices that have helped us be successful so far in preventing a spike in disease. This includes physical distancing, using face coverings, and medical screening.



The California Dept. of Public Health (DPH) reported as of May 20 there were 84,057 confirmed positive cases and 3,436 deaths resulting from COVID-19. COVID-19 cases throughout the Department of Defense (DoD) are still rising; the 8,859 total cases reported by DoD as of today include uniformed military, civilian, family members, and contractor personnel. These numbers are inclusive of all those who have recovered and returned to work; 4,611 individuals as of May 21.

The Secretary of Defense released a memorandum on May 19 that provides guidance to Commanders on changing health protection measures during COVID-19 pandemic, in alignment with the White House's Guidelines for Opening Up America Again. Commanders will continue assessing the situation and make deliberate, risk-based decisions to change health protection measures as the situation allows in a particular geographic area. For example, there will need to be a sustained decrease in reported and documented cases of COVID-19 or COVID-like illnesses for a period of time. Decisions will be made through collaboration with local military health officials as well as with state and local authorities.

Find the Defense Secretary's memo online at <https://media.defense.gov/2020/May/20/2002303429/-1/-1/1/GUIDANCE-FOR-COMMANDERS-ON-RISK-BASED-CHANGING-OF-HPCON-DURING-COVID-19.PDF?source=GovDeliver>.

Due to risks to our personnel and national-defense mission, our posture in Navy Region Southwest has not yet changed and we remain stabilized in our continued preventive COVID-19 measures. Our priority remains the health and safety of our personnel. The Navy is planning for a phased reconstitution, but for now, we must stay focused on continuing our mission essential operations and maintain the practices that have helped us be successful so far in preventing a spike in disease. This includes physical distancing, using face coverings, and medical screening.



Memorial Day weekend is almost here and normally that might mean backyard parties, road trips or just going out with family and friends. In this new normal with COVID-19, not only do we need to practice grilling and vehicle safety, but we also need to continue the other health and safety measures we've been practicing for the past several weeks.

- Southwest Navy personnel are advised to continue minimizing non-essential travel (even within their local commuting area).
- Navy personnel in California and Nevada who choose to visit an open park or participate in any outdoor recreation activities should do so while following all applicable health protection measures such as physical distancing, not gathering in groups, wearing face coverings, cleaning hands thoroughly and frequently, and going right back home after completing the recreational activity.
- While California and Nevada, and others have begun to re-open certain activities, due to continued risks to our Navy personnel and national defense mission, the Navy's posture has not changed and we remain stabilized in our continued preventative measures. Navy and Dept. of Defense leaders must balance mission requirements with force health protection concerns. Protecting our people has remained a priority from the start. We must take those prudent measures to limit COVID-19's spread, while also ensuring our people are trained and ready to defend the nation.

The Navy suspended Navy Transition Assistance Program (TAP) in-person classes until further notice. To help Commanders ensure transitioning service members are prepared to reintegrate into the civilian community, Commander, Navy Installations Command (CNIC) is hosting pre-separation counseling webinars on the Learning Management System (LMS) at [www.MyNavyFamily.com](http://www.MyNavyFamily.com). To access it on an NMCI computer, visit <https://learning.zeiders.refineddata.com>. Available session dates and registration is available through the LMS website. Service members with upcoming separation dates who are unable to reschedule TAP attendance for a later date must complete TAP through Joint Knowledge Online.

The Navy-Marine Corps Relief Society (NMCRS) Active Duty Fund Drive and a Combined Federal Campaign (CFC) Special Solicitation for COVID-19 are ongoing until June 30. No one is obligated or required to donate. For those who want to and can contribute financially, they can do so online through June 30.

## Navy-Marine Corps Relief Society

Making a difference for Sailors, Marines, and their Families




The world-wide impact Coronavirus has affected us all in different ways. The Navy-Marine Corps Relief Society provided assistance to over 300 Sailors and Marines in the month of March due to impacts from the virus. You can donate at:

[https://action.nmcrs.org/page/contribute/ADFD\\_2020](https://action.nmcrs.org/page/contribute/ADFD_2020)

**Donation Deadlines**

Allotments – April 30, 2020  
Cash – June 30, 2020  
Check – June 30, 2020  
Online donations – June 30, 2020

NMCRS Active Duty Fund Drive is the only official “By Our Own, For Our Own” fundraising campaign. NMCRS continues to assist Sailors and Marines who have experienced hardship due to impacts from COVID-19. Visit [https://action.nmcrs.org/page/contribute/ADFD\\_2020](https://action.nmcrs.org/page/contribute/ADFD_2020) to learn more and/or donate.

The CFC Special Solicitation has been approved by Office of Personnel Management to support persons negatively affected by COVID-19. This allows personnel to make supplemental, one-time or recurring donations to CFC-participating charities of their choice. Visit <http://www.opm.gov/ShowSomeLoveCFC> to learn more and/donate.

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**

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Personnel traveling on military aircraft (NALO, AMC, or other government air) shall wear face coverings inside passenger terminals and onboard the aircraft. Air transportation terminal personnel will not provide face covering and will deny travel to passengers without appropriate face coverings.

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**

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To reduce risk of infection and prevent the spread of COVID-19, assess and adjust your hygiene etiquette:

- **C**lean your hands – Use soap and water for 20 seconds, use hand sanitizer with minimum 60 percent alcohol.
- **C**over your cough – Use your arm or tissue. If you use a tissue, immediately throw it in the trash.
- **C**onfine 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 \(874-2273\)](tel:1-800-TRICARE) or [www.mhsnurseadvice.com](http://www.mhsnurseadvice.com)
- Military Crisis Line: 1-800-273-TALK (option 1), text 838255, visit [www.militarycrisisline.net](http://www.militarycrisisline.net)
- Military OneSource: Call 1-800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil)
- Navy Chaplain Care: Call 1-855-NAVY-311, or visit [www.navy.mil/local/chaplaincorps/](http://www.navy.mil/local/chaplaincorps/)
- Psychological Health Resource Center: Call 1-866-966-1020; visit [www.realwarriors.net/livechat](http://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](http://www.med.navy.mil)
- Navy and Marine Corps Relief Society: Locations available at: [www.nmcrs.org](http://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](tel:1-916-558-1784)
  - Nevada Division of Public and Behavioral Health: [http://dpbh.nv.gov/Programs/OPHIE/dta/Hot\\_Topics/Coronavirus/](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

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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

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Southwest Navy Installations and commands will continue to communicate additional, specific guidance and efforts with their people through their respective communication channels.

## FUTURE UPDATES

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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.

