

# Navy Region Southwest



Coronavirus (COVID-19)

Update 4: March 24, 2020

## STATUS UPDATE

On Wednesday, March 25, 2020, Navy installations in the San Diego metro area – Naval Base San Diego, Naval Base Point Loma, and Naval Base Coronado – will begin implementation of higher level health protection and social distancing measures for child and youth programs, including Navy-managed childcare facilities and child development centers (CDCs). These measures are coordinated with, and done at the direction of, Navy medical personnel.

Protection of the children in our care, and the staff that work at all of our child and youth programs is of the utmost importance.

Beginning on March 17, 2020, all Navy childcare facilities within Navy Region Southwest were instructed to begin implementing increased social distancing measures, including:

- All Programs/Services that are NOT full-time childcare (ages 0-12) were cancelled/postponed until further notice
- All Hourly Childcare was cancelled (unless emergency/ mission essential)
- All Youth Sports, Youth/Teen Programs, Field Trips away from Navy Childcare facilities were cancelled
- No New childcare enrollees are currently allowed into Navy operated programs (unless emergency/mission essential)
- Parents were directed to self-care for their own children at home if Navy full-time telework agreement during COVID-19 pandemic was executed, parent fees will be waived/space saved
- Parent fees will be waived/space saved for all personnel who elect to voluntarily temporary withdrawal their child for at least two weeks or until May 1, 2020
- Installations may request waivers to reduce program operating hours
- Supplemental staffing required from other programs for increased cleaning/sanitation
- All Teacher in-Service Days were cancelled
- Increased handwashing and sanitation practices (e.g. cleaning door handles, hard surfaces, etc.)
- Minimize visitors (e.g. postpone all non-critical facility maintenance, etc.)
- Staff shall complete all sign in/out protocols
- Discontinue Family Style Dining (staff will plate food for children)
- Discontinue Tooth Brushing and Use of Sensory Tables

We continue to see a decrease in children coming to Navy child care facilities in San Diego, but escalating COVID-19 cases across San Diego County has caused considerable childcare concerns from both parents and staff. This situation has increased the challenges of maintaining adequate caregiver to child ratios in San Diego.

In addition to the measures instituted March 17, in the metro San Diego area, the following measures will begin effective March 25, 2020 for Naval Base San Diego and Naval Base Point Loma, and effective March 26, 2020 for Naval Base Coronado:

- Based on center capacity, a possible reduction to hours of operation depending on demand signal;
- Based on center capacity and staffing levels, childcare access may be limited to single/dual active duty parents, single/dual DoD civilians, and active duty personnel with a working spouse.
- In some situations, locations (CDC and school age children (SAC) programs) will be consolidated. Parents will be notified no less than 24 hours in advance of any changes to their

facility, and should check the [NavyLifeSW.com](http://NavyLifeSW.com) website for additional information on their primary child care facility.

Commanding officers at all bases in Navy Region Southwest are continuing to evaluate their child care programs and needs, and adjusting their services based on local conditions in coordination with their tenant commands.

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**

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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](mailto: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](mailto: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](http://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](http://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](mailto: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**

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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](http://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](http://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](http://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/](http://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](http://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](http://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.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
  - Nevada Division of Public and Behavioral Health: [http://dph.nv.gov/Programs/OPHIE/dta/Hot\\_Topics/Coronavirus/](http://dph.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.

