

Navy Region Southwest



Coronavirus (COVID-19)

Update 6: April 8, 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 April 5, there were 14,336 confirmed positive cases and 343 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 2,657 cases reported by DoD on Tuesday include uniformed military, civilian, family members, and contractor personnel.

In the Southwest, there are early indications that mitigation measures such as teleworking and other physical (social) distancing actions are having an impact on the spread of COVID-19, which means now is the time for us to focus our efforts and maintain our commitment to flattening the curve.

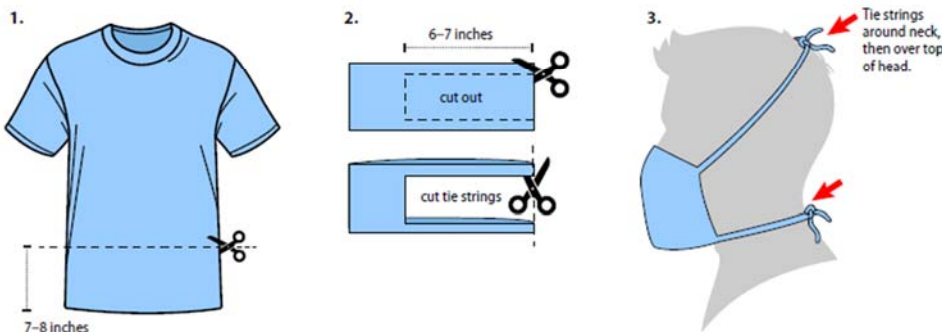
On Sunday, April 5, the Department of Defense directed that effective immediately and to the extent practical, all individuals (military and civilian) on DoD property, installations, and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distancing. Face coverings that are conservative in appearance, not offensive, and conform to the below CDC guidance are acceptable to wear in uniform. Acceptable face coverings will:

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



- Fit snugly but comfortably against the side of the face;
- Be from nose to chin; full face coverings are not authorized;
- Be secured with ties or ear loops;
- Preferably include multiple layers of fabric if material is cloth; and
- Allow for breathing without restriction.

This guidance applies to all military personnel, Navy civilian employees and contractors, family members,

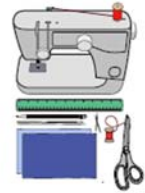
and other visitors to Navy installations throughout the Southwest region. All personnel should be prepared to lower face coverings as directed by security forces to verify identification.

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

Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

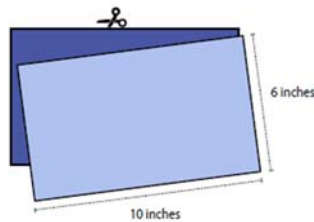


As a reminder, all Navy personnel - whether at work or at home - should continuously self-evaluate their health for signs of illness. We are all in this together, so every Southwest Navy Family member – whether working from home or physically present at work – needs to help by doing their part to slow the spread of the virus.

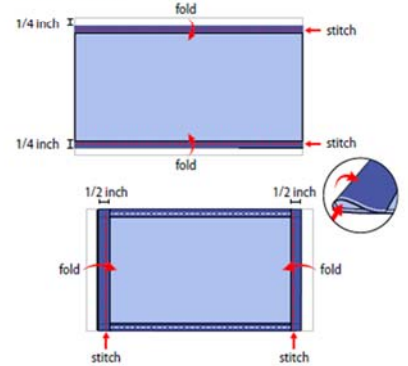
Everyone needs to continue following health protection guidance from the CDC and local public health officials, which includes physical distancing, not gathering in groups for parties (despite many people being home from school and work), frequent hand-washing, regular cleaning of spaces and other actions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

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



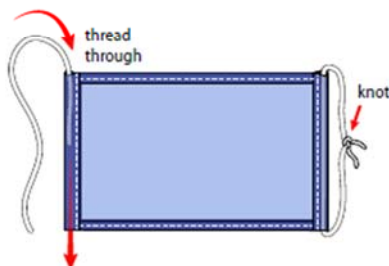
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



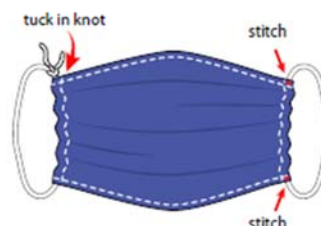
In alignment with federal and state guidance, Southwest Navy Commands continue to implement the following health protection measures as previously directed, which are in effect until further notice:

- Installations 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.
- 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.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



Southwest Navy personnel should continue to monitor installation Facebook pages for additional changes related to installation services or facilities.

Bandana Cloth Face Covering (no sew method)

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.

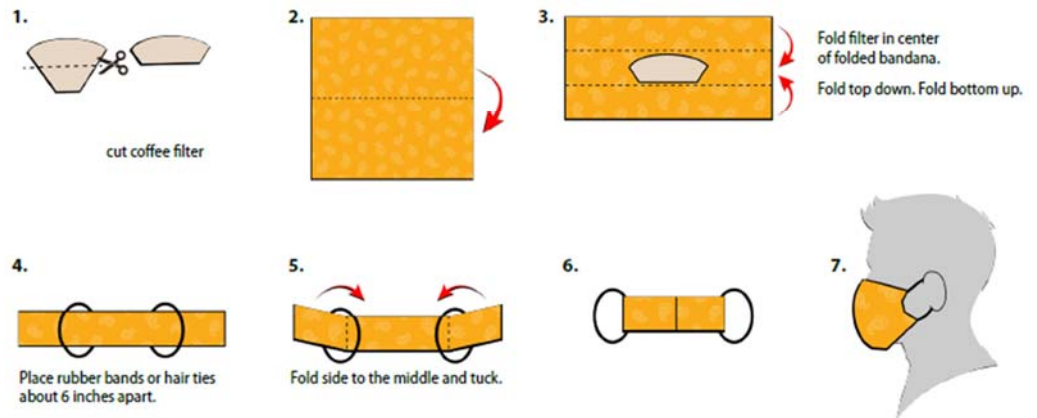
Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRSW is postured to implement additional measures as

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.

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



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) 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.nmcers.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.

