

Navy Region Southwest



Coronavirus (COVID-19)

Update 2: March 18, 2020

STATUS UPDATE

The number of positive COVID-19 cases continues to rise throughout the state of California as well as in other states within the Navy's Southwest Region. In California and Nevada, local and county officials are taking steps to limit the spread of the virus. All members of the Navy Region Southwest team are encouraged to follow local government directives, and work with your base leadership to complete our mission while taking common sense steps.

The health and well-being of our personnel and their families remains our top priority so Southwest Navy Commands continue to make adjustments in day-to-day operations to help protect the Fleet, our Sailors, civilians and contractors and their families, as well as prevent the further spread of the virus. These adjustments were made in alignment with federal guidance and state Governor direction, and include the following, which are in effect until further notice:

- All catering functions, special events, golf tournaments, ticket offices, and recreational trips are cancelled or closed until further notice.
- Fitness centers and gymnasiums (inclusive of swimming pools), bowling centers, recreation centers (community and enlisted), auto skills centers and movie theaters will close.
- All Morale, Welfare, and Recreation (MWR) bars will close. Restaurants and quick-service food and beverage outlets will provide to-go orders only. Galley and MWR rations-in-kind (RIK) operations will remain open, but will eliminate salad bars and enhance efforts for social distancing.
- Child development centers (CDC) school age care will remain open. Teen centers, youth sports and hourly child care will be suspended.
- Religious services on board all installations are suspended until further notice to limit gatherings of more than 10 people in accordance with guidance from the commander-in-chief.
- Beginning March 18, Commissaries will begin 100% I.D. card checks at the entrance of all stores and will revoke the visitor policy. These measures are in place to reduce the number of people in stores, support social distancing, and minimize crowds.
- Beginning March 19, "early bird" shopping hours will be eliminated to allow more time for cleaning and re-stocking.

Stay tuned to installation Facebook pages to learn more about what may be changing on any particular installation. Every member of the Southwest family should be aware of the following:

- Commands have initiated contingency procedures and alternative work schedules to maintain operational readiness but slow the spread of COVID-19 and minimize the number of potential cases that would need immediate medical treatment. These plans include options such as telework or limiting the number of personnel physically present at work. Servicemembers, civilians and contractors should follow the directions given by their supervisors for their respective commands/organizations.

- Personnel physically present for work should actively participate in social distancing and regular cleaning of spaces and following CDC's recommended actions to prevent the spread of the virus.
- 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>.
- For servicemembers in need of resources during a trying time like this, the Navy-Marine Corps Relief Society is standing by to support. Visit NMCRS online at <https://www.nmcrs.org/> for information.

America depends upon us to help provide security and stability to this nation, and that's exactly what we will continue to do. Every member of our Southwest Navy Family is asked to continue following CDC guidance and do their part as best they can to help slow the spread of the virus.

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

The Secretary of the Navy issued ALNAV 025/20, Vector 15 Force Health Protection Guidance for of the Navy (DON) and ALNAV 026/20, which provided COVID-19 guidance to all DON personnel and commands. The Navy issued NAVADMIN 064/20 which amplified overseas travel restrictions and NAVADMIN 065/20 which amplified United States and its Territories travel restrictions. 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.

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
- 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

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.

