

## COVID-19

### STATUS UPDATE #11: June 25, 2020

On June 24, 2020, U.S. Fleet Forces issued updated guidance and direction to U.S. Navy personnel within the continental United States (CONUS) regarding conditions-based health protection condition changes, and the Navy's response to coronavirus (COVID-19).

As we execute a conditions-based approach to both health protection condition (HPCON) changes and the lifting of travel restrictions in some areas, we must still ensure the health of the force and guarantee mission assurance. COVID-19 is not eradicated. It still presents risk to our service members, civilian workforce, and their families. Likewise, the many vectors this virus can take to infiltrate our force makes it a continued threat to mission assurance, a zero failure mission.

In some localities, the easing of community restrictions is not aligned with the Navy imperative to maintain COVID infection rates as low as achievable across the force. We in Navy Region Southwest bear an obligation to support the Fleet's ability to man and take our ships to sea, often on short notice. It is therefore essential that every one of us takes personal responsibility to limit the spread of this disease.

Asymptomatic spread is a reality, and one misstep opens a potential attack vector for this virus. We must stay vigilant in execution of force health protection guidance, and we must hold ourselves and each other accountable for our actions.

Medical intelligence analysis is clear. Inaction or mis-action related to mitigation measures puts our team, family members, Fleet, and mission at risk. Commanders should disseminate this direction to all members of the command, ensuring every Sailor has a complete understanding of the environment they are operating in, and the guidance they are operating under.

As individual states and municipalities begin to reopen services and reduce health-related restrictions, commands and service members shall maintain "HPCON C Minus" force health protection measures both on and off installation; even when those restrictions / measures are more stringent than those place don the general public, and even where the state is depicted as green on the Navy travel tracker on MyNavy portal. Accordingly, HPCON C Minus measures remain in effect until HPCON at an installation is lowered to HPCON B, including lifting of stop movement travel restrictions, in accordance with the conditions-based phased approach process. Department of Defense (DoD) civilian and contract personnel and family members are strongly encouraged to comply with this more stringent guidance to minimize the risk of infecting service members.

HPCON C Minus measures are applicable to all CONUS-based Echelon II commands, numbered Fleet commands, type commands, Region commands, and their subordinates. These HPCON C Minus measures include the following:

- Cancel Unit and Installation sponsored events.
- Issue instructions to personnel to avoid large public gatherings and practice social and physical distancing.
- Maximize telework plans for telework ready employees.
- Cancel large public gatherings on installations.
- Re-scope, modify, delay, or cancel upcoming exercises.
- Continue to approve leave and travel to and from the area on a case-by-case basis.
- Coordinate with state and local authorities to synchronize in-garrison self-monitoring guidance for personnel returning from higher risk locations (previous restriction of movement guidance).
- Assess traveler, in accordance with current guidance, upon arrival from other areas. Inform them of any local monitoring and movement expectations.
- Evaluate operations at Visitor Control Centers. Utilize electronic means to the maximum extent possible to grant installation access. Discontinue waiting room utilization if social distancing cannot be maintained. If necessary, direct customers to secondary holding areas until called.
- All commands coordinate with contractors, vendors, delivery services, etc. to ensure their personnel are not performing services while sick or symptomatic.
- Every effort to limit COVID-19 exposure to the workforce should be implemented while balancing the mission requirements established by local commanders.

U.S. Fleet Forces / NAVNORTH directs the following HPCON C Minus measures for service members assigned to CONUS-based Echelon II commands, numbered Fleet commands, type commands, Region commands, and their subordinates:

- Maintain a physical distance of at least six (6) feet from others when you are in close contact for fifteen (15) or more minutes and, to the maximum extent practical, wear cloth face coverings when you are in close contact with others for fifteen (15) or more minutes and are unable to maintain six (6) feet of physical distance.



- To the maximum extent possible, do not gather in groups of over ten (10) people.
- Limit travel to/from place of residents / work with stops only for essential business (food, medical, pharmacy, gas and child care services).
- Service members are prohibited from visiting, patronizing, or engaging in the following off-installation specific facilities, services or activities. Observe guidance provided by Regional and installation commanders regarding use of on-installation services.
  - Recreational swimming pools, gyms, fitness facilities, exercise classes, saunas, spas and salons.
  - Tattoo / body art / piercing parlors.
  - Barber shops, hair or nail salons, and massage parlors.
  - Cinemas / theaters.
  - Participation in team / organized sports.
  - Dine-in restaurants (take-out authorized), bars, night clubs, casinos, conferences, sporting events, concerts, public celebrations, parades, public beaches, amusement parks or other events designed to promote large gathers, to include indoor religious services.
  - Outdoor recreation where common use facilities are used and if a minimum of six (6) feet physical distancing cannot be maintained.
  - Non-essential commercial retail establishments and shopping malls.
- To the maximum extent practical, service members, government civilians, family members, and contract employees should minimize unnecessary in-person use of the following services and activities. If these services and activities must be utilized, prudent precautions (including mandatory physical distancing and use of cloth face coverings) shall be exercised. The below list is all inclusive:
  - Use of mass transit (bus, rail, or ferry).
  - Auto repair, maintenance, and annual inspection.
  - Curb-side and drive through services.
  - In-home domestic services (home maintenance / repair and lawn services).
  - Drive-in spiritual services.
  - Banking services
  - Pet care and veterinary services
  - Post office.
  - Laundry services, dry cleaning.
  - In-residence social gatherings that include more than ten (10) guests that do not reside in the residence. In-residence social gatherings are strongly discouraged if anyone residing in the home is COVID-19 positive or influenza like illness (ILI) symptomatic.

Although the relaxation of state and local restrictions, along with any approved transition to HPCON B, affords service members the opportunity to return to activities such as dining out, attending public gatherings and frequenting retail establishments, we must recognize that these activities will continue to pose risk to our force and therefore we must remain vigilant in our force health protection measures.

If an installation has been approved to transition to HPCON B, including lifting of stop movement travel restrictions, U.S. Fleet Forces / NAVNORTH directs the following HPCON B measures for service members assigned to CONUS-based Echelon II commands, numbered Fleet commands, type commands, Region commands, and their subordinates:

- Maintain a physical distance of at least six (6) feet from others when you are in close contact for fifteen (15) or more minutes, and to the maximum extent practical, wear cloth face coverings when you are in close contact with others for fifteen (15) or more minute and are unable to maintain six (6) feet of physical distance.
- Observe guidance provided by Regional and installation commanders regarding use of on-installation services.
- Comply with health protection restrictions / measures established by local civil authorities.
- Observe workplace related COVID-19 mitigation measures established by your respective chain of command.

The prohibitions listed above are essential to safeguard the health, safety, and welfare of our service members and to ensure mission readiness and assurance. This is a lawful general order under Article 92 of the Uniform Code of Military Justice (UCMJ). Any person subject to the UCMJ who violates or fails to obey this order may be subject to adverse administrative and/or disciplinary action. Government civilians, family members, and contract employees are strongly encouraged to comply with this same guidance. Commanders have the authority to exclude access to DoD facilities for 14 days for anyone who is known to have visited, patronized, or engaged in the facilities, services, or activities listed above.

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

## **TRAVEL RESTRICTIONS**

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**

- 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: 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: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
  - NEVADA: [http://dph.nv.gov/Programs/OPHIE/dta/Hot\\_Topics/Coronavirus/](http://dph.nv.gov/Programs/OPHIE/dta/Hot_Topics/Coronavirus/)
  - NEW MEXICO: <https://cv.nmhealth.org/>

- UTAH: <https://health.utah.gov/>
- COLORADO: <https://covid19.colorado.gov/>
- ARIZONA: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-home>

### **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.

### **Fact Sheets and Additional Resources:**

\*The following are being provided for convenience. For the most up-to-date factsheets and other communication resources, please visit

[CDC's website](#)

[CDC Cloth Face Covering Fact Sheet](#)

[CDC COVID-19 - factsheet.pdf](#)

[CDC COVID-19 Symptoms.pdf](#)

[CDC Recommendations to Stop-the-Spread-of-Germs.pdf](#)

[CDC Keep Calm and Wash Your Hands.pdf](#)

[CDC workplace-school-and-home-guidance.pdf](#)

[Federal Trade Commission Keep Calm - FRAUD avoidance](#)

[Updated Health Questionnaire](#)

[California Guidance for Face Coverings](#)

### **COVID-19 Update Archives:**

[Update #1: 15th March, 2020](#)

[Update #2: 18th March, 2020](#)

[Update #3: 21st March, 2020](#)

[Update #4: 24th March, 2020](#)

[Update #5: 1st April, 2020](#)

[Update #6: 8th April, 2020](#)

[Update #7: 15th April, 2020](#)

[Update #8: 22th April, 2020](#)

[Update #9: 13th May, 2020](#)

[Update #10: 21st May, 2020](#)

[Update #11: 25th June, 2020](#)



**NMCS D COVID-19  
 Nurse Advice Line  
 619-532-5358  
 Option 1: Information  
 Option 2: Virtual appointment  
 M-F 0730-1600**

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