



Navy Region Southeast All Hands Message

Coronavirus (COVID-19)

Update: May 8, 2020

COVID-19

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STATUS UPDATE #11

Team Southeast,

As expected, the COVID-19 rates of infection appear to be increasing as more people are able to get out and interact. This trend highlights the continued need to remain vigilant. Social distancing, frequent sanitizing of your hands, wearing a face covering and remaining home as much as possible remains your most effective tools in an effort to stay COVID-free.

There are news stories pertaining to treatments, prospective vaccines, possible cures and so on, but there remains no prescribed/approved treatment beyond the precautionary protocols advocated by the CDC. But good news continues to filter in as well. There is evidence that the fatality rate is lower than initially reported; hospital beds remain sufficient for the current levels of infection in most locations; testing supplies, masks and ventilators are becoming more readily available; and experience is teaching us how to cope with the virus more effectively.

The Navy remains steadfast in their efforts to help provide support and services to our service members, civilians and their families who are impacted by COVID-19. To quote Secretary of Defense Mark Esper, "I think that we will be in a new type of normal for a period of time, measured in months at least, and we're going to take it one step at a time to make sure we do everything possible to protect our people."

To that end, MWR is working to balance the future openings of its facilities against the risks to personnel and their families. MWR is cancelling all non-COVID-19 reservations for recreational lodging, such as RV Parks, Cabin & Cottages and Vacation Rentals from May 12-30. Such lodging will still be available to support Restriction of Movement personnel and other essential requirements. MWR continues to work to ensure facilities are ready to reopen as soon as it is safe to do so.

Adding to this "new normal," the Navy has opened the Pandemic Personnel Status Tracker (PST) tool to identify, track and report the status of Navy personnel affected by COVID-19. The PST tool is a streamlined version of the Pandemic Event (PE) module in the [Navy Family](#)

[Accountability and Assessment System \(NFAAS\)](#). Everyone should complete the PST assessment even if your status is Unaffected so that the Navy may have the best information available. Instructions are available through the [NFAAS PST Users Guide](#).

[NAVADMIN 132/20](#) was released on May 4th to provide additional opportunities for Sailors. The message seeks to reduce the uncertainty surrounding the COVID-19 pandemic by providing High-Year Tenure program expansions, Sea Duty Incentive pay for Sailors who wish to extend or return to sea early, an expansion to the SRB program and expanded Reserve and New Accession Training opportunities. See the full NAVADMIN for more complete information.

As a reminder, while the PRTs have been cancelled for the Spring Cycle due to COVID-19, it is still incumbent upon all military members to stay within the standards. The temporary closures of the installation fitness facilities has made that more challenging, but CNIC is providing a tool to help manage your fitness goals. The Navy Operational Fitness and Fueling System (NOFFS) is an evidence-based system that combines human performance enhancement, injury prevention and performance-fueling strategies that result in safer physical training practices. The exercises and movements utilized in the NOFFS are designed to replicate the physical activities – such as lift, push, pull and carry – that are regularly performed by Sailors on duty. The fueling aspect helps an individual make healthy dietary choices. The NOFFS app is self-contained and, once downloaded, the apps do not require wireless capability to operate. You can learn more about the system and about fitness in general on the [Navy Fitness website](#).

With hurricane season fast approaching we will be exercising our annual HURREX next week. In addition to the usual planning and precautions exercised during HURREX, we will also be adding in plans and procedures in relation to the Coronavirus during a hurricane. Our emergency management team will be training throughout next week to keep Region Southeast prepared, but don't forget to take care of your individual preparations as well. [Ensure you have a plan](#). Make an evacuation/preparedness kit. Take some time to study the hurricane information that is available on the [Ready Navy website](#) to ensure you are informed, and keep your information updated on Navy recall sites. Be Prepared, Not Scared during an emergency!

We will continue to push forward with our mission and ensure that we are prepared to respond to whatever comes. We may need to find new and innovative ways to circumvent the issues stemming from the Coronavirus, but we will adapt. This may be an unparalleled event for us, but our drive and dedication to the tasks at hand will carry us through. Keep pushing forward. Be Smart! Be Well! And as always be safe!