



Navy Region Southeast All Hands Message

Coronavirus (COVID-19)

Update: May 21, 2020

COVID-19
May 21, 2020
HPCON C
STATUS UPDATE #12

Team Southeast,

The Secretary of Defense released a memorandum Tuesday setting the framework for the eventual reduction of our Health Protection Conditions (HPCON). This reduction is not happening immediately nor will it happen uniformly across the Navy. We are still in HPCON C throughout the Southeast Region.

Any decreases at individual installations will take into account the following considerations:

- Symptoms: Downward trajectory of reported cases of influenza-like and COVID-like illnesses over the preceding 14-day period.
- Cases: Downward trajectory of documented COVID-19 cases or of positive tests as a percent of total tests over the preceding 14-day period.
- Medical Facilities: Military Medical Treatment Facilities or local hospitals have the capacity to treat all patients without situational standards of care and have an adequate diagnostic COVID-19 testing program in place for at-risk healthcare workers and those exhibiting symptoms of COVID-19.

Decisions by the commanding officers to adjust HPCON levels will be informed by local conditions based on public health surveillance data; guidance from the Centers for Disease Control and Prevention; collaboration with State, territorial, and local authorities; and advice from the command Public Health Emergency Officer and the local military medical treatment facility (MTF).

You can find the entire SECDEF memo here:

<https://www.cnic.navy.mil/regions/cnrse/om/covid19.html>.

The Navy is working to find their new “normal,” and commanders may take additional precautions for their installations as necessary. As members of the Navy family, it is incumbent

on us to be aware of local guidelines and maintain adherence to them. It is also important as individuals, that we modify our activities to establish a sense of safety in our daily lives.

This weekend is Memorial Day weekend and so many times our holiday festivities involve family gatherings, public celebrations, and summer fun. While we continue to see states open facilities, parks, beaches, eating establishments and retail facilities, this is not a sign that COVID-19 is no longer a threat.

As we look ahead it is important that we remember the true meaning of this holiday. Originally known as Decoration Day in the years following the Civil War, Memorial Day honors the men and women who died while serving in the U.S. military. While in many places, visiting the gravesites, Memorial Day parades, and other ceremonies to honor their sacrifice may not be possible, it is important to remember and pay tribute to the many fallen Soldiers, Airmen, Marines and Sailors who gave their all for God and country.

Additionally, as members of the Navy team, it is absolutely appropriate that we all recognize that the brunt of this COVID-19 war is being fought by the doctors, nurses, paramedics, grocery store employees and the many other health care and service providers who have and continue to maintain essential services throughout the pandemic. Many on the front line are our own Navy personnel, who have ensured care both in the civilian community and within the confines of our installations.

While this upcoming weekend offers a time to reflect and remember, for families that have lost a loved one in service to our country, this is a difficult day. Remember, the Navy has resources for those who need support for our emotional or mental wellbeing.

- Immediate contact with a chaplain is always available through the Connect with a Chaplain line at 1-855-NAVY-311 or via text at navy311@navy.mil.
- FFSC staff are offering non-medical counseling over the phone through your local FFSC. For a full list of [installation FFSC numbers](#) or the Navy Region Southeast Family Support Program contact information, see the *Coping with COVID-19* flyer at the Navy Region Southeast web page: <https://www.cnic.navy.mil/regions/cnrse/om/covid19/covid19facts.html>.
- Nationally, the Navy is [offering wellness webinars](#) for service members, civilian employees and their families. Sample classes are “Time Management During a Crisis,” “Setting Healthy Boundaries During COVID-19,” and “Stress Management in Times of Crisis.” To register for the webinars, go to: <https://learning.zeiders.refineddata.com/login/index.php>.
- The [CNIC’s Navy Spouse Navigation webpage](#) serves as a one-stop-shop of information and other helpful resources specifically for Navy spouses.
- MWR has their [MWR at Home – Stay Connected](#) program. The site includes information on cooking, entertainment, fitness, kids’ educational resources, digital library access, recreation and virtual travel
- [Military One Source](#) is a good information referral service.

- Civilian employees may have questions that can be answered by the Non-Appropriated Fund Employee Assistance Program (800-932-0034) or the DON Civilian Employee Assistance Program (1-844-DONCEAP).
- Remember that the [Navy/Marine Corps Relief Society](#) is there for you.
- For people who may be in severe emotional distress, please seek help from the [DoD Safe Helpline](#) at 877-995-5247 or the [Suicide Prevention Lifeline](#) at 800-273-8255.

You are not alone. People are available to help and are overcoming obstacles daily. Just as you are there for your shipmates, remember they are there for you as well. The support and determination running through our Navy family is impressive to see. Everyone has a role to play and you all are important to our eventual return to business as usual.

So this Memorial Day, honor the memories of those who made the ultimate sacrifice, keep their families in your hearts, but also remember to thank those who are working tirelessly to keep us healthy and whole. Keep up the great work. Be Smart! Be Well! And as always be safe!