



Navy Region Southeast All Hands Message

Coronavirus (COVID-19)

Update: January 8, 2021

Jan. 8, 2021

HPCON Bravo –NS Guantanamo Bay

HPCON Charlie – All other southeast installations

Team Southeast,

Welcome to a new year! With the holidays in our rear view mirror, it is time to rededicate ourselves to the problems that inundated us in 2020.

As you have seen in the news, the Coronavirus pandemic is still with us and in fact, numbers are increasing in many states across the nation...including within the military. The disease remains a serious concern and seeing another service member pass away this week due to COVID-19 is a tragedy.

It is vitally important that everyone continue to observe the protocols issued in the US Fleet Forces fragmentary order (FRAGORD 20-024.013) from last year. You've seen them before, but they bear repeating.

CNRSE and our subordinate commands must also adhere to the following additional guidelines which are in place while in HPCON Charlie:

- Maintain a physical distance of at least six feet from others when you are in close contact for 15 minutes or more and to the maximum extent practical, wear cloth face coverings when you are unable to maintain six feet of physical distance.
- To the maximum extent possible, do not gather in groups of over 10 people.
- Limit travel to/from place of residence/work with stops only for essential business.
- Service members are prohibited from visiting, patronizing, or engaging in the following off-installation specific facilities, services or activities.
 - 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 is authorized), bars, nightclubs, casinos, conferences, sporting events, concerts, public celebrations, parades, public beaches, amusement parks or other events designed to promote large gatherings, to include indoor religious services
 - Outdoor recreation where common use facilities are used and if a minimum of six feet physical distancing cannot be maintained

➤ Non-essential commercial retail establishments and shopping malls

- For use of on-installation services, observe guidance provided by regional and installation commanders.

Additionally, all service members, government civilians, contractors, and family members are encouraged to minimize unnecessary, in-person use of the following services and activities:

- Use of mass transit
- Auto repair, maintenance and annual inspection
- Curb-side and drive through services
- In-home domestic services
- Banking services
- Pet care and veterinary services
- Post office
- Laundry services
- In-residence social gatherings that include more than 10 guests

It is, without a doubt, difficult to adhere to these, and for the family members who have helped their service members observe these requirements – thank you. We are grateful for your support.

Throughout the holidays, everyone likely came into contact with many more people than is normal. Continue to monitor yourselves. If you don't feel quite right, don't come to work. We are still in max-telework for a reason, so don't push yourselves and potentially spread a sickness. Standard symptoms for COVID include: weakness, fever, difficulty breathing, chills, dry cough, headache, sore throat, loss of taste or smell as well as others. If you have questions, the CDC has a self-checker tool to help determine if you should seek medical care. It is available at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#self-checker>.

Additionally, US Fleet Forces put out the screening form below to help determine whether you are a potential risk for spreading the disease within the workplace. Please review it regularly to ensure you are aware of the most current concerns.

The vaccine is moving along quickly and all military personnel will soon be a priority for receiving the shots. It is highly encouraged that you get registered and get the shot as soon as possible – not just for you, but for those around you too. The vaccines currently available, and the ones soon to come, are our best hope for getting back to normal anytime soon. Be Smart! Be Well! And as always, Be Safe!

CUSFF/NAVNORTH COVID-19
Screening Questionnaire (V2020.07.16)

1. Temperature Check: Any reading greater than 100.0°F entry not authorized. See ** below.

2. YES or NO, are you currently experiencing any of the following symptoms, that you cannot attribute to another health condition?

- Fever (100.0°F) or sense of having a fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Sore throat
- Muscle aches
- Headache
- New loss of taste or smell

- ☐ No: proceed to question 3.
- ☐ Yes: see ** below.

3. Have you been tested for the virus that causes COVID-19 with a positive or pending result in the last 14 days?

- ☐ No: proceed to question 4.
- ☐ Yes: see ** below.

4. In the past 14 days, have you had close contact (within about 6 feet for 15 minutes or more) with someone with suspected or confirmed COVID-19?

- ☐ No: proceed to question 5.
- ☐ Yes: see ** below.

5. Are you arriving/returning from out of the local area in the last 14 days?
 (Visitor: Answer 5a through 5e prior to arrival, and send back to command POC)

- ☐ No: YOU MAY ENTER.
- ☐ Yes: proceed to 5a.

5a. Are you returning, visiting, PCS'ing from a DoD-designated "red" region?
 (see ++ below factor 1 and factor 2 apply)

- ☐ No: proceed to question 5b.
- ☐ Yes: see * below

5b. Did you travel via public transportation (air, train, bus)?

- ☐ No: proceed to question 5c.
- ☐ Yes: see * below

5c. Did you have (plan to have) intermediate stops in a DoD-designated "red" region? (see ++ below factor 1 and factor 2 apply)

- ☐ No: YOU MAY ENTER.
 (if also No' to 5a and 5b)
- ☐ Yes: see * below

5d. What building or spaces are you intending to visit?
 (Visitors only. Does not apply to returning staff members.)

5e. What is your visit purpose, including how many people you may interact with?
 (Visitors Only. Does not apply to returning staff members.)

*** Leadership review of 14 day ROM (if there are extenuating circumstances.)**

Supervisor: ☐ 14-day ROM ☐ Forward for medical recommendation

Medical recommendation: ☐ 14-day ROM ☐ ROM not required (recommend entry)

Supervisor: ☐ 14-day ROM ☐ ROM not feasible/practical
☐ No ROM; entry allowed (forward to Flag/SES for decision)

First Flag/SES Determination: ☐ 14-day ROM
☐ ROM not feasible/practical.
 (Wear face covering and maintain social distancing throughout visit.)

****LEAVE/DO NOT ENTER the workplace, civilian employee inform supervisor, CTR inform employer, uniformed personnel inform chain of command, put on a clean mask or cloth face covering and contact/report to your medical provider (call ahead to inform them of your pending arrival).**