

COVID-19

April 2, 2020

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STATUS UPDATE #6

Team Southeast,

The last few weeks have been frustrating for many of you, and we understand. The flexibility, patience and perseverance you all have shown has been impressive, and we ask you to maintain that as we push through the upcoming month. To paraphrase Dr. Anthony Fauci, a lead member of the White House Coronavirus Task Force, "Now is the time to hit the gas, not to step on the brake."

The White House issued some sobering projections the other day, and if we want to ensure that we undercut those models, we all have to take the right actions every day – all of the time – in both our professional and personal lives. We have people teleworking, working on shift work, or other creative ways to ensure social distancing.

MWR non-essential facilities closed in an orderly fashion with locations thoroughly cleaned and organized in preparation for reopening. Supervisors will work with employees regarding leave and pay for those locations that have been closed.

Naval Hospital Jacksonville and its five branch clinics in Albany, Jacksonville, Key West, Kings Bay and Mayport, are now providing care via [Virtual Visits](#) for Tricare recipients. Navy Care offers a live, virtual visit with a clinician on your smartphone, tablet or computer from your home or wherever else you want to receive care. You can register at [Navy Care](#). Other Navy health facilities will utilize other types of virtual care wherever possible. Be sure to follow their social media pages for the latest updates.

We are maintaining our status in Health Protection Condition CHARLIE. We continue to look for additional ways to balance our mission with the safety and security of our people, but we also need you to do your part.

There are news reports of individuals who break recommended stay at home guidance and attend parties, go to the beach, host social gatherings, and more. Don't be that person! The virus is thought to spread from person to person and the best way to prevent illness is to avoid being exposed. The guidance is simple: avoid close contact with others, clean your hands often with soap and water or hand sanitizer, stay home

and only go out for essential tasks, and clean and disinfect surfaces or touched items often, with diluted bleach or an EPA approved disinfectant. Following these steps vigilantly provides your best chance to sidestep being infected and spreading that infection to others.

Governors have issued "Stay Home" orders for Louisiana, Georgia, Mississippi, Tennessee, South Carolina, and Florida within our region. As mentioned in the last update, Navy personnel (military and civilian) and other Department of Defense workers who support essential services required to meet national security commitments are considered essential critical infrastructure workers and are exempt from these orders. Some Navy jobs require a physical presence at work. Personnel unsure about their work status should discuss with their supervisor. Aside from necessary work requirements, follow your local and state guidance. Use the [National Association of Counties map](#) to keep tabs on the current orders in your area.

As many within our Navy Region Southeast team continue to work from home, we all need to keep operational security and good cybersecurity hygiene in mind. Be aware of your alternate work location. Ensure your screen is not visible to others. Encrypt all emails containing sensitive information. Ensure your home Wi-Fi connection is secure. Ensure your computer/smart device and files are not accessible to others. Be aware of others (including smart virtual assistants like Siri, Ring or Alexa) who can hear you when you are on the phone, and avoid posting information about work on your social media accounts.

Regardless of your work location and whether for work or personal use, good cybersecurity is important. A good rule of thumb is to Stop, Think, and then Connect. Be suspicious of unexpected emails and delete emails from unknown sources, use extreme caution when clicking on links or opening email attachments, and make sure your computer has current anti-virus and firewall software. For more tips, visit the Department of Homeland Security's [Cybersecurity and Infrastructure Security Agency website](#). Employees with questions should contact their command's cybersecurity/information technology representative.

We encourage you to maintain awareness on the rapidly changing policies and procedures that have been and will continue to be enacted in response to COVID-19. [NAVADMINs](#) and [ALNAVs](#) have been issued to establish guidance on a variety of topics that affect leave, telework capabilities, tuition assistance, restriction of movement, PCS moves and more. Recent messages from the [CNO](#) and [VCNO](#) provide their thoughts on the current situation.

The Coronavirus has affected the way we do our work, the way we interact and the way we communicate. It won't change the fact that Shipmates take care of Shipmates. We are in this together, and if we watch out for each other and help each other, we will come through this – together.