SPECIAL EDITION

NPS
PRAESTANTIA PER SCIENTIAM
1909

UPDATE NPS

NAVAL POSTGRADUATE SCHOOL

Coronavirus Updates: Force Health Protection guidance and what you need to know

From CAPT Phil Old, NPS Chief of Staff

As the Coronavirus situation evolves, the health and well-being of all of our Faculty, Staff, Students, Contractors and their families remains our top priority. Accompanying every health crisis comes some uncertainty and apprehension. This is perfectly normal, but please remember the CDC states most of the American public are unlikely to be exposed to this virus at this time, and the immediate health risk from COVID-19 is considered "LOW." At the time of this special edition's printing, there are no reported Coronavirus cases in the local Monterey area. NPS personnel are reminded that it is influenza (flu) season, and there are many circulating cold and flu-like upper respiratory infections. Even so, The emergence of COVID-19 (coronavirus) provides all of us with an opportunity to think about our current level of emergency preparedness on both an individual level and an institutional level.

The best advice is to continue taking the same precautions we've been recommending since this situation began: **avoid touching your eyes, nose, and mouth with unwashed hands; washing your hands with soap and water for at least 20 seconds; using an alcohol-based hand sanitizer with 65% -95% alcohol; cleaning and disinfecting frequently touched objects; and steering clear of sick crowds and public places.** Remaining consistent and sticking with the best practices is the best course of action that we can all follow. Success slowing the spread of COVID-19 relies on the diligence and attention to detail of all of us—as time goes on, this requires more and more effort, but it is essential to meeting this challenge.

One particular thing that crosses into both the individual realm and the institutional realm is the ability to telework. Situational Telework is an excellent disaster preparedness tool regardless of the current COVID-19 situation. Our ability to ensure continuity of NPS mission and continuity of NPS operations will hinge on the ability to work remotely in the case of a crisis or emergency; and for many, provides a degree of flexibility to continue working during a time of personal or family emergency. I encourage all employees to have an active Situational Telework Agreement on file (in the TWMS database). Situational telework allows you, with your supervisor's approval, to work at an alternate work site on an ad hoc basis. If coupled with other active protective measures mentioned above, telework may go a long way toward mitigating the effects of a local COVID-19 outbreak, if that eventually occurs, and will ensure our preparedness should we be challenged with a manmade or natural disaster in the future.

NPS and NSAM have robust capabilities to provide rapid alerts and dissemination of critical information in the event of an emergency situation. The emergency communication channels include alerts sent to your computer desktop, e-mail, phone—both voice and SMS/text, and even a mobile app. BUT, it only works if you and your family's contact information is in the AtHoc system.

Luckily, it's incredibly easy and convenient to input and/or update your information. Just left click on the Purple Globe in the hidden icons on your desktop screen to see the menu or you can find additional instructions and information here:
http://wiki.nps.edu/display/TAC/NSA+Monterey+AtHoc+Mass+Notification+System

Special Edition:
Coronavirus Updates

March 6, 2020

General Information, Local Guidance and Resources

Symptoms:

For confirmed 2019-nCoV infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms can include:

· **Fever**
· **Cough**
· **Shortness of Breath**

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure. This is based on what has been seen previously as the incubation period of other similar viruses.

What to do if you are sick:

If you are sick with 2019-nCoV follow the steps below to help prevent 2019-nCoV from spreading to people in your home and community. (source CDC)

Stay home except to get medical care. You should not leave your home, except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.

Sperate yourself from other people in your home. As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.

Call ahead before visiting your doctor. Before your medical appointment, call the healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.
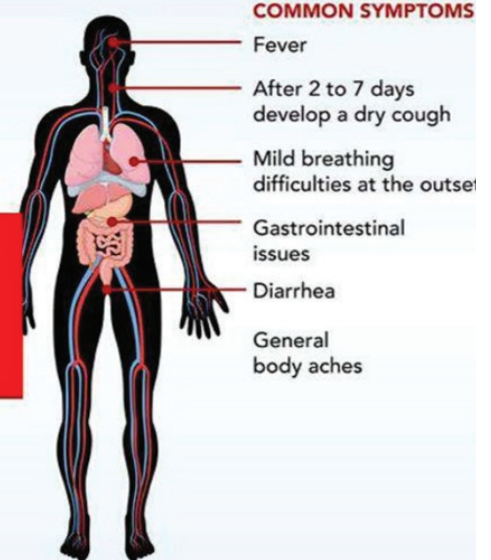
Personnel at risk that are sick with fever, cough, or have trouble breathing should call ahead before seeking medical care. Specifically fever of >100.4, cough, shortness of breath (flu-like symptoms), upper respiratory disease.

Source: Centers for Disease Control and Prevention/USA Today

1. Either notify the Chief of the Department of Public Health of the California Medical Detachment at **831-242-4826** or the Monterey County Health Department at **831-755-4521**.

2. Presidio of Monterey Army Health Clinic/CAL MED does not have the capability to house, treat, or test potential COVID persons under investigation. Their protocol is to mask, screen, and arrange for transportation to the Community Hospital of Monterey Peninsula (CHOMP) ER for evaluation and treatment.

CDC Travel Notices

Due to the threat of novel coronavirus (COVID-19), the CDC issued travel health notices.
The CDC travel notices include Watch Level 1 (green); Alert Level 2 (yellow); and Warning Level 3 (red).
- **China – Level 3,** avoid nonessential travel
- **South Korea – Level 3,** avoid nonessential travel
- **Italy – Level 3,** avoid nonessential travel
- **Iran – Level 3,** avoid nonessential travel
- **Japan – Level 2,** practice enhanced precautions
- **Hong Kong – Level 1,** practice usual precautions

The Department of State issued the following travel advisories:
- **China – Level 4,** meaning individuals should not travel there
- **Italy – Level 3,** reconsider travel
- **South Korea – Level 3,** reconsider travel
- **Hong Kong – Level 2,** exercise increased caution

Resources

Please go to the NPS COVID-19 Updates page (QR code) for additional resources, such as:

- Centers for Disease Control Updates
- CDC Travel Restriction Updates
- "Coronavirus: What Providers, Patients Should Know" article by health.mil
- State Department Travel Advisory Page
- County of Monterey Health Department's Health Advisory for Educational Settings with International Students and Instructors.
- CDC Coronavirus Factsheet
- Calirornia Department of Public Health - 2019 Novel Coronavirus Guidance for Schools and School Districts
- Monterey County Health Department FAQ for Addressing Schools' and Parents' Concerns
- Army Medicine - OTSG Coronavirus COP 10 Feb 20
- DoD Guidance for Military Installation Commanders' Risk-Based Response to COVID-19 (25 FEB, CAC Required).

Stopping the Spread of Germs at Work

Illnesses like the flu (influenza), the corona virus, and colds are caused by viruses. These flu like viruses spread from person to person by way of coughing, sneezing or simply talking. Droplets from an infected person get into the air and are inhaled by people nearby. Anyone within three to six feet can easily be infected. These viruses can also spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Be aware that these viruses can live for hours on surfaces like doorknobs, desks, and tables.

To stop the spread of germs, start by learning healthy habits that can help prevent you from getting infected or spreading flu like viruses at home, school, or work. Take these precautions even if you don't feel sick. You could be infected and able to spread germs 24 hours before your symptoms begin.

How to Help Stop the Spread of Germs

• **Make sure you are in good health.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. The healthier you are, the better your immune system will be at defending your body against a virus.

• **Cover your mouth and nose when you sneeze or cough.** Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue, then, clean your hands, and do so every time you cough or sneeze.

• **Clean your hands often.** When available, wash your hands -- with soap and warm water -- then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills the germs.

• **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

• **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, or eating utensils with other people. After using these items, they should be washed thoroughly with soap and water.

• **Clean and disinfect frequently touched objects and surfaces.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household disinfecting cleaning spray or wipe, according to the label instructions.

• **Stay home when you are sick and check with a health care provider when needed.** When you are sick or have flu like symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms include: fever, headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, and, nausea, vomiting, and diarrhea.

> Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu outbreaks and all year long.
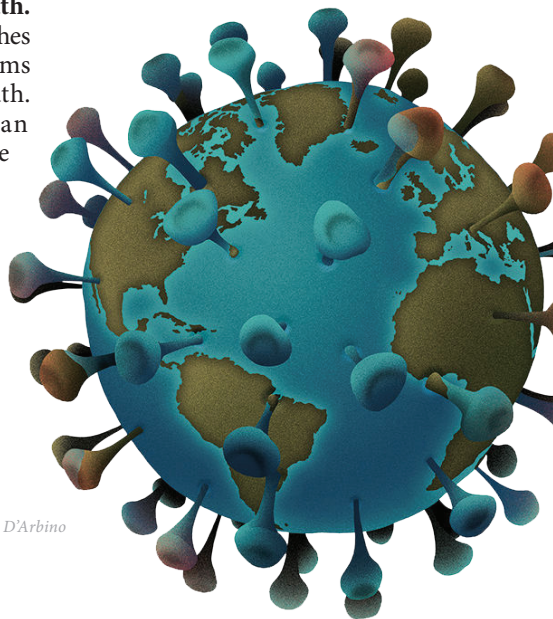
Illustration by Luca D'Arbino

TELEWORK instructions

To telework, you will need to:

1. Complete a very modest amount of training that is required regardless of whether or not you plan to enter into a Situational Telework Agreement. The instructions for that training is found here:

2. Have a CAC reader and internet access at home

3. Utilize One Drive to save documents instead of your desktop or local c: drive

4. Make sure everything works before you need it to.

Telework requests can be made by:

1. Logging into at **TWMS**.

2. Selecting Tools/Functions under the available choices under the "Actions" heading

3. Selecting Telework Request Management

4. Clicking the link titled, "Create New Telework Request" and following the simple instructions that follow.
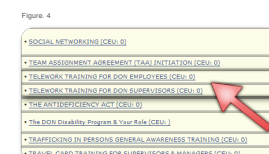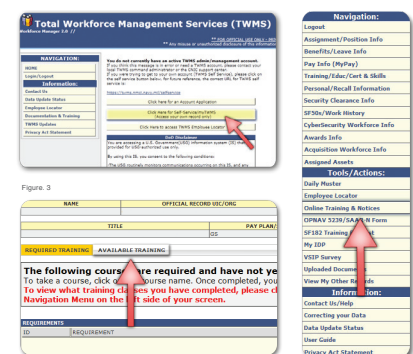
What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.