

COVID-19 Prevention ...from CAPT Philip E. Old, Chief of Staff

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NPS Team,

Accompanying every health crisis is uncertainty and a bit of apprehension. Perfectly normal but please remember that you can come here every day for a dose of reality about COVID-19 (coronavirus) after reading the myriad of news coverage and online rumors in circulation. <https://my.nps.edu/web/safety/coronavirus>

With no reported cases in the local area, 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.

A couple more good resource sites from the Navy for you to visit:

- The Navy Marine Corps Public Health Center's COVID-19 page: <https://www.med.navy.mil/.../pro.../pages/novel-coronavirus.aspx>
- The Navy Bureau of Medicine (BUMED) Max.gov COVID page (requires registration; access is restricted to U.S. government employees with ".gov", ".mil", or ".fed.us" email address extensions): <https://community.max.gov/display/DoD/Navy+Medicine+COVID-19+Response>

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