Full Quarter DL Announced During Latest Virtual Town Hall

By MC2 Tom Tonthat

As the county reissued its 'shelter in place' order, extended through early May, in an effort to continue to reduce the spread of COVID-19, the Naval Postgraduate School (NPS) is continuing its own mitigation measures. The university recently held its fourth, live Virtual Town Hall, interactive gatherings open to the entire campus and beyond that provide an invaluable opportunity for the community to come together as the mission continues from homes across the country.

"In these unprecedented times, keeping our community informed is critical," said NPS President retired Vice Adm. Ann Rondeau. "Providing access, live in real time, to the NPS experts who can answer most of our community's questions is critical as we press forward and maintain mission in this unique circumstance."

Rondeau used the April 2 Virtual Town Hall to announce the decision for the university to remain in distance learning and telework modality for the entire Spring quarter, citing the preservation of the health and welfare of the university community as the primary driver. The DOD stop movement order and Monterey County school closures through the end of the school year were also significant factors, she said.

"After careful deliberation and study, remaining in distance learning and telework through the entire quarter is a prudent action to minimize the risk of COVID-19 to you and the surrounding communities where we live," said Rondeau. "[This decision] also allows us all to plan ahead for what we need to do professionally and make adjustments at home. I appreciate all your patience, dedication, and flexibility as we work this together."

With the university now nearly all online, Virtual Town Halls provide the NPS population with a direct line to leadership across the enterprise. While not the optimal mode of delivery for most university curricula, DL enables NPS faculty and staff to continue the mission of advanced, graduate education. Similarly, while in person engagements are the preferred means of sharing critical news and information, participants say the Virtual Town Hall gatherings are an effective replacement.

"The Town Halls have been an excellent way to share updates and policies in this quickly changing situation, said Dr. Sandi Leavitt, Director of the Graduate Writing Center and Thesis Processing Office. "Seeing NPS leadership and hearing them speak in one voice is reassuring and helps keep the sense that we're one community."

The Virtual Town Halls were made possible with existing capabilities of NPS' Information Technology and Communications Services (ITACS). ITACS has been quick to adapt in accordance with the changing conditions created by COVID-19.

"The coronavirus environment is extremely dynamic and our ability to provide the NPS population with timely, up-to-date information has been absolutely critical," said Navy Capt. Philip Old, NPS Chief of Staff. "Our ITACS team has been invaluable in getting all the pieces in place, quickly."

NPS will hold its next Virtual Town Hall on Tuesday, April 14, at 3:00 p.m. via the public viewing link: **https://www.nps.edu/watchlive.**

Special Edition:
Coronavirus Updates

April 10, 2020

NAVAL POSTGRADUATE SCHOOL

UPDATE NPS

MASK GUIDANCE

TO THE EXTENT PRACTICAL, ALL INDIVIDUALS ON DOD PROPERTY, INSTALLATIONS, AND FACILITIES ARE <u>REQUIRED TO WEAR CLOTH FACE COVERINGS WHEN THEY CANNOT MAINTAIN SIX FEET OF SOCIAL DISTANCE.</u>

Face coverings shall meet the following criteria and CDC guidelines:

(1) conservative in appearance
(2) not offensive
(3) fit snugly but comfortably against the side of the face
(4) be from nose to chin
(5) be secured; be multiple layers of fabric (if cloth); and
(6) **shall NOT be a full face covering like ski masks.**

• Individuals are authorized to wear medical or construction type masks, or other cloth covering, such as bandanas, scarfs, etc., but should follow the above criteria and CDC guidelines.

• When entering the installation, all individuals in a vehicle must have their face covering on but LOWERED BELOW the chin for identification verification. Be prepared to raise over your mouth and nose once photograph identification is complete.

• **Wear face coverings while transiting into/across NSA property and NPS buildings. Unless you are by yourself—just wear it.**

• If you are in your own office with adequate room to maintain six feet of distance from your colleagues, wearing a face covering is not required.

NPS
PRAESTANTIA PER SCIENTIAM
1909

ZOOM Security Best Practices

Zoom Security 90-Day Plan to Bolster Key Privacy and Security Initiatives Update: 4/8/2020
Zoom published a blog post by founder and CEO Eric Yuan with an update on its 90-day plan to better identify, address, and fix issues proactively and improve the safety, privacy, and security of Zoom's platform. This update includes the creation of a CISO Council and Advisory Board and the hiring of Alex Stamos, former Chief Security Officer of Facebook, as an outside advisor.

Zoom Security Update: 4/6/2020:
Zoom recently updated the company's privacy policy to be more transparent about the data that it does collect. Furthermore, Zoom has offered clarification on how encryption works within the platform, acknowledging that it had at times implied that data was encrypted end-to-end.

1. The addressable space for meetings insufficient (9 to 11 digit number), 'war dialing' or guessing the meeting ID through sequential iteration is possible.
    a. Action by Zoom - None
    b. Action by NPS - Ensure every meeting is password protected
2. Zoom sending information to Facebook within Zoom app for IOS.
    a. Action by Zoom – Removed Facebook software development kit from iOS app
    b. Action by NPS – Ensure latest version of Zoom installed
3. Zoom privacy policy too broad (allowed gathering of video sessions, contents of whiteboards, uploaded documents, instant messages, chat sessions, names of the individuals on the call, and contents of Zoom cloud storage)
    a. Action by Zoom – No longer collects data
    b. Action by NPS – None
4. Zoom marketed as End to End (E2E) encryption. Reports show use of simpler TLS security from endpoint to Zoom servers, decrypt – re-encrypt, then TLS back to the other endpoints.
    a. Action by Zoom - Immediate statement, "Currently, it is not possible to enable E2E encryption for Zoom video meetings," as well as, "When we use the phrase 'End to End' in our other literature, it is in reference to the connection being encrypted from Zoom end point to Zoom end point." However, on 1 April 2020, Chief Product Officer Oded Gal explained that Zoom operates something closer to the first kind of E2E system (centralized company management of keys) than the second (endpoint-only possession of keys). Zoom apparently does provide end-to-end encryption between participants using Zoom native and Web apps. The data passes across Zoom's servers without decryption and re-encryption. However, in order to connect sessions to other kinds of services, Zoom operates "connectors" that will decrypt data in certain circumstances (phone connection, polycon, cloud recording). Zoom uses a single shared key among all meeting participants. The key generated uses SHA1, which is susceptible to cracking. The keys are generated not by endpoints, but by company-run servers. These keys could be stored overseas in China.
    b. Action By NPS – Investigate full transition to Microsoft Teams. Password all events, enable waiting room globally, password all phone connections, and use Teams if able for CUI.
5. Zoom automatically converts anything it thinks is a link into a hyperlink in a chat session. In Windows, that included file paths that, when clicked, opened remote SMB file-sharing sessions.
    a. Action by Zoom: On 1 April 2020, Zoom updated its Windows client
    b. Action by NPS: Ensure Zoom application is patched, to the latest version
6. On 30 March 2020, it was identified that two "zero-day" bugs could expose Zoom's Mac users to exploits. However, these exploits can't be invoked remotely unless a malicious party could embed the exploit in software, they convince someone to download and install, such as a Trojan horse or malware disguised as something useful.
    a. Action by Zoom: On 1 April 2020, Zoom updated its OSX app
    b. Action by NPS: Ensure Zoom application is patched, to the latest version
7. When an individual hosts a meeting with a paid account, that individual can opt to save a recording of the meeting. That can include a text transcript of public chat messages sent among participants, and all participants gain access to that transcript as well as the video recording (including private chat). This is a bad design choice, because private messages should, by their nature, remain private.
    a. Action by Zoom: None
    b. Action By NPS: Investigate full transition to Microsoft Teams, do not use cloud recording for CUI, inform participants that recordings will include any chats within Zoom including private ones
8. On 3 April 2020, it was identified that it was trivial to find video recordings made in Zoom by searching on the common file-naming pattern that Zoom applies automatically.
    a. Action by Zoom: None
    b. Action By NPS: Investigate full transition to Microsoft Teams, do not use cloud recording for CUI

COMMAND
Climate Survey

NPS Faculty and Staff,

There's still time! The command climate survey has been extended until Monday, April 13. Thank you to all of you who have already provided your voice in this process. 385 (38% of the NPS population) have completed the survey delivering your valuable feedback. If you haven't yet offered your insights, perceptions and constructive feedback about our NPS culture and climate, please take this extra time to include your voice in our findings.

What are the opportunities and challenges ahead of us as we move forward? How are we doing? How can we improve?

You are the one to help answer these questions. All of our collective voices matter and have impact, and together our ideas, opinions and experiences are the means to improve NPS.

Please complete the command climate survey before April 13. We look forward to making a stronger and superior NPS with each one of you through your engaged leadership, individual impact and constructive voice. Thank you again for your time and contributions – they make a difference!

The survey can be found at URL: **https://www.deocs.net/user4.1/ login/login.cfm**

Survey Access Code:
2002610uwRXFB

Help us move NPS forward, together!

CAPT Philip E. Old
Chief of Staff,
Naval Postgraduate School

How to Access

Desktop and mobile

We recommend using the Teams apps:

- Download the Teams app for Windows or Mac.
- Mobile apps are available for iOS, Android, and Windows Phone 10 from their respective app stores

On the web

- Teams can be reached by logging into mail365.nps.edu and using the "waffle" app launcher icon

Best Uses

- Engage in group chat, channeled conversations, instant messaging, audio or video calls, and meetings (from one-on-ones to fully-featured audio/video conferences)
- Collaborate online and see each other's changes as they happen with real-time coauthoring (Word, Excel, PowerPoint)
- Sharing files within the app rather than passing around versions which can easily be mistaken or shuffled. Version history helps make sure everyone is current.

Chat – Have private one-on-one or group conversations via text, audio, or video.

Activity Feed - View recent activities and search for specific conversations, files, people, and more.

Tabs – Add content or features to a chat or channel. Can include websites, O365 apps, and select non-Microsoft content.
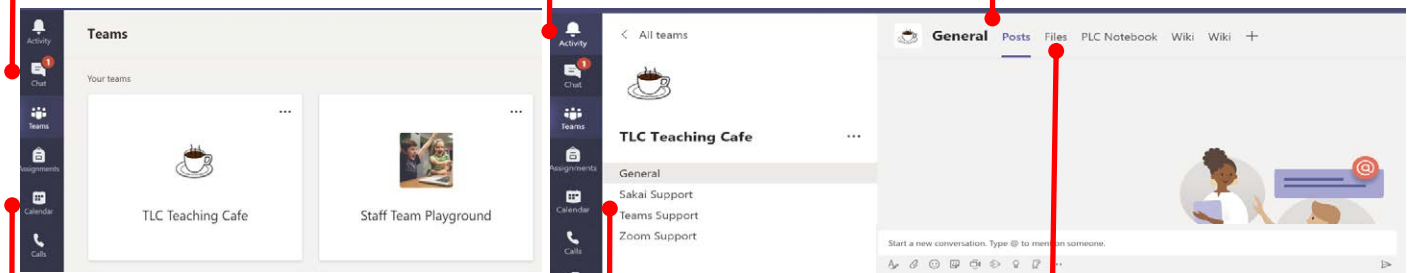
Meetings – Schedule and invite NPS and non-NPS participants to audio/video conference-based meetings. Teams meeting invitations synchronize automatically with Outlook calendar.

Channels – Focus your Team's discussions by creating topic- or project-specific channels to hold conversations, have meetings, and collaborate on files.

Files – View, edit, and collaborate on files inside of Teams (excluding Word—edit in Desktop App and browser only). Files stored in SharePoint.
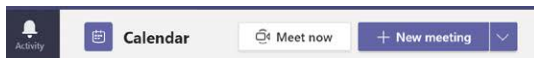
Teams Meeting	
Can participants share audio/video?	Yes, with additional capabilities depending upon Teams meeting role
Can you communicate via text chat?	Yes, in the meeting chat
Can you allow non-NPS users to join?	Yes
Can you restrict it to NPS-only users?	Yes
Can it be recorded for later playback?	Yes, with the option to restrict it to NPS-only users
Is it good for conference calls and virtual meetings?	Yes
Is it good for classroom use, including guest speakers?	Yes, though a separate camera and microphone is highly recommended
Is it good for events such as keynote speeches or events with multiple cameras or microphones?	No

Learn more about Microsoft Teams and other NPS supported software at https://nps.edu/web/tlc/tlc-distance-learning-resources

Need to talk?
We're here for you!
Free, confidential clinical counseling available via phone from the Fleet and Family Support Center

Call 866-923-6478 for more information or to schedule an appointment

The Center

Are you a parent with a child 4 or younger? Need support? We're here for you!
Free, virtual and phone consultations are available to you now. For creative parenting ideas to help you manage these unique times

Call 831-656-1092 for more information or to schedule a consultation.

The Center

Feeling overwhelmed or alone?
GIVE US A CALL!

Call 866-923-6478 to connect with a Fleet and Family Support Center counselor Monday-Friday 0800-1630

The Center

THE FLEET AND FAMILY SUPPORT CENTER
Here for you.
Here for your parents in Tulsa.
Here for your cousins in Charlotte.
Here for your grandparents in Seattle.
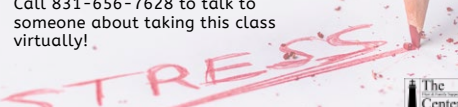
WE HAVE RESOURCES FOR ALMOST ANY SITUATION. CALL US AT 831-656-3060 TO SPEAK TO AN INFORMATION AND REFERRAL SPECIALIST TODAY!

The Center

Got Stress?
There's a class for that!

The Fleet and Family Support Center's Stress Management Class is Applicable for everyone!

Call 831-656-7628 to talk to someone about taking this class virtually!

STRESS

The Center

MONEY TALKS

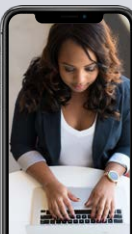**Our Financial Counselor is here to listen**

Call 831-656-3528 to schedule a free phone appointment with a FFSC Personal Financial Manager

The Center

Life Skills Education
Fleet and Family Support Center Virtual Classes!

Call 831-656-7628 to see what we have available, or follow us on Facebook for the latest information!
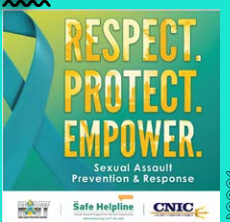
@FleetandFamilySupportCenterMonterey

Our EFMP Liaison is available!

Call 831-656-2785 to schedule a virtual or telephonic consultation today!

The Center

If you or someone you know has been sexually assaulted, please contact the numbers below for confidential 24/7 services:
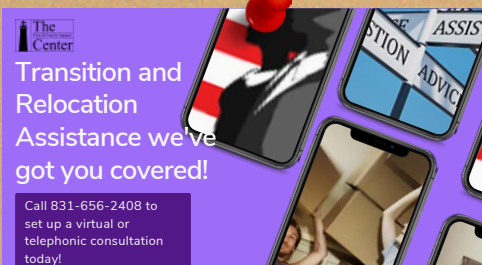
NSA Monterey Victim Advocate
831-760-2329
NSA Monterey SARC
831-760-0020
NAS Lemoore SARC
559-381-8649

RESPECT. PROTECT. EMPOWER.
Sexual Assault Prevention & Response

Safe Helpline | CNIC


Keep Your Employment Skills Sharp

Our Family Employment Readiness Specialist is available to provide virtual and telephonic assistance call 831-656-3528 to set up a consultation today.

The Center

The Center
Transition and Relocation Assistance we've got you covered!

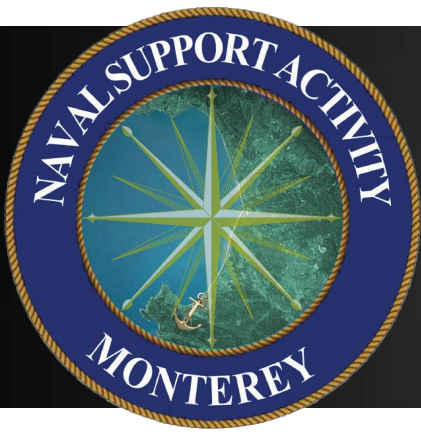Call 831-656-2408 to set up a virtual or telephonic consultation today!

Need to talk?
The Chaplain is available to you!

The Chaplain provides free, confidential clinical counseling available via phone.

Call 831-656-3966 or email magiralm@nps.edu for more information or to schedule an appointment

April 10, 2020 - HPCON C

The base(s) will remain open to support the mission of our tenants. Our top priorities are to protect our people and maintain mission readiness. NSAM will effectively carry out the mission and take the appropriate steps to protect the health of our force and local community.

....

Status of base functions and services: *Face coverings required

*Entry Control Points: The Sloat and Annex gates are **OPEN** 24/7. All turnstiles **CLOSED** to inbound foot traffic.

*Child Development Center: Only patrons designated as Mission Critical (without the ability to telework or distance learn) will receive care. Single/Dual Military parent NPS Students will be deemed as Mission Critical. Use the Essential Childcare Declaration sent out by the Child Youth Programs office for school signature for your Mission Critical designation.

*NGIS/Navy Lodge: OPEN for military/tenant required travel.

Fleet and Family Services: SERVICES AVAILABLE. Call 831-656-3060.

*NSAM Dental Clinic: Providing emergency care only. (clinic front desk number 831-656-2477).

*MEDICAL: Medical sick call is **OPEN** on a walk-in basis (0630-0730).

*NSAM ID Card Lab: ID Card lab services will be limited to those in emergent need only, and services are limited to: Initial CAC issuance, Lost/Stolen CAC or Teslin ID card issuances, CAC/Teslin/dependent card renewals for cards set to expire in the next 30 days, newly retired members, dependent enrollment, and pin resets.

Golf Course/Starbucks/Cafe Del Monte/Trident room/MWR ITT Office: CLOSED

*NEX/Gas station/Autoport: OPEN. NEX will be closed on Sundays only.

**Fitness centers / NEX Barber Shop: CLOSED** until further notice.

Chapel: CLOSED for worship services. Counseling services available and will continue to be provided.

RV Park / *Post Office / *Navy Federal: OPEN.

SARC: On call 24/7.

*Fleet Logistics Center: FLC and Supply outlets (official mail center, warehouse, house hold goods) are **OPEN** for business. House hold goods is closed to foot traffic. Separations and retirement moves are still being processed.
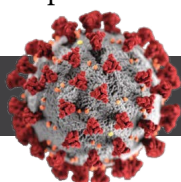
Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

cdc.gov/coronavirus
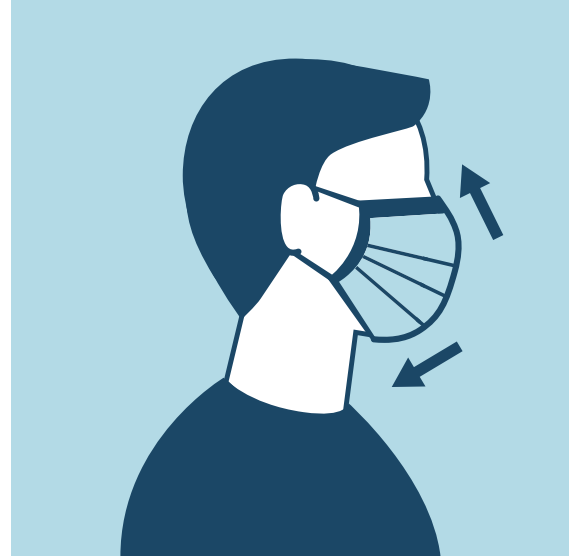
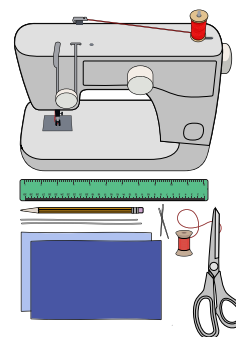CS316353B   04/04/2020, 12:22 PM
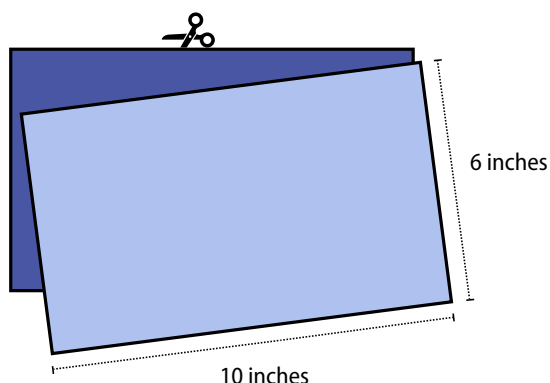
Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic
  (or rubber bands, string,
  cloth strips, or hair ties)
- Needle and thread (or bobby pin)
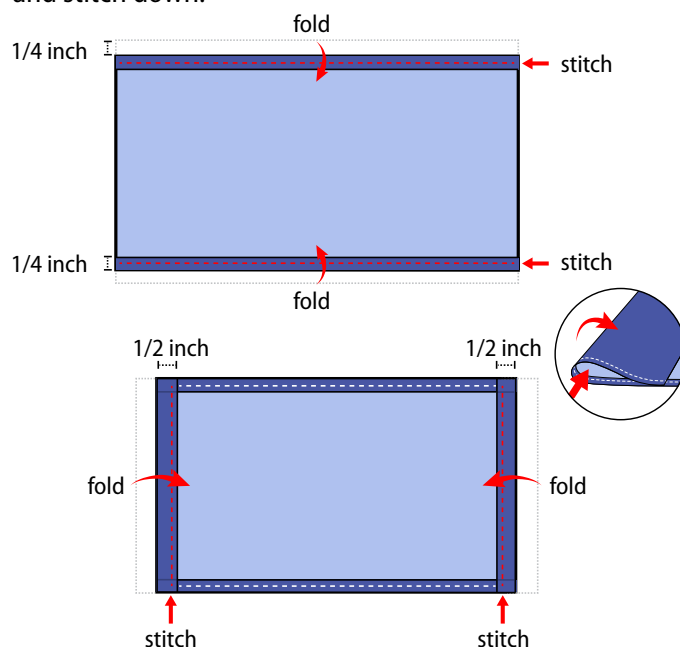- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.
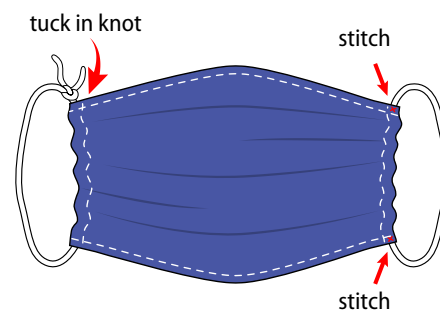

6 inches

10 inches

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

fold
1/4 inch
stitch
1/4 inch
stitch
fold

1/2 inch   1/2 inch
fold   fold
stitch   stitch

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
   Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.

thread through
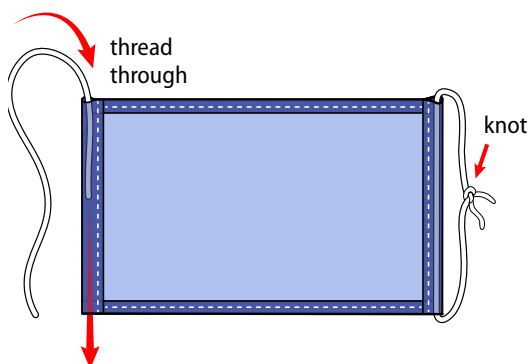
knot

4. Gently pull on the elastic so that the knots are tucked inside the hem.
   Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.
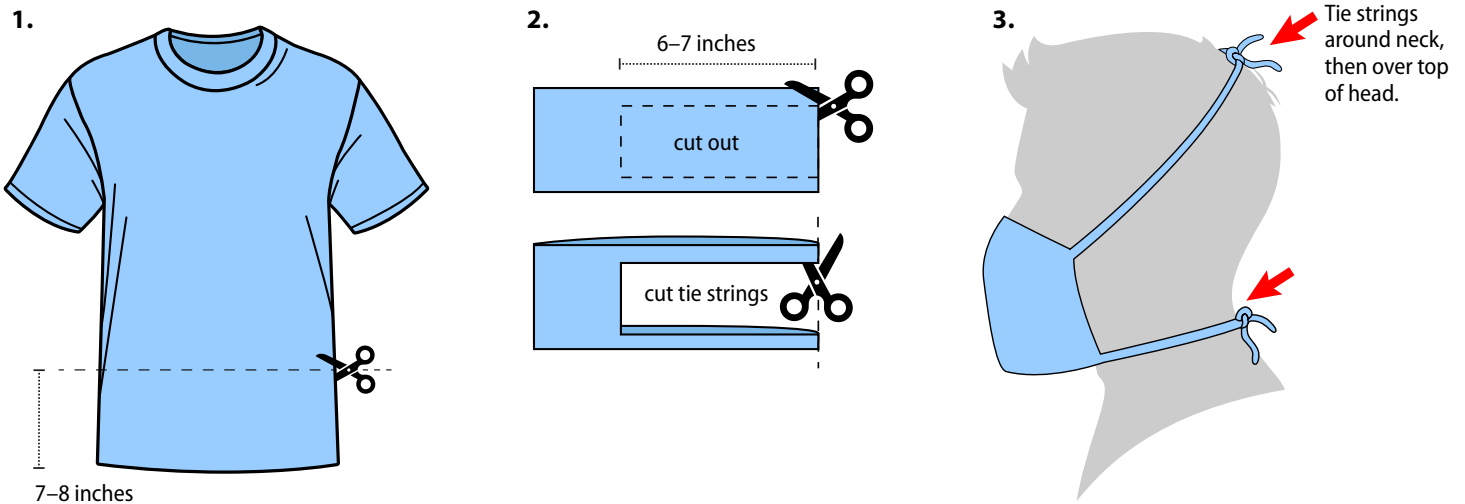

tuck in knot   stitch

stitch

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

1.

7–8 inches

2.

6–7 inches

cut out

cut tie strings

3.
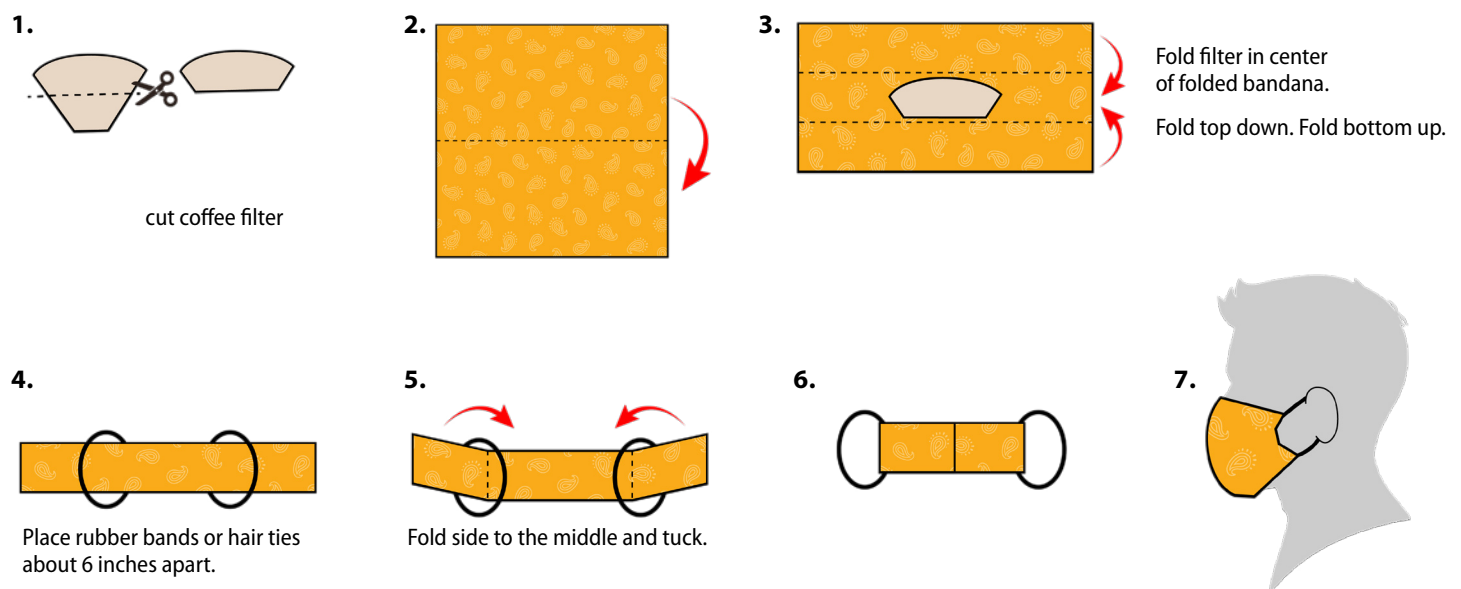
Tie strings around neck, then over top of head.

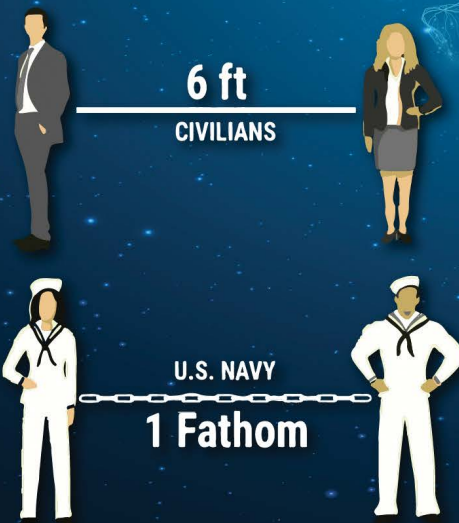# Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

1.

cut coffee filter

2.

3.

Fold filter in center of folded bandana.

Fold top down. Fold bottom up.

4.

Place rubber bands or hair ties about 6 inches apart.

5.

Fold side to the middle and tuck.

6.

7.

SOCIAL DISTANCING

- **Maintain at least six feet (1 Fathom) of social distancing from individuals.**
  —to the extent practical, all individuals on DoD property, installations, and facilities will wear cloth face coverings* when they cannot maintain six feet of social distance in public areas or work centers, in accordance with NAVADMIN 100/20.

- **Frequently wash hands with soap and water for at least 20 seconds**, or if soap and water are not available, use an alcohol–based hand sanitizer (60% alcohol).

- **Cover coughs and sneezes with a tissue or fabric** or, if not possible, use your sleeve or elbow (but not into hands).

- **When sick with a shortness of breath, fever or cough,** go home and avoid all social interaction outside the household.

- **Clean and disinfect high contact surfaces that are touched by many different people at the beginning and end of the day.**
  — clean first with general purpose cleaner
  — wipe down with chlorine solution or other EPA approved disinfectant.

6 ft
CIVILIANS

U.S. NAVY
1 Fathom

Wash Your Hands!

Wet

Get Soap

Scrub

Dry

Rinse

NPS
PRAESTANTIA PER SCIENTIAM
1909

KEY CONTACTS
for your
PERSONAL SUPPORT

When you feel OVERWHELMED or you need confidential local help

NPS Chaplain
831.656.2241

Fleet & Family Service Center
831.656.3060
In La Mesa • Appointment recommended

Eric Stone, LCSW with POTFF Program
646.597.3018

When you need MEDICAL help

Health Clinic
866.957.2256
473 Cabrillo St. #422, Monterey
M–F 0700-1600

24/7 Nurse Advice Line
800.874.2273

TriCare
www.tricareonline.com
We link you and your family to healthcare services.

Military ONESOURCE
800.342.9647

When you or your FAMILY need someone to TALK with

Crisis Line 24/7
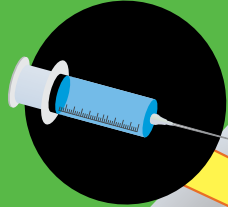# 800.273.8255
• Active Duty • Family/Friends • Veteran

Yves Fournier, DLI MFLC
415.889.0397

Military OneSource
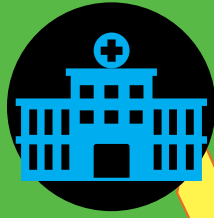# 800.342.9647

Break the Chain of Infection

BREAK THE CHAIN!
- ✓ Immunizations
- ✓ Treatment of underlying disease
- ✓ Health insurance
- ✓ Patient education

BREAK THE CHAIN!
- ✓ Diagnosis and treatment
- ✓ Antimicrobial stewardship

BREAK THE CHAIN!
- ✓ Cleaning, disinfection, sterilization
- ✓ Infection prevention policies
- ✓ Pest control

Infectious agent
- Bacteria
- Viruses
- Fungi
- Parasites

Susceptible host
- Any person, especially those receiving healthcare.

Reservoir
- Dirty surfaces and equipment
- People
- Water
- Animals/insects
- Soil (earth)

Portal of entry
- Broken skin/incisions
- Respiratory tract
- Mucous membranes
- Catheters and tubes

Portal of exit
- Open wounds/skin
- Splatter of body fluids
- Aerosols

Mode of transmission
- Contact (direct or indirect)
- Ingestion
- Inhalation

BREAK THE CHAIN!
- ✓ Hand hygiene
- ✓ Personal protective equipment
- ✓ Personal hygiene
- ✓ First aid
- ✓ Removal of catheters and tubes

BREAK THE CHAIN!
- ✓ Hand hygiene
- ✓ Personal protective equipment
- ✓ Food safety
- ✓ Cleaning, disinfection, sterilization
- ✓ Isolation

BREAK THE CHAIN!
- ✓ Hand hygiene
- ✓ Personal protective equipment
- ✓ Control of aerosols and splatter
- ✓ Respiratory etiquette
- ✓ Waste disposal

Illustration by Luca D'Arbino

COVID-19 website

www.nps.edu/covid19

Virtual Town Hall

April 14, 1500