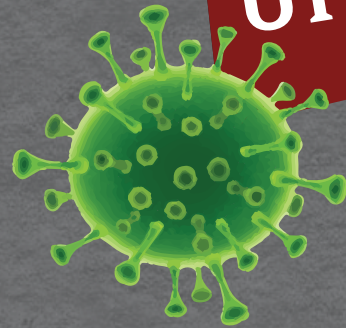


COVID-19 STANDARD

OPERATING PROCEDURE

HEALTH PROTECTION CONDITION (HPCON)

ROUTINE ALPHA BRAVO **CHARLIE** DELTA



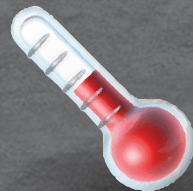
COVID-19 is an infectious disease that spreads readily between people during close contact. The primary sources of spread are droplets that are produced by coughing, sneezing or talking. This has led to contaminated surfaces up on which the virus can remain active for 7 days. These guidelines, responsibilities and procedures have been put in place by the Centers for Disease Control for the prevention and mitigation of COVID-19 on board USS Theodore Roosevelt.



PERSONAL PROTECTIVE EQUIPMENT (PPE)

- COVID-19 PPE shall not interfere with protective equipment worn during radiological or electrical work.
- Personnel requiring close contact interactions such as: medical and dental shall wear goggles / face shields and gloves in addition to masks / face coverings.
- Ensure masks fully cover the nose.
- Wash them regularly. Hang dry to reduce damage.

DAILY MEDICAL SCREENINGS



Check for ILI (Influenza Like Illness Symptoms) 4x daily:

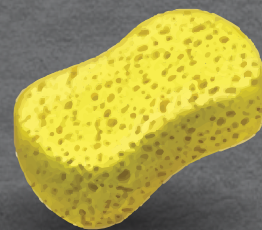
- Fever
- New or worsening cough
- Shortness of breath
- Loss of taste or smell
- Abdominal pain
- Sore throat or difficulty swallowing
- Runny nose
- Unexplained muscle aches or fatigue
- Nausea, vomiting or diarrhea
- Headache

SOCIAL DISTANCING



- Unnecessary congregations of multiple Sailors are prohibited.
- Meetings shall be minimized and held with reduced participation.
- Maximize the use of intercom, e-mail and teleconferencing to pass info.
- Lines on the Mess Decks and for all Ship Services shall ensure six feet spacing with temporary markings on the deck.
- Avoid hand-shaking and unnecessary personal contact.

DAILY CLEANING & DISINFECTION



- Morning, evening and overnight disinfection stations daily.
- Each individual shall wipe down their personal work area with sanitizing wipes or bleach-a-palooza solution and towel prior to turning over the watch.
- Hand sanitizer shall be used by watch standers during watch.
- Wash hands frequently for at least 20 seconds. Key times to wash your hands are: before touching eyes, nose or mouth and after using the head.
- All hands shall sneeze or cough into a tissue, or into the inside of elbow.

GENERAL BERTHING GUIDELINES



- Sleep head-to-toe.
- Keep curtains closed at all times when you are in your rack.
- Only remove your mask once you are in your curtains closed.