

Navy Prioritizes PCS Moves in NAVADMIN 169/20

Permanent Change of Station (PCS) moves will soon be restarting using a conditions-based, phased approach and Navy Personnel Command (NPC) is poised to ensure that high priority sea duty units remain manned and ready to preserve maritime superiority.

"The current stop movement policies have impacted 42,000 sets of officer and enlisted orders," said Capt. Derek Trinke, director of the Career Management Department at NPC. "We will use every option available to maintain fleet readiness and will prioritize all PCS moves based on the impacts to readiness rather than solely on a Sailor's Projected Rotation Date (PRD) for those transferring."

These options include prioritization of move timing based on the priority of billets, incentivizing sea duty and adjustment of estimated dates of detachment (EDDs).



To account for local restrictions that will persist after the initial relaxations, the flow of orders will begin in stages as areas open. Local Health Protection Condition (HPCON), international, state and local government policies will be considered when scheduling PCS transfers. Eliminating the backlog of orders could extend beyond the end of calendar year 2020.

The emphasis on operational

readiness and unit prioritization reflects the Navy's identity as a sea service and focusing on filling billets at sea is critical to preserving the readiness of the fleet. High priority sea duty commands include those designated as operational sea duty. These commands include strategic and Special Operations Forces, Forward Deployed Naval Forces and Optimized Fleet Response Plan units with a published manning date that is normally 12-months prior to the deployment date. Priority will also be given to specific accession pipeline billets to ensure new officers and enlisted continue to report to their fleet units. Consideration will also be given to key milestone and special program billets.

"It is critically important that leaders talk with Sailors approaching their EAOS to determine if there is an intent to separate or retire, and forward that information immediately to NPC so a backfill for sea duty billets can be prioritized," said Trinke. "We really need commands to tell my team at PERS-4013 immediately so we can ensure a face-to-face turnover at high priority sea duty commands. I also encourage leaders in every command to talk to their Sailors about the incentives we already offer for voluntary extensions at sea."

To maintain unit readiness, detailers will prioritize face-to-face reliefs for billets at high priority commands. Sailors transferring to a high priority command will move first and may have their shore duty shortened by up to six months. In contrast, Sailors transferring from high priority commands, regardless of their original EDD, will move last and could be extended at their current duty location for up to six months. This will happen on a case-by-case basis in order

to ensure a face-to-face relief.

Involuntary extensions beyond six months will only occur under the most unusual circumstances. All Sailors are encouraged to consider the incentives for voluntary extensions. A list of eligible skills can be found at <https://www.mnp.navy.mil/group/pay-and-benefits>.



In each case, NPC will work with each gaining and losing command to evaluate potential impact to readiness if the billet gaps. Detailers at NPC are currently in the process of contacting all officers and enlisted Sailors with orders between March-September 2020 to evaluate potential hardships. To add flexibility, service members with dependents are authorized to delay dependent travel (DDT) up to 180 days from their transfer date. Service members with dependents in school (K-12) will be authorized DDT until the end of the school year or 30 June 2021, whichever occurs first.

For Sailors executing a PCS move, multiple new programs were created as part of MyNavy HR's ongoing pay and personnel transformation efforts are available: the MyNavy Career Center, MyPCS Mobile app and the newly added ability for service members to use their Government Travel Charge Card during a PCS dramatically decreases the stress of a PCS. To find out more visit npc.navy.mil, call MNCC at (833) 330-MNCC (6622) or email them at askMNCC@navy.mil.

CONDITIONS-BASED PHASED APPROACH TO PERSONNEL MOVEMENT AND TRAVEL

GREEN MEANS GO



FACTOR 1

ASSESSED BY OSD

STATE AND/OR REGIONAL CRITERIA



FACTOR 2

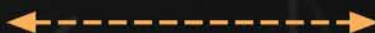
ASSESSED BY NAVY

INSTALLATION-LEVEL CRITERIA



DEPARTING LOCATION CLEARED

(FACTOR 1 + FACTOR 2)



DESTINATION LOCATION CLEARED

(FACTOR 1 + FACTOR 2)



FACTOR 2 CRITERIA



REMOVAL OF LOCAL
TRAVEL RESTRICTIONS



AVAILABILITY OF
ESSENTIAL SERVICES



QUALITY
CONTROL/ASSURANCE
CAPABILITY FOR HOUSEHOLD
GOODS PACKING & MOVING



FAVORABLE HEALTH
PROTECTION CONDITION
(HPCON) AS DETERMINED
BY NAVY

TO CHECK ON WHETHER YOUR DEPARTING/DESTINATION AREA IS **RED** OR **GREEN**, VISIT
[HTTPS://WWW.MNP.NAVY.MIL/GROUP/DON-COVID-19-TRAVEL-TRACKER](https://www.mnp.navy.mil/group/don-covid-19-travel-tracker)

Celebrating Inclusion Makes Us Stronger

Connection helps us grow both personally and professionally. Fostering an open and inclusive environment improves our well-being – whether we're empowering our shipmates to succeed, deepening our bonds with our friends with humor or expressing empathy with our family members when they're going through a rough patch. Showing someone you care and respect them – even with a small act of kindness – can go a long way in helping others feel included and supported.

Since we often find ourselves navigating uncertainty, establishing a support network that helps us navigate life's twists and turns is a great way to ground ourselves. Individuals inside and outside of our central circles may have helpful insights from their experiences or new perspectives on situations, that we have not yet considered. On an individual level, valuing diverse perspectives and leveraging unique mindsets fuels our own personal growth and strengthens our communities.

Inclusion promotes innovation,

establishes equity across various networks and lowers instances of negative behaviors. From an organizational perspective, the Navy continues to invest in inclusion and diversity. The Navy



defines those terms as:

- Inclusion: valuing and integrating each individual's perspectives, ideas and contributions into the way an organization functions and makes decisions.

- Diversity: all of the different characteristics and attributes of our Navy Team, which are consistent with Navy core values, integral to overall readiness and mission accomplishment and is reflective of the Nation we serve.

While these definitions highlight opportunities for the Navy community to

build an inclusive environment, they are just as relevant when considering your day-to-day actions when engaging with others. Gaining an understanding of the different perspectives, experiences and ideas of the people around us helps give us the flexibility to be more open to change and to make sure all identities are supported and seen. These actions help ensure that everyone in the Navy is able to bring their full selves to work.

Connection is essential during times of extreme stress. Protective factors against suicide include: a strong sense of community and belonging, psychological and physical safety, strong ties with family and friends, a fulfillment of personal purpose and a contribution or responsibility to others. Investing in your relationships with others and these protective factors prior to a stressful event occurring will help you feel more confident in exercising resilience. Make an effort to regularly express how much your loved ones mean to you as well as your respect and admiration for colleagues.

How MyNavy HR's Transformation made COVID-19 Response Possible

When the COVID-19 pandemic hit the country in March, few organizations were positioned to respond, but the U.S. Navy was.

Travel and transfers had to be stopped on a dime. Temporary policies and procedures ranging from advancement exams, fitness tests to even haircuts had to be put out swiftly.

Also, all had to be communicated as quickly as possible to the nearly three-quarters of a million active, reserve and civilian Navy employees. Then the service needed a way to field the avalanche of questions that were expected to follow.

At the center of the Navy's whirlwind response was the MyNavy HR organization, headed up by the Chief of Naval Personnel Vice Adm. John B. Nowell Jr. His large organization is the engine serving the Navy's number one asset -- it's people.

The Navy's ability to react came

because execution was already underway on a modernization plan. It was those new capabilities that increased MyNavy HR's ability to rapidly adapt, respond, and support our Sailors and their families during the COVID-19 crisis.

"MyNavy HR has been redesigning itself for several years -- we knew we needed to change and modernize to transform our organization to better serve the needs of our Sailors," Nowell said.

This "head start," shortened the time it took the MyNavy HR team to kick their efforts into high gear.

"It has truly been an honor to work on MyNavy HR Transformation and see our efforts tested during the COVID-19 response," said Capt. Stuart Satterwhite, Deputy Director of MyNavy HR Enterprise Support.

"We constantly aim to keep the Sailor at the heart of Transformation and provide mobile resources to make it as simple as

possible to navigate through this crisis."

Getting Help

In the works for over five years, the MyNavy HR transformation gained momentum in late 2018 when the service flipped the switch and opened up on the MyNavy Career Center (MNCC).

The move was necessary to attract and retain a new generation of Sailors who have grown up with the internet and smartphones. This generation fully expects the Navy to provide the same kind of customer service they get from their banks and other civilian organizations.

Now, Sailors get help with their personnel issues working on the phone or through email with customer service agents. These experts, now armed with the most up-to-date information at their fingertips, help Sailors solve problems.

Continued on page 5...

Navy Selection Boards Set to Restart July 1

Selection, advancement and continuation boards are all set to restart July 1st, ensuring Sailors across the fleet are in no way disadvantaged by COVID-19 delays to the original board dates.

"Our overriding commitment is that no Sailor will be disadvantaged by the delay in boards," said Rear Adm. Jeff Hughes, commander, Navy Personnel Command. "Although the boards were postponed, those who are selected for promotion can expect to be assigned the original date of rank and receive any back pay and allowances they're warranted."

Boards were originally postponed on March 18th to ensure the safety of all board participants. Since then, numerous risk mitigation precautions have been included in a comprehensive restart plan

to minimize health risk during the board process. Navy also continues to expand the number of administrative selection boards conducted via virtual means.

"As in our decision to postpone the boards and now in our plans for restart, we carefully assess the COVID-19 risk and will take the necessary precautions going forward to ensure the health and safety of all participants so we can accomplish the selection board mission," said Hughes.

Sailors' Official Military Personnel Files will be reviewed as of the original board convening date and their eligibility will remain the same.

Deadlines for letters to the board remain the same as originally set, except for the Reserve E-7 Board, which had a deadline of May 18, 2020, to

compensate for delays in their eligibility determination. The remaining deadlines remain the same to maintain a fair and impartial balance across the fleet, but Sailors are encouraged to submit a letter if they feel their eligibility is unclear.

The restart plan will enable enlisted advancement board results to be approved and announced within 30 days of a board adjourning. Officer promotion boards require additional reviews and results are expected to be approved and announced 100 days after a board adjourns.

Board members and recorders are still needed. Those who meet the eligibility requirements are urged to submit applications as soon as possible.

For more information, read NAVADMIN 144/20 at www.npc.navy.mil.

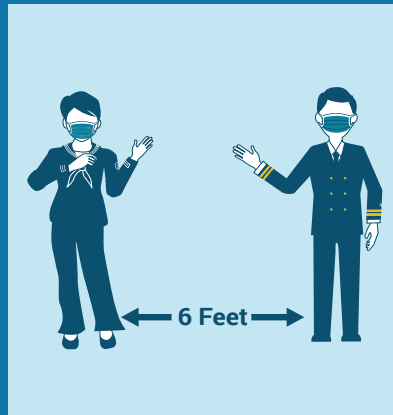


PROTECT YOURSELF AND THOSE AROUND YOU

AMERICA'S
NAVY
FORGED BY THE SEA



WASH HANDS WITH WATER AND SOAP/
SANITIZER, AT LEAST 20 SECONDS



PRACTICE SOCIAL DISTANCING
AND WEAR A FACE MASK WHEN SOCIAL
DISTANCING IS NOT POSSIBLE.



DON'T TOUCH EYES,
NOSE OR MOUTH WITH
UNWASHED HANDS



HOW TO WEAR FACE COVERING:

- Fit snugly but comfortably against the side of the face
- Cover the nose and mouth
- 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 (if applicable)

FOR MORE INFORMATION:

[https://www.cnrc.navy.mil/
pages-nrc-links/
covid-19-page.htm](https://www.cnrc.navy.mil/pages-nrc-links/covid-19-page.htm)



MyNavy HR's Transformation (continued from page 2)

As the pandemic unfolded, calls into MNCC's center surged over 300%. Over the course of two months, agents received and closed out nearly 40,000 cases.

MNCC also supported Navy detailers, responding to questions about the stop movement order that affected nearly 36,000 Sailors and their families.

Assisted by MNCC, Navy Personnel Command was able to concentrate on the business of keeping the fleet manned.

Many Sailors in critical billets, both at sea and ashore, were offered High Year Tenure (HYT) waivers or Sea Duty Incentive Pay.

As of May 4, the Navy's community managers had issued 690 HYT waivers and 480 non-HYT waivers in response to the voluntary extension call. Also, NPC's Career Management Department issued nearly 3,200 additional waivers to support the effort at the same time.

Reserve ZipServe

In January, the Navy Reserve went online with a new way to advertise and

execute mobilization opportunities from around the fleet.

Called ZipServe, this database makes it easier for Reserve Sailors to search for activation opportunities as well as allowing leadership to identify and activate personnel for quick crisis response.

This was just in time to respond to COVID-19 relief efforts, as the Navy surged to activate roughly 850 Reserve Sailors in less than 48-hours.

Included in that activation were 500 medical professionals needed to help out the heavily impacted New York City, as well as another 225 reservists to augment the crews of the hospital ships USNS Mercy and Comfort.

Critical Communication

Throughout the pandemic, MyNavy HR has maintained a constant drumbeat of communication to commands, Sailors, and their families using social media, Navy news releases, newsletters, and mobile applications.

Though the Navy has rolled out many

mobile applications to date, few have proved more valuable to the critical communication of resources than the MyNavy Family app.

A year-old this month, the app was developed by over 1,100 Navy spouses and combines information from more than two dozen websites.

Between March and April, downloads of the app increased by roughly 400 percent.

To ensure the app had the latest information, MyNavy HR worked with the Sea Warrior Program to release an update to the app in late April. This latest version included more support resources for the Navy family during this pandemic. This included a COVID-19 resource section, links for the Psychological Health and Resource Center and the Navy & Marine Corps Public Health center, and a link to the Navy COVID-19 blog.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.

Love and Marriage and Men's Health

June is Men's Health Month and, coincidentally, one of the most popular months for weddings. Wedding vows traditionally include "in sickness and in health," and statistics show health is more likely to follow the groom while sickness is more likely to befall his single best man.

A survey (<https://www.health.harvard.edu/mens-health/marriage-and-mens-health>) of over 125,000 American adults found that married men are healthier than never married, divorced or widowed men. Of course, correlation does not equal causation, and numerous studies have attempted to figure out the risk factors and what contributes to the longevity.

Morbidity and Health Outcomes - Heart disease and cancers are leading causes of death in the US. An evaluation (<https://pubmed.ncbi.nlm.nih.gov/16204425/>) of 3,682 adults found that even after controlling for risk factors like age, body fat, smoking, blood pressure and cholesterol, married men had a 46 percent

lower heart disease death rate than their unmarried counterparts. A University of Miami study (<https://pubmed.ncbi.nlm.nih.gov/8863573/>) of men with prostate cancer found that married participants survived an average of 69 months, compared to 38 months for separated and widowed patients and 49 months for never-married men. Similar survival rate disparities are seen in bladder cancer which predominantly affects males.

"Nature and Nurture" - Health benefits can usually be attributed to biological, behavioral and psychological factors. Biologically, a satisfying partnership leads to reduced stress hormones such as adrenaline. Men who are divorced have increased inflammatory markers compared to married men, which increases cardiac disease risk. Additionally, unmarried men are less likely (<https://jech.bmj.com/content/59/1/56>) to exercise and eat healthy and more likely to smoke or drink irresponsibly. Loneliness,

depression and social isolation increase heart disease mortality risk by up to 82 percent. Wives are the primary social support for 66 percent of men, according to a New England Research Institute study (<https://link.springer.com/article/10.1186/s41256-020-00133-8>).

Making Improvements - Knowing all this, should single men shift their gym membership money to an engagement ring savings account? Probably not. Unmarried men can achieve the health benefits of marriage, but like a good marriage, it takes work. See a doctor regularly, without needing someone to give reminders. Eat healthy meals and limit fast food. Quit smoking, limit alcohol consumption, avoid illegal drugs and take prescription medication only as directed. Build social ties and make stress reduction a priority through meditation, regular exercise and good sleep habits. But, if you are in love, there could be more to gain than anticipated if you put a ring on it.

Stress vs. Distress: Recognize the Differences

Stress takes on many forms and looks different for everyone. Recognizing and addressing stressors before they escalate to distress is important. Even understanding the physical signs of stress unique to you (e.g., muscle tension, upset stomach) helps your mind feel more empowered to transform anxious thoughts into more relaxed feelings.

According to the American Institute of Stress, stress can produce both positive and negative impacts on individuals physically, emotionally or mentally. The Cleveland Clinic mentions how stress that progresses to distress may lead to headaches, elevated blood pressure, problems sleeping and a heightened sense of anxiousness.

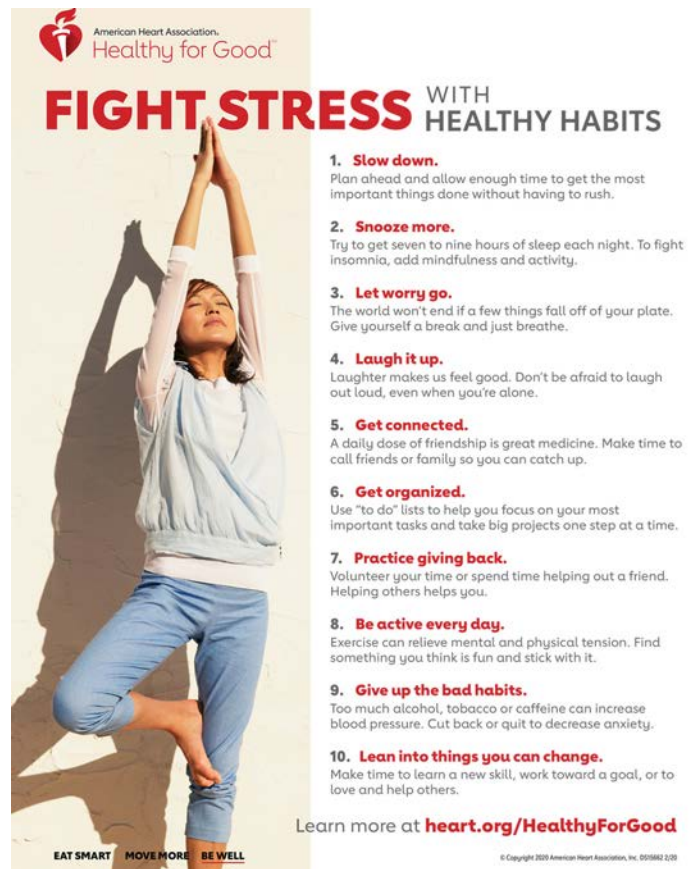
Sometimes, intrusive thoughts or memories lead to heightened anxiety. Addressing feelings is important, even if that means trying new behavioral techniques or taking a break to help you stay healthy.

Eustress, also commonly referred to as "good stress," may actually help you learn new skills, navigate major life changes and determine how to effectively address new roles and responsibilities. Too much eustress is not good, but when experienced in manageable moments, it can improve our well-being.

Successfully overcoming smaller stressors helps build resilience and equips you with the tools to address other concerns. Positive thinking often goes hand-in-hand with eustress and may help you view perceived barriers as opportunities to grow rather than challenges. Setting reasonable expectations, giving yourself daily affirmations or expressing gratitude may also help boost your outlook.

The Navy Suicide Prevention Program's Stress Navigation Plan has actionable strategies for how to recognize and respond to stress:

www.flickr.com/photos/navstress/albums/72157714277930578/with/49888151047/



A graphic from the American Heart Association titled "FIGHT STRESS WITH HEALTHY HABITS". It features a woman in a light blue long-sleeved shirt and blue pants performing a yoga pose (Tree Pose) against a bright, sunlit background. To the right of the image is a list of 10 healthy habits to fight stress. At the bottom of the graphic, it says "EAT SMART MOVE MORE BE WELL" and "Learn more at heart.org/HealthyForGood".

1. Slow down.
Plan ahead and allow enough time to get the most important things done without having to rush.

2. Snooze more.
Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. Let worry go.
The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. Laugh it up.
Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. Get connected.
A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. Get organized.
Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. Practice giving back.
Volunteer your time or spend time helping out a friend. Helping others helps you.

8. Be active every day.
Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. Give up the bad habits.
Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. Lean into things you can change.
Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

EAT SMART MOVE MORE BE WELL

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101 Critical Days of Summer Are Here

Summer is upon us, and it is time again for the Summer Safety Campaign. The 101 Critical Days of Summer began on Memorial Day weekend and end after Labor Day. Summer is the largest vacation period of the year. As the restrictions of COVID-19 begin to relax across the country, there will be an increase in people who are out enjoying the sunshine and warm weather swimming, boating, playing and having a good time. Each year from FY13-FY19, the Department of the Navy lost an average of 13 Sailors and eight Marines in off-duty mishaps. We can't afford to lose Sailors and Marines to preventable off-duty mishaps.

Alcohol and Water Recreation - From FY15-FY19, there were 79 off-duty Navy and 75 off-duty USMC cases where alcohol was a contributing factor to the mishap. Impaired judgment, plus poor vision, plus delayed or slow reaction time can equal a mishap. In FY19 alone, there were 22 Navy and 11 Marine Corps cases. The U.S. Centers for Disease Control and Prevention report that alcohol is involved in 70 percent of deaths related to water recreation. It's not a risk worth taking. The penalties for Boating Under the Influence (BUI) can include significant fines, revocation of

operator privileges and severe jail terms.

Water-Related Activities - From FY14-FY18, the Navy lost eight Sailors in water-related mishaps. There were zero water-related deaths in 2019. Never swim alone or leave children unattended and use approved safety covers when pools are not in use. Always test water depth before diving and never dive into rivers or other moving bodies of water. Alcohol, drugs and medications don't mix with swimming. Know and observe your swimming limitations and capabilities. Stay out of the water during thunderstorms and severe weather. Understand the dangers of rip currents—powerful currents of water moving away from shore can sweep even the strongest swimmer out to sea. If you are caught in a rip current, stay calm. Call and wave for help. Swim parallel to shore and follow breaking waves back to shore.

Heat Aware - Prevention goes a long way toward staying safe in the sun. Acclimate to the environment so your body adapts to the heat. Hydrate before and during exercise. Avoid exercising during the hottest part of the day, wear light, loose clothing and use sunscreen.

Heat injuries occur after several hours of physical exertion in the heat. The

symptoms of a heat injury include painful muscle spasms usually in the legs or abdomen. Treat heat injuries by getting out of the heat and into the shade. Hydrate with water or sports drink. Stretch and massage the muscle.

Heat exhaustion is a condition that occurs due to loss of water and salt through sweat. The symptoms of heat exhaustion are headache, nausea, dizziness, weakness, and cool, clammy skin. To treat heat exhaustion, stop and rest. Hydrate and get into a cool room or shade. Loosen clothing and apply cool, wet towels or pour cool water over the head.

Heat stroke is a serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death. Symptoms of heat stroke include red, hot, and dry skin, rapid but weak pulse and rapid but shallow breathing. There may be confusion, faintness, hallucinations or even unusual agitation or coma. To treat heat stroke, seek professional attention immediately. Reduce body temperature by cooling the body. Remove unnecessary clothing. Apply water, fresh air, wet sheets or ice on the neck, groin and armpits to accelerate cooling.

Navy Announces Call for FY21 Seaman to Admiral Applications

If you think you've got what it takes to be an officer, the annual call for applications to the Seaman to Admiral program, known as STA-21, is out.

This year's board will meet in mid-September. Applications must be postmarked on or before July 1st to be considered by the board. Some leeway is being granted for additional documents to be added later, though the July 1 deadline for initial applications is hard and fast.

"The program's goal is to provide our highly-motivated, active-duty personnel an opportunity to obtain their undergraduate degree and earn a commission as a naval officer," said Cathy Kempf, a retired Navy commander who heads selection and placement for STA-21 as well as Naval Reserve Officer Training Corps (NROTC). "The program is very competitive as the selection boards look for the top-notch Sailors who go above and beyond their normal duties while already having an academic background that positions them to complete their degree in 36 months or less."

This year's STA-21 details are in

NAVADMIN 152/20.

STA-21 is one of several routes the Navy offers to go from the deckplates to the wardroom, including the U.S. Naval Academy, NROTC, and Officer Candidate School.

For Sailors with significant college credits, STA-21 can be the fastest route to a commission, which is why competition for quotas is highly competitive. Of 323 applications received for the fiscal year 2020 board, only 305 were deemed eligible. Of those, just 55 were selected. This year's board is expected to offer the same opportunity.

Once selected, Sailors attend college full-time and collect their full paycheck for their current paygrade while in school. Tuition is paid for by the Navy through an annual \$10,000 stipend. Any costs over that is covered by the Sailor, though they can use their GI Bill to cover any difference.

Qualifying college entrance exams scores are required and cannot be waived. Sailors can use either the Scholastic Aptitude Test or the American College Testing exams, provided they

were taken within the last three years, specifically between July 1, 2017, and July 1, 2020.

Because the recent COVID-19 pandemic caused the cancellation of many scheduled exams, the Navy will allow test scores to be accepted after the July 1 deadline as long as they are received before the board meets, currently slated for the second week in September.

Fitness counts, too, as applicants can't have below an overall "good" score on any Physical Fitness Assessment over their past three cycles. Here, also, there are COVID-19 considerations allowing Sailors to use scores from the latest full test taken within the past year because this spring's tests were suspended.

To find out which community options are open for applications this year and other information on this year's program, specifics are available in NAVADMIN 152/20. Overall program requirements and application details - as well as program contacts -- can be found at:

<http://www.sta-21.navy.mil>.

NAVSUP Leading Way in 100% Safety Checks for HHG Moves

With many service members arranging upcoming moves, Naval Supply Systems Command (NAVSUP) aims to ensure the safety of military personnel and their families by conducting 100% quality assurance checks on all inbound and outbound Household Goods (HHG) shipments beginning May 1st. NAVSUP Personal Property Processing Offices (PPPOs) will identify scheduled pickups and deliveries and, no later than the day prior, provide the service member with COVID-19 safety procedures and the PPPO point of contact.

"PPPOs will contact service members at least once during their move to ensure the TSP [Transportation Service Provider] is following COVID-19 safety protocols and to conduct a quality assurance check," said Commander, NAVSUP Rear Adm. Michelle C. Skubic. "Sailors and DoN Civilian employees serviced by other Service PPPOs will also receive 'safety screenings' on their shipments. In addition, throughout the move process, losing and

gaining commands will maintain contact with service members. The safety of all personnel and family members is the number one priority when it comes to Household Goods moves. Maintaining mission readiness can only happen if we take prudent and methodical precautions to ensure we are doing everything possible to safeguard our people."

TSPs will provide a TSP certification of health protection protocols document to the member before beginning work in the member's residence. Certification ensures TSPs are adhering to Centers for Disease Control and Prevention (CDC) Guidelines, equipped with and wearing face coverings, prepared to clean surfaces touched after receiving permission, using the smallest crew required, adhering to social distancing guidelines and maintaining good hand hygiene, according to NAVADMIN 126/20.

SECDEF directed COVID Health Protection Measures during the HHG relocation process, to include a 100% TSP

certification of health protection protocols and 100% customer contact from U.S. Government quality control personnel.

Each Sailor and DoN Employee is responsible for ensuring they are cleared to proceed by their respective Commands prior to arranging transportation, in accordance with the current DoD SECDEF Stop Move and NAVADMIN 116/20. Sailors and DoN Civilian employees with funded orders may continue to arrange HHG based upon their Command guidance.

All Navy Customers must be cognizant that pack-out dates, onward movement and delivery of the shipment is subject to TSP availability, and host nation, state, local and installation restrictions. Transportation required delivery dates cannot be guaranteed due to the current COVID-19 pandemic.

For HHG questions contact householdgoods@navy.mil or 855-444-6683. Non-HHG related questions, contact the MyNavy Career Center at askmncc@navy.mil or phone: 833-330-6622.

Navy Has Plan for New Sailors Needing Uniform Alterations

While Recruit Training Command (RTC) is still pushing the next generation of Sailors to Navy schools and to the fleet, not all of their uniforms are wearable just yet.

COVID-19 and distancing rules shut down Navy Exchange (NEX) tailor shops in March, including those at RTC. As a result, Sailors graduating on or after May 8th, are leaving with unaltered Navy Service Uniforms, Service Dress Blue and Service Dress White uniforms.

"We took a close look at every aspect of recruit training with an eye to reducing risk due to the Coronavirus while still producing Sailors with the necessary skills," said Rear Adm. Jamie Sands, Commander, Naval Service Training Command, which includes RTC. "Warfighting competencies – Seamanship, Firefighting, Damage Control, Small Arms and Watchstanding – come first. In this environment, dress uniforms are important, but warfighting readiness is the priority. The NEX and Navy have a plan to make up for it moving forward."

Once distancing rules are relaxed, the Navy has a plan in place to get the tailoring work done at no cost to the

Sailor, regardless of where they end up stationed.

The tailoring shutdown has not affected the Navy Working Uniform Type III, which only requires sewing for affixing name tapes. Follow-on schools are flexing to accommodate that immediate inconvenience, temporarily modifying uniform requirements for watches and inspections.



It's essential for deckplate leaders at Navy training and fleet commands to know the plan so they can help Sailors iron out any issues with getting their tailoring done under the cost-free plan.

When NEX tailor shops reopen, Sailors must schedule an appointment and take their four total uniforms to be altered at the same time. By providing their recruit training division number, all alterations are completed for free.

Sailors without access to NEX tailor shops at their first duty station will be provided with a \$40 NEX Gift Card before leaving RTC. This NEX Gift Card can be used at any Army and Air Force or Marine Corps Exchange tailor shops to defer any costs associated with tailoring the uniforms.

Should alteration costs exceed \$40, those Sailors will be reimbursed for the difference by emailing their recruit division number, their initials, phone number on the receipt and current mailing address to christopher.ponchak@nexweb.org; or mail the same information to:

Chris Ponchak, Recruit Tailoring
540 Cluverius Ave
Bldg 400
Great Lakes ILL 60088

If a new Sailor has a uniform that doesn't fit, the Navy already has a plan for that, the 180-Day Uniform Replacement Program. New Sailors should notify their commands if they are having a uniform or boot size issue. If the fit or size problem can't be fixed with reasonably priced alterations, commands should notify the Recruit Issue Division at RTC of the problem.

INTEGRATING EDUCATION INTO FITREPS



Continuing education is now going to be reflected more heavily on FITREPs, allowing officers the opportunity to be rewarded for their commitment to learning.

Many things qualify as "education" and "learning" such as civilian educational coursework, participating in discussion groups, personal reading programs and more.



FOR MORE INFORMATION, SEE NAVADMIN 137/20

Before you enter the workplace answer the following questions:

1. Symptoms in the past 24 hours?



Fever



Cough & Sore Throat



Shortness of Breath



Loss of smell or taste

Yes →



LEAVE/DO NOT ENTER THE WORKPLACE

- Inform Command/Supervisor
- Put on a clean mask or cloth face covering and report to your medical provider (inform them of your pending arrival)
- Follow CDC Guidance ¹

No ↓

2. Traveled Internationally in the past 14 days?



Yes →



LEAVE/DO NOT ENTER THE WORKPLACE

- | Uniformed personnel | GS/CTR |
|--|------------------------------------|
| • Complete 14 days of Restriction of Movement (ROM) ² | • Do not enter for 14 days |
| • Inform Command | • Inform Supervisor ² |
| • Follow CDC Guidance | • Follow CDC Guidance ³ |



No ↓

3. Traveled Domestically outside of your authorized local travel radius in the past 14 days?



Yes →



LEAVE/DO NOT ENTER THE WORKPLACE



- Contact command/supervisor for additional guidance ²

No ↓

4. Close contact with anyone who has been diagnosed with COVID-19 in the past 14 days? (per criteria below):

- Within 6 feet for prolonged period of time
- In direct contact with infectious secretions (been coughed/sneezed upon, etc.)



Yes →



LEAVE/DO NOT ENTER THE WORKPLACE



- Inform Command/Supervisor
- Report to your medical provider for quarantine determination (inform them of your pending arrival)
- Follow CDC Guidance

No ↓

5. Temperature check (due to close proximity, screeners should wear cloth face covering or other mask as available):



→



LEAVE/DO NOT ENTER THE WORKPLACE IF TEMPERATURE IS EQUAL TO OR HIGHER THAN 100°F (37.8°C)

- Inform Command/Supervisor
- Put on a clean mask or cloth face covering and report to your medical provider (inform them of your pending arrival)
- Follow CDC Guidance ¹

ENTER

IF TEMPERATURE IS LESS THAN 100°F (37.8°C), ALLOW ACCESS. SCREENING IS COMPLETE.



¹ [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/IF-YOU-ARE-SICK/STEPS-WHEN-SICK.HTML](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)



² [HTTPS://WWW.DEFENSE.GOV/NEWSROOM/RELEASES/RELEASE-ARTICLE/2147582/FORCE-HEALTHPROTECTION-GUIDANCESUPPLEMENT-8/](https://www.defense.gov/newsroom/releases/release-2147582/force-healthprotection-guidancesupplement-8/)



³ [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/AFTER-TRAVEL-PRECAUTIONS.HTML](https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html)