



**COMMANDER, NAVY REGION HAWAII/
NAVAL SURFACE GROUP
MIDDLE PACIFIC**

**COVID-19 AWARENESS
SEPT. 30, 2020**



COVID-19 Awareness – Sept. 30, 2020

Region and MIDPAC Ohana,

As September draws to a close, we are concluding our sixth full month of operations during the COVID-19 pandemic. On the mainland, the numbers are mixed, with some parts of the country showing improvement while other parts are seeing new cases at an alarming rate. We continue to be fortunate here in Hawaii, as the rate of increases in new cases seems to be flattening. Over the past week, new cases have been averaging in double-digits. This is good news, but it clearly does not put us where we want to be. Our mitigation measures are working, so we must continue with these steps until COVID-19 no longer poses an immediate threat.

For most of the past several weeks, I've reminded you to take steps to keep yourself safe during this pandemic. This week, I'm drawing from the Hawaii Department of Health to help refresh our memories as to what these recommended measures are:

- WASH HANDS FREQUENTLY with soap and water for 20 seconds.
- USE HAND SANITIZER with at least 60% alcohol when soap and water are unavailable.
- USE TISSUE OR ELBOW TO TOUCH COMMON SURFACES like doorknobs, handrails, elevator buttons & crosswalk signals.

- WEAR A MASK AROUND OTHERS and make sure it fits snugly to your face. There are exceptions for young children or anyone who has trouble breathing.
- COVER YOUR COUGH OR SNEEZE with a tissue, then throw it away. If you don't have a tissue, cough or sneeze into a bent elbow.
- AVOID TOUCHING YOUR EYES, NOSE & MOUTH with unwashed hands or after touching surfaces.

- AVOID SOCIAL GATHERINGS with people who are not members of your household.
- KEEP A 6-FOOT DISTANCE, or two-arms' length, from others to prevent germs from spreading.
- SHAKA INSTEAD OF HANDSHAKES, hugs or kisses--even with friends/family who don't live with you.
- DO NOT SHARE ITEMS such as food, drinks, utensils or e-cigarettes with others.

- CLEAN FREQUENTLY-TOUCHED SURFACES, such as doorknobs, faucets and light-switches, with a disinfectant.
- DISINFECT MOBILE DEVICES & KEYBOARDS regularly. They're like a third hand!
- STAY HOME WHEN SICK. Avoid spreading the virus to others.
- GET YOUR FLU SHOT. An influenza vaccination is recommended for everyone this year, though it remains critically important for people over age 65, those with underlying health conditions, pregnant women, and young children.

For many of us, these measures have become second nature, but we cannot afford to let down our guard and take shortcuts. These measures will help us beat the virus, but only if we are consistent in our use of them. We've gotten this far – now let's see things through.

As always, take care of yourselves and your families.

V/r, Robb

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