



PUGET SOUND NAVAL SHIPYARD & INTERMEDIATE MAINTENANCE FACILITY

KEEPING YOURSELF AND OTHERS HEALTHY

TEMPERATURE SCREENING

Beginning May 6, all individuals entering the Controlled Industrial Area will undergo a temperature screening. This is an additional measure to minimize the spread of COVID-19 in the shipyard. Similar to the screening verification, while asking if you self-assessed that morning, the screeners will now also check your temperature through a no-touch thermometer. An elevated temperature of 100 degrees or higher will result in a secondary test. If your temperature is still high, you will be denied entry. You will be provided a handout with additional instructions and told to contact your supervisor. You will also receive a letter that will allow you to visit the COVID-19 screening process at Naval Hospital Bremerton if interested.



PROTECTIVE TRIAD

This effort is in addition to the many other health protection measures already in place, including **facemasks**, **social distancing** and **good hygiene**. This protective triad helps ensure the safety of our teammates, family, loved ones and community.

MASK/FACE COVERING

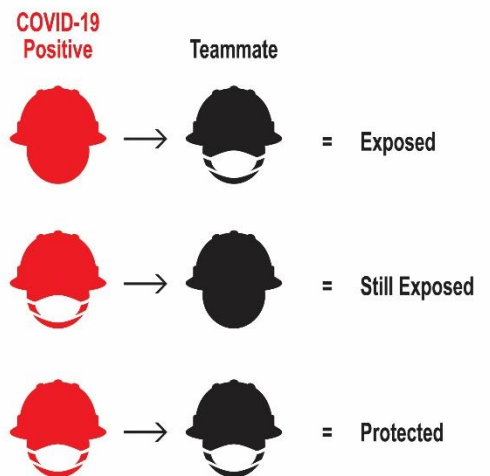
You could spread COVID-19 to others even if you do not feel sick. Facemasks and coverings protect the people around you. When we wear facemasks, we all protect each other. How? **The virus is thought to spread mainly from person-to-person. It is spread through respiratory droplets produced when an infected person coughs, sneezes or talks.** These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. **Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.** That's why everybody wearing masks is so important. Even if you are maintaining social distancing, you still wear a mask. It's part of the protective triad.

Masks may only be removed when you are alone at your workspace and at least six feet from others. You must be wearing it at all other times, regardless of social distancing. This includes entering the gate, walking through the shipyard, when riding Worker/Driver buses, and when driving a government vehicle. It is also recommended that you wear a mask when using any public transportation or for any public interaction (e.g. essential grocery shopping). Personnel not wearing a mask will be denied access to the CIA. Masks should be treated just like our badges – have it on you always.

If you need a mask, please see your supervisor.

Masks Matter

Do your part to keep others safe.
Wear your mask.





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SOCIAL DISTANCING MEANS KEEPING



SOCIAL DISTANCING

Masks are one way to help prevent the spread of respiratory droplets; the other is by standing far enough away from others that their droplets cannot reach you.

Six feet of separation is based on studies that watch the spread of respiratory droplets when someone breathes, coughs and sneezes.

Remember that some people without symptoms may be able to spread the virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Putting distance between yourself and your teammates is another way that you can help protect our shipyard family. While at work, you should maintain six feet of separation from your teammates whenever you are able. This means that whether you are walking down the street with someone, coming through the gate, or eating lunch – you should have six feet of clearance from others. Just like with elevated work, think of a reference point for six feet and work to maintain it. When working in close proximity to others, think about where you stand and how you are positioned. Can you utilize an engineered control, like a physical barrier for additional protection?

HYGIENE & CLEANING

Ensuring good hygiene is another defense against COVID-19 and yet another way that we can protect others. Germs can spread from other people or surfaces when you touch your eyes, nose or mouth with unwashed hands or touch a contaminated surface or objects.

By properly washing your hands and ensuring high-touch surfaces are cleaned regularly, we can minimize the spread. The shipyard and the ships have increased common area cleaning but we all have to do our individual parts too.

If you are alone in your workspace and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue or use the inside of your elbow when you cough or sneeze. Throw used tissues in the trash and immediately wash hands with soap and water for at least 20 seconds.

Regularly wash your hands with soap and water for at least 20 seconds. Remember, wet your hands, lather them together with soap, scrub the front, back and between your fingers, rinse and dry. Use hand sanitizer with at least 60% alcohol if soap and water are not available. Avoid touching your eyes, nose and mouth with unwashed hands because that's how germs enter bodies.

WASH YOUR HANDS Prevent Germs From Spreading



1. Wet your hands
2. Soap up
3. Wash for 20 seconds
4. Rinse hands
5. Dry hands
6. Turn water off with a towel

