Base Kodiak Travel Packet

Print Page 182 Instructions to Members Traveling to Kodiak via Air

The information below is vital for successful travel to Kodiak. Information under Travel Process must be read immediately upon receipt. We look forward to welcoming you to Team Kodiak, where our goal is to provide you with Rock Solid Support!

Important Travel Phone Numbers		
Base Kodiak Duty Corpsman (Medical/Clinic Needs)	907-209-5584	
Base Kodiak Covid Hotline	907-942-4214	
Lodging on Kodiak: Base Kodiak Barracks	907-487-5653 (0800-1600) 907-654-0066 (After Hours)	
Lodging on Kodiak: MWR Guest House	907-487-5446 ext. 1	
PCS Assistance Team: Entitlements, PCS Support, General Information.	907-419-6318 907-209-8790	
Base Kodiak Officer of the Day (OOD)	907-539-7477	
Base Kodiak Coast Guard Police Department (CGPD)	907-487-5555	
Base Kodiak Housing Office	907-487-5170 x6642	
Base Kodiak Transportation Office	907-487-5170-x6650	

Information

The Base Kodiak Quarantine Care Team has developed this Welcome Package that will take you through three stages of travel to Kodiak, Pre-Arrival, In-Transit, and Post Arrival. Completing these three stages per the processes we have outlined will help to ensure that you and your family, as well as all of those around you are safe. Please ensure that you read and understand these instructions, follow them, ask questions if you have them, and travel safely.

*If you have a positive test result, or develop symptoms contact the Duty HS at 907-209-5584



Step 1. **Complete Your Float Plan.** Ensure your float plan is completed, signed, and submitted to your units PCS Assist Team. Please forward a copy of the signed Float Plan to <u>D17-DG-M-K-BaseKodiak-COVID19-QuarantineCare@uscg.mil</u>.

In-Transit Travel Process via Air

Step 2. **Begin Your Travel**. Please ensure you take appropriate measures to reduce the potential of exposure while traveling this includes frequent hand washing, masks, avoiding congested areas, etc. See the attached document on Safe Travel.

Step 3. Arrive at Airport, Test for COVID if possible. You may elect to take a COVID test within 72 hours of your travel to Kodiak. Member and Dependents enter Quarantine Status per Base Kodiak Note 1320. This plan imposes travel requirements with the most current Alaska Health Advisory.

Step 4. **Travel via Air.** Ensure any changes to your planned travel are communicated to your sponsor, and the Base Kodiak Quarantine Care Team at <u>D17-DG-M-K-BaseKodiak-COVID19-</u> <u>QuarantineCare@uscg.mil</u>

Step 5. **Arrival in Kodiak and Testing.** Upon reporting to Kodiak Island from outside the state of Alaska, all current members of the Kodiak Coast Guard community, incoming pcs members (and dependents), incoming TDY members, and contractors shall follow the most current <u>Alaska Health</u> <u>Advisory</u>.

Step 6. Follow Post Arrival Process. Post arrival process will be determined by your unit, and communicated through your Unit Sponsor. Please ensure good communication with your unit Sponsor. Base Kodiak Quarantine Care Team has been established to assist units with arriving members during a pandemic. Additional post arrival information and instructions can be found on the Base Kodiak COVID-19 Website: https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Kodiak/COVID-19-Information/

If a COVID test is administered, Active or Reserve Duty members shall report the test results to their respective unit COVID POC shown in enclosure (1) of Base Kodiak Note 1320. If the test results are negative, Active or Reserve Duty members are free to move about following posted signs and good hygiene practice.

If the test is positive, personnel should follow strict social distancing until a negative test result is achieved. COVID testing related to travel is not required to be filed in the member's health record and therefore clinic notification is not required.

Civilians (dependents and employees) living or working on base are not required to provide their test results. If results are negative civilians are free to move about following posted signs and good hygiene practice. If the test is positive, personnel should follow strict social distancing until a negative test result is achieved. Keeping supervisors of civilians informed of status changes is highly recommended.

PRE ARRIVAL AIR

Civilian contractors shall report their test results to the appropriate CG project POC.

If an individual elects to have a second COVID- 19 test, then that test shall be scheduled 5-14 days after the individual arrives on Kodiak Island. Should an individual spend enough time in another location in Alaska (Anchorage, for example) to be able to complete the second test prior to arrival in Kodiak, travel will be considered in-state travel and no additional restrictions or test will be required. Upon receipt of a second COVID-19 test results:

Active or Reserve Duty members shall report the results to their respective Unit COVID POC. If the test results are negative and the two consecutive negative COVID-19 test results are confirmed by the Unit COVID POC, the Active/Reserve Duty member are free to move about following posted signs and good hygiene practice.

Civilians (dependents and employees) living or residing on base shall follow the same guidelines as above, but are not required to provide their test results; upon receipt of a second negative test they are free to move about following posted signs and good hygiene practice. Keeping supervisors of civilians informed of status changes is highly recommended.

A COVID-19 test can be scheduled utilizing the main line at the Kodiak Area Native Association (KANA): 907-486-9870. Each unit COVID POC should maintain awareness of their members' readiness status. The clinic only tracks and monitors medical related issues related to COVID. Status changes are tracked by individual commands. If questions arise that COVID POCs are unable to answer, the Base Covid-19 Assist Team should be utilized, The Base Covid-19 Assist Team Coordinator is LTJG Kristina Bynum. The Senior Assist Team Coordinator is LCDR Thomas Wieland.

Where social distancing measures are not able to be maintained, personnel are required to wear cloth face covering protective mask when they cannot appropriately social distance themselves from others by maintaining six feet of physical separation. There are some facilities on Base that require a protective mask or protective face covering in addition to maintaining proper social distance as seen below. A cloth face covering or protective mask will:

- (1) Fit snuggly and comfortably against the side of the face;
- (2) Be from the bridge of the nose to the bottom of the chin;
- (3) Preferably include multiple layers of fabric if the fabric is cloth;
- (4) Be secured with ties and ear loops;
- (5) Full face coverings (e.g., ski mask) are not authorized.

<u>Off-Duty Activities</u>: As guided in references (a) and (b), off-duty activities are authorized as long as personnel remain mindful that we are still in the midst of a pandemic and follow these guidelines when frequenting public venues:

Risk Factors: All personnel should continually measure risk versus gain, take active steps to reduce the risk to both you and your family and remain adaptable to changing your plans if the risk becomes too high. Below are general risk factors to consider for off-duty activities. All personnel shall take individual responsibility for a risk/gain assessment prior to engaging in any

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activity and avoid activities in a hotspot as outlined below.

Things that Decrease Risk — <u>Safe Spot</u>. Some factors that can help determine whether the activity will occur in a Safe Spot include:

- (a) Masks are being worn over nose and mouth (by you and others).
- (b) There will be 6 feet of space between people.
- (c) The activity will be in an outdoor space.
- (d) Others involved in the activity are vaccinated.

Things that Increase Risk — <u>Hot Spot</u>. There is increased overall risk when a location is experiencing elevated levels of community transmission. Factors that determine whether the activity is a Hot Spot.

- (a) No masks are being worn or masks are worn improperly.
- (b) Activity will be in an indoor or poorly ventilated space.
- (c) Activity will be in a crowded space.
- (d) Others involved in the activity are not vaccinated.

Your best protection from COVID-19 will be a combination of getting a COVID vaccine (when it is made available), wearing a mask, staying at least 6 feet away from others, avoiding crowds and poorly ventilated indoor spaces, washing your hands often and limiting the size of your non-vaccinated social circle.

"Please take CARE to avoid COVID!"

Communication- Please communicate early and often! Ensure that everyone involved with your travel and duty assignment is in the loop.

Adaptability- Adopt an adaptable stance! Guidance, best practices, and even travel methods are changing on a daily, and sometimes hourly basis. Remain flexible.

Responsibility- Take responsibility for your safety, and the safety of those around you! Follow all guidelines regarding quarantine and ensure those around you do as well.

Excellence – Remember to tirelessly pursue excellence! Our extremely important work to safeguard the American people relies on your ability to remain healthy.

Currently the following testing locations are available at no cost to Coast Guard Members and their dependents in Anchorage:

Anchorage	4115 Lake Otis Parkway	
	Mon-Fri 1100-1800, Sat-Sun 1100-1500.	
	Register online app.kelvin.care	
Anchorage	Ted Stevens Airport	
Anchorage	JBER 673rd Med Group Hospital 5955 Zeamer	673rd (907) 580-
	Ave, Elmendorf AFB; Alaskan Native Medical	2778
	Center (ANMC) 4315 Diplomacy Dr, Anchorage	
	AK	
Kodiak	Kodiak Airport Testing Tent. Available following	Contact Base
	scheduled arrivals of Aircraft.	Kodiak Clinic for
		details/updates on
		Airport testing

Safe Travel Practices

Follow all state and federal guidance regarding travel. Remember to "Take CARE to avoid COVID"

The following items are recommended to bring with you during travel:

- Page 1 and 2 of this packet, sponsor and unit contact information, other applicable guidance.
- Thermometer to help determine presence of symptoms
- Fever reduction medications (including children's if required)
- Ensure proper supply of H2O and Electrolyte based drinks
- Multiple clean cloth masks

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2021 Team Kodiak PCS info

Helpful information for all members of Team Kodiak regarding COVID-19

The information below is offered to provide information related to COVID-19 and the recent increases in cases, as well as provide successful mitigation strategies for your unit and your family. Information Contained in the Base Kodiak Infection Control Plan, and direct guidance from the Commanding Officer must be read and understood by all members of Team Kodiak in order to successfully mitigate the risks associated with COIVD-19.

Important Base Kodiak Phone Numbers	
CG Police Department	907-487-5555
Medical Clinic COVID Hotline	907-942-4214
Base Kodiak Officer of the Day (OOD)	907-539-7477
KANA COVID 19 Testing Registration	907-486-9870

Base Kodiak Risk Mitigation GREEN or LOW RISK- No or low 19APR21 community Transmission in Kodiak. AMBER or MEDIUM RISK- Moderate Transmission Risk in Kodiak. RED or HIGH RISK- Community Transmission on Base Kodiak.

If you have not already, Please visit and become familiar with the Base Kodiak COVID-19 Website, accessible from both secured and unsecured networks at: <u>https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Kodiak/COVID-19-Information/</u> *You can also type or say "Base Kodiak COVID 19 Information" using*

On the Base Kodiak COVID-19 Website you will find

- Base Kodiak Infection Control Plan
- Info on <u>Quarantine Care Services</u>
- COVID <u>Testing Information</u>
- Updates on Base Kodiak Facility and Services Status

Team Kodiak XO's, Supervisors, and Chiefs:

If a member is returning to Kodiak from Out of State Travel:

1. Ensure that an email with the returning members information, including lodging arrangements, and airport pickup to

D17-DG-M-K-BaseKodiak-COVID19-QuarantineCare@uscg.mil

- 2. Ensure that lodging arrangements are set up well in advance in order to avoid operational impacts.
- 3. Read and become familiar with the Base Kodiak Post Arrival Process located on the <u>Base Kodiak COVID-19 Information</u> website.
- 4. Track the returning member's arrival, and be sure that quarantine plans, lodging locations, etc. are followed.
- 5. Communicate with Base Kodiak Quarantine Care, and Base Kodiak Medical Early and Often.

The Team Kodiak COVID Mitigation Team (CMT) would like to ask that you help us carry out our mission to mitigate the risks associated with COVID-19 by "taking C.A.R.E to avoid COVID."

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"Please Take C.A.R.E. To Avoid COVID"

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