

Post Arrival Information Packet

Instructions to Members directed to Quarantine in UPH or MWR-Operated Facilities

The information below is vital to a successful stay during your quarantine and restriction of movement. **Information under Quarantine Requirements and Food must be read immediately upon arrival.** Welcome to Team Kodiak where our goal is to provide you with Rock Solid Support!

Important Base Kodiak Phone Numbers	
CG Police Department	907-487-5555
Base Kodiak COVID Hotline	907-942-4214
Duty Corpsman (Medical/Clinic Needs)	907-209-5584
Barracks	907-487-5653 (0800-1600) 907-654-0066 (After Hours)
MWR Guest House	907-487-5446 ext. 1
PCS Assistance Team	907-419-6318 907-209-8790
Base Kodiak Officer of the Day (OOD)	907-539-7477
KANA COVID 19 Testing Registration	907-486-9870
Take-out Dining Facilities	
CG Galley	907-487-5235
Tsunami Lanes Bowling Alley	907-487-5401

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

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Pizza Parlor	907-487-5988
Golden Anchor	907-487-5798
Food Delivery Duty Watchstander	907-209-2535 (0700-1900)

Post Arrival Process for On Base Lodging

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.

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.

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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 snugly 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.

Off-Duty Activities: 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 activity and avoid activities in a hotspot as outlined below.

Things that Decrease Risk — Safe Spot. 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.

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Things that Increase Risk — Hot Spot. 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.

Meal Delivery

While in quarantine/restriction of movement, you have the option to have meals delivered from dining facilities on base or to have food from the Commissary delivered*. (*When available from the CGEA Volunteers)

Food Delivery Team Duty Hours: 0700-1900 Daily. For food delivery concerns, please contact the Food Delivery Watchstander at 907-209-2535.

Choose a Meal from one of the dining facilities on base. Menus are provided in the welcome

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packet, galley menus are updated each week. When calling in a food order, ensure you leave your name, room number, and that you are in quarantine. Active Duty members required to quarantine in UPH or MWR-Operated Facilities are not required to pay for meals from the Galley per the attached Memorandum. All other meals will be paid for over the phone as money is not to be exchanged at the time food is delivered.

Facility	Phone Number	Hours of Operation
Galley	907-487-5235	<u>Breakfast</u> : Call in order by 0715/Delivered 0730-0800 <u>Lunch</u> : Call in order by 1200*/Delivered 1230-1300 <u>Dinner</u> : Closed* *If you want dinner from the Galley, you must order your boxed meal at the designated lunch time.
Tsunami Lanes Bowling Alley*	907-487-5401	<u>Breakfast</u> : Closed <u>Lunch</u> : (Thur-Sun) Call in order by 1200/Delivered 1230-1300 <u>Dinner</u> : (Thur-Sun) Call in order by 1700/Delivered 1730-1800
Pizza Parlor	907-487-5988	<u>Breakfast</u> : (Mon-Fri) Call in by 0715/Delivered 0730-0800 <u>Lunch</u> : (Mon-Sat) Call in order by 1200/Delivered 1230-1300 <u>Dinner</u> : (Mon-Sat) Call in order by 1700/Delivered 1730-1800
Golden Anchor	907-487-5073	<u>Dinner</u> : Thursday, Friday and Saturdays. Call in order by 1700/Delivered 1730-1800.

*Tsunami Lanes, Pizza Parlor, Golden Anchor hour's subject to change, call dining facility for updated hours of operation.

It is our goal to ensure that every person in quarantine receives the meal or food that they requested in a timely manner. With that in mind, the following is requested of you:

1. Please ensure you call your meal in with plenty of time to allow for our food staff to prepare your meal, and to ensure it is picked up by our delivery team. The delivery team visits each dining facility at the same time each day. If your meal has not been called in by the appropriate times (listed above), it may not be delivered.
2. Please avoid special requests, or meal delivery requests outside of these guidelines in order to ensure continuity of day-to-day operations. Our delivery staff is operated by duty watch standers on a rotation. Changes or special requests may cause delays or missed meal deliveries. Please engage your unit sponsor if you have any special needs or requests.
3. If you ordered food at the appropriate time and it was not delivered, please contact the food delivery watchstander at 907-209-2535.

Additional Resources & Information

Groceries/Essentials

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The Coast Guard Enlisted Association Kodiak Branch is here to support you and your family. If you need groceries, household items, or any other necessities during your quarantine period, please do not hesitate to reach out to us. We have a group of amazing volunteers that are here and willing to support you! Please call well in advance to set up delivery. Deliveries are based on volunteer availability, and may not be available for same day requests. Contact CGEA: Call or Text: 843-592-1624 between the hours of 0800-1700 to set up a grocery store delivery!!

Tsunami Warning System: Every Wednesday at 1400 there is a Tsunami Warning System Siren Test.

ORCA: OCONUS Rental Car Assistance Loan. A loan of up to \$1000 may be issued to members who have reported to a new PDS OCONUS to assist with renting a car while waiting for their POV to arrive. Additional information can be found at www.CGMAHQ.org

Work-Life: Work-Life staff remains available to members, civilians and dependents and are happy to assist where needed. Reach the Work-Life Staff Directory [here](#).

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