

# Directed into Quarantine/Isolation Info

## *Instructions to Members Directed to Quarantine or Isolate*

While in Quarantine or Isolation, our normal routines will almost certainly be impacted. While help from neighbors, friends, and colleagues, or direct support from your unit may be available, the Base Kodiak Quarantine Care Team is also ready to ensure that each member of Team Kodiak receives the support they need. The below information is intended for active duty members and their dependents residing in Govt Housing who are in need of additional support.

## Meal Delivery

While in quarantine/Isolation, you have the option to have meals delivered from dining facilities on base by the Food Delivery Team. Food Delivery Team duty hours: 0700-1900 Daily.

**Choose a Meal from one of the dining facilities on base.** Menus are provided on the [Base Kodiak COVID 19 Info Page](#), galley menus are updated each week. When calling in a food order, ensure you leave your name, telephone number, detailed address, and that you are in quarantine/Isolation. 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 <b>dinner</b> 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

\*Tsunami Lanes, Pizza Parlor 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. 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 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.

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## Additional Resources & Information

### Groceries/Essentials

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!! New Feature: Order you items online at and a CGEA volunteer can pick them up and deliver. \*Subject to volunteer availability.



### UPH (Barracks) or MWR Guest House

If you are directed into quarantine or isolation in UPH or MWR Guest House, assistance for the cost of meals is available, per COMDT memo 4061 dated 14 Apr 2020. You will need to communicate your UPH or MWR room number, and your directed status (Quarantine/Isolation) to the Galley when placing an order. For additional questions regarding Coast Guard entitlements, contact the Base Kodiak Admin Office.

**Work-Life:** Work-Life staff remains available to members, civilians and dependents and are happy to assist where needed.

Information & Referral

Work-Life Office

Commissary Bldg. 5thFloor

907-487-5525 option 0

0800-1600, M-F

**CGMA:** Six new programs (grants & loans) for 15 Aug to 31 December 2020

MEMBERS WHO RECEIVED ANY PREVIOUS ASSISTANCE ARE ELIGIBLE TO RECEIVE ALL OF THESE ASSISTANCE PROGRAMS AS WELL. For example: Members who received a SEG-C earlier this year, may also receive the new SEG-C Autumn grant. Members who received two months of lost wages earlier this years, may receive another two months of lost wages assistance.

- a. SEG-C Autumn – an additional \$500 grant for schools supplies (with amended list of approved items.)
- b. Childcare Grant of \$500
- c. In-Person Tutoring Grant of \$1000
- d. Supplemental Special Needs Grant of \$1000
- e. Childcare Loans of up to \$6000
- f. Lost Wages Loans of up to \$6000

Grants to pay for mandated COVID Testing remains in effect. This pays for any tests required due to PCS or TDY orders. Some places have free testing available, which members should use first when they can.

Additional information can be found at [www.CGMAHQ.org](http://www.CGMAHQ.org)