Welcome to EWTGPAC!

This letter is intended to aide in a successful completion of your Restriction of Movement (ROM) status. EWTGPAC has adapted best practices and measures based on CDC and superior command recommendations and messages to mitigate the spread of COVID-19 throughout the Navy and Marine Corps. Your ROM status will last 14 days.

It is anticipated you will be housed at either:

|  |  |  |
| --- | --- | --- |
| NAB Gateway Inn (Bldg. 505/505)  3628 Tulagi Rd. Bldg. 504 San Diego, California, 92155-5496 (619) 437-3860 | **OR** | NASNI Gateway  1300 Rogers Road, Building 1521 San Diego, California, 92135-7033 (619) 545-9551 |

Though we cannot guarantee you will be at either location, the base is responsible for housing and will utilize all available locations as they see fit. Food will be provided to you at no cost from the Galley via EWTGPAC CDO/command representative; expect a knock on your door when delivery is complete. Normal room cleaning services will be suspended during the ROM period.

ROM rules include but are not limited to:

* Must remain 6 feet from all people not in quarantine with you. This includes family members, co-workers, and general public.
* You may exit quarters to access laundry facilities, outdoor exercise, designated smoking areas; and conduct other essential tasks **not** in a public setting provided they maintain social distancing greater than 6 feet (2 meters) from others. Access to messing facilities, stores, fitness centers and other widely used support services are **prohibited**.
* While outdoor fitness is permitted, you should remain within 100ft of your specific housing complex.
* When you receive food, stay in your room maintaining at least 6 feet from the delivery individual, who will place your food next to the door for you pick up after they have departed.
* If you have any guests, they are NOT allowed to enter your room, or come within 6 feet of your person. If they do, your ROM status will be reset and you will be required to remain in quarantine 14 additional days.
* Haircuts will wait until your ROM period is over.

At any time, additional requirements may be determined based on Superior Command and CDC recommendations. You will be required to follow any additional requirements from the time you are notified. You are required to read and abide by all NAVADMINs pertaining to ROM, the latest of which is NAVADMIN 113/20 ROM GUIDANCE UPDATE.

Please sign here, affirming you have read and understand these ROM expectations and will follow all guidance given.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Print Name/Rank Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Signature

ROM FAQs:

**Q 1:** When placed on Restriction of Movement (ROM), can I travel to locations within the fence line of an installation to utilize facilities such as the NEX food court or the gym?   
**A 1:** No, during the duration of ROM, Service Members must remain in their rooms with the exception of brief trips to utilize designated smoking areas, walking in the immediate vicinity of the building (usually within 100 feet), and limiting close contact (within 6 feet) with others. If your facility contains an in-house gym, do not use it.

**Q 2:** Can I accept food deliveries from various services?   
**A 2:** Yes, food must be placed outside the room. Minimize Close Contact (within 6 feet).

**Q 3:** Can my family or friends visit me?   
**A 3:** Yes, provided they do not enter your room. Conversations should be held with visitors staying in the passageway outside the room and Service Members in their room. Minimize Close Contact (within 6 feet).

**Q 4:** Can I do my laundry?   
**A 4:** Yes, but you should coordinate with your command to utilize in house laundry facilities.

**Q 5:** How do I obtain personal hygiene items?   
**A 5:** Utilize the point of contact provided by your command to arrange for purchase of these items.

**Q 6:** Will my room be cleaned daily?   
**A 6:** No, your room will not be cleaned during your stay. Trash pickup is available by placing your trash can in the passageway.

**Q 7:** Is Personal Protective Equipment required for personnel in my vicinity?   
**A 7:** No, unless required by other directives (such as REF F). You should limit Close Contact (within 6 feet) with others.

**Q 8:** Can I ROM in open bay barracks or in rooms with shared bathrooms?   
**A 8:** Not preferred. Individuals should be placed in separate lodging (when available). Personnel shall not execute Isolation in rooms with shared bathrooms.

**Q 9:** Can I use public transportation if in ROM status?  
**A 9:** No, individuals on ROM should avoid crowds and public locations.

**Q 10:** Can I get off ROM early if I was in Close Contact to a person with COVID-19, and I feel like I am not sick?  
**A 10:** No, the Centers for Disease Control (CDC) recommends 14 days of ROM from the last date of exposure to a COVID-19 positive person.

**Q 11:** What is the difference between Quarantine and Restriction of Movement (ROM)?  
**A 11:** Quarantine is a legal public health term used for civilian restrictions and ROM is a military term being used to identify military individuals who are restricted in their movement, generally to their residence.

**Q 12:** Are my family members at risk if I ROM at home with them?   
**A 12:** ROM status is a precautionary step to prevent spread to others. Considering this, it is recommended that while at home in a ROM status, you practice social distancing. This means try to remain at least 6 feet from other persons, avoid using the same bathroom, or sleeping in the same bed.

**Q 13:** Can I prepare meals for my family while on ROM?  
**A 13:** When in a ROM status, it is recommended you not prepare meals for your family because the virus is spread through respiratory droplets that can land on surfaces such as food. Ideally, you should have other individuals prepare food. If you are the only care giver, make sure you are washing your hands with soap and water for 20 seconds for general food safety. Make sure you cover your nose and mouth when coughing and wash your hands after using the bathroom.

**Q 14:** Should I be wearing a mask?   
**A 14:** Yes. Per REF F, all individuals on DoD property, installations and facilities are required to wear cloth face coverings when they cannot maintain the required six feet of physical distance. Face coverings are not intended to provide respiratory protection for the wearer; rather face coverings lessen the spread of the virus by asymptomatic (i.e. unknowing) but infected persons.

**Q 15:** Do I need to clean my house to CDC standards?  
**A 15:** It is recommended you maintain a clean living environment as you normally would. This includes frequent hand washing, washing clothing and bedding, and wiping down frequently touched surfaces with a sanitizing wipe or any cleaning product that contains at least 10 percent bleach. The Environmental Protection Agency has a list of products that have been specifically tested as effective in sanitizing surfaces.

**Q 16:** Can I discontinue ROM if I have a negative COVID-19 test?  
**A 16:** No. Per REF C, the full 14 day ROM must be executed. Numerous cases have occurred where a person tested negative only to be positive a few days later without changing their environment. It is necessary to allow the full two weeks to ensure that asymptomatic personnel do not potentially spread the virus.

|  |  |  |
| --- | --- | --- |
| **Important Numbers** | | |
| Command Duty Officer (CDO) | 1st point of contact for the command unless told otherwise. | 619-726-0861 |
| Administration | Checking in, orders, mustering, status updates. | 619-437-2236 |
| EWTGPAC Medical | Can call during the day, **DOES NOT REPLACE 911 DURING EMERGENCIES!** | 619-437-5730 |
| NMCSD Coronavirus Information Line | Utilized if you are experiencing symptoms, but it is **NOT AN EMERGENCY**. | 619-532-5358 |
| LtCol Miles | Operations Officer | 619-437-3222 |
| LT Cooley | Assistant Operations Officer  Senior Watch Officer (SWO), good after hours contact if the CDO does not answer. | 619-437-3222  989-627-0223 |
| GySgt Huffman | Operations Department | 619-437-3222 |
| SSgt Renfro | Operations Department | 619-437-3222 |
| N31 Instructors | AMC, AAOCC, ARG/MEU STAFF PLANNING, AWI, AWSP, CCOIC, EDS, GCEOS, JHOC, MPF, MPF, JLOTS, R2P2 | 619-437-0815 |
| N32 Instructors | ICASP, ISOAP | 619-437-2789 |
| N33 Instructors | SUPPORTING ARMS, FSCC, FSM, NSFS | 619-437-3741 |
| N35 Instructors | JFO, TACP | 619-437-2881 |
| N37 Instructors | LCAC, INLS, MPF, ELCAS | 619-437-0757 |
| N38 Instructors | CRRC, ICSBR, MCIWS, MARITIME NAVIGATION, SCOUT SWIMMER | 619-437-0966 |