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# (U) CICG Workforce Update

29 March 2020/1700 EST

## BREAKING NEWS

(b)(3):10 USC 424

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**\*\*Important Recurring Data\*\***

**I. (U) DIA Director Critical Information Requirements** (Top of Page)

(U) DIA employees are required to report on a COVID-19 diagnosis for themselves and/or their cohabitants. If diagnosed, you must immediately report status [redacted]

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(U) LTG Ashley requests that all employees avoid inadvertently spreading possible contagions by going straight to their desks upon arriving at work. Detours and delays increase the potential risk of infection. Practice social distancing by avoiding face-to-face meetings and conducting business by telephone (b)(3):10 USC 424 or other available options. Try to avoid touching surfaces and use body parts other than fingers (e.g., elbows or wrists) when you must. Use the hand sanitizer located at the main entrances and dispersed throughout the building.

**\*\*End Important Recurring Data\*\***

**II. (U) Travel Guidance** (Top of Page)

(U) Updated Travel Guidance: Per the DIA Director: Effective immediately, if you have traveled outside of the 50 United States in the last 14 days, you are not to enter the DIA HQ facility. Call your supervisor and go home for 14 days.

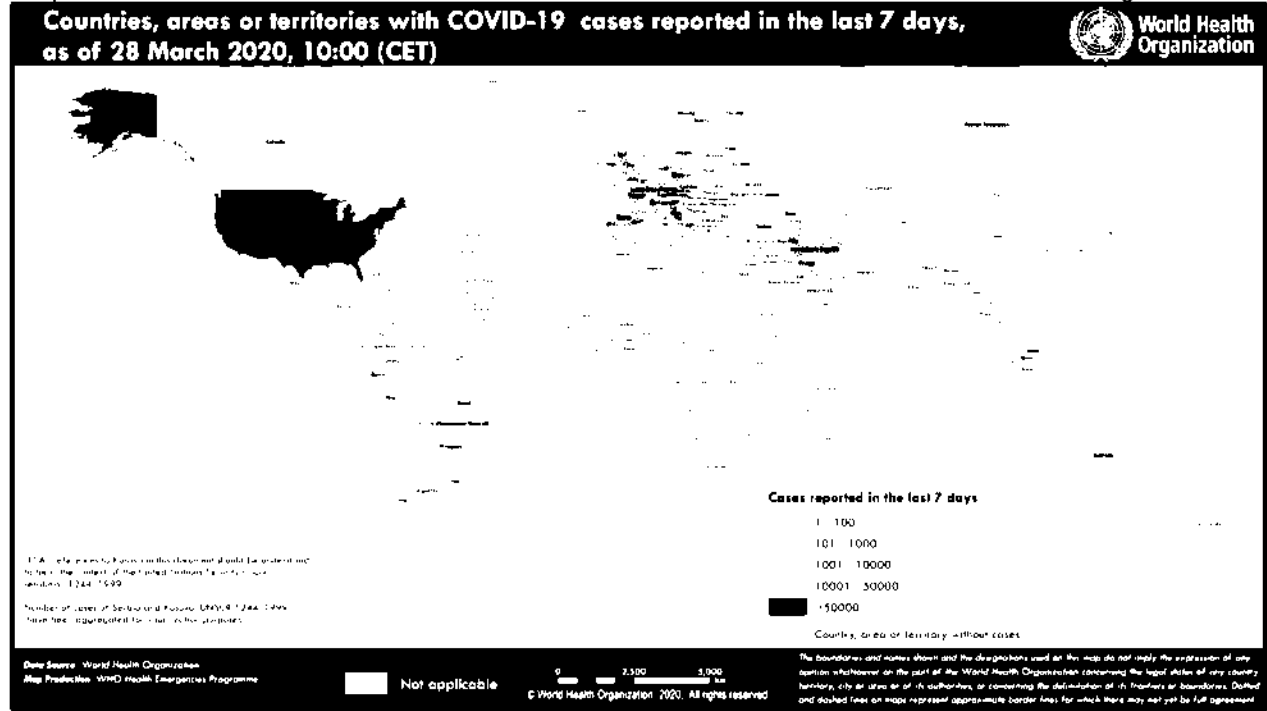
**(U) To return to work, even though the DIA Clinic is closed, you MUST still call [redacted]**

**[redacted] for authorization before you return to duty.**

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SOURCE: World Health Organization



**(U) CONUS COVID-19 Statistics:**

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SOURCE: Center for Disease Control 29 March 2020

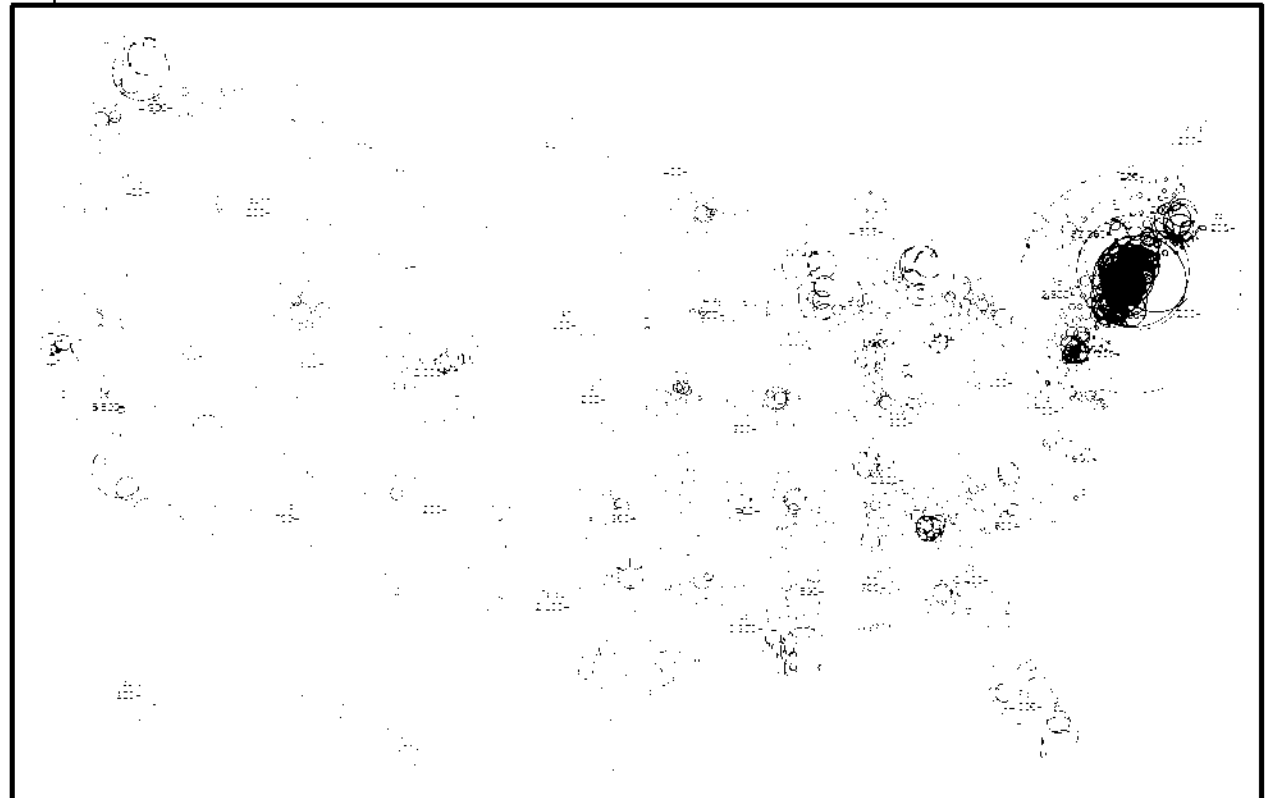


Figure 2: Reported Cases

**\*\*New Data\*\***

(U) 123,804 **confirmed cases (+55,298)**

(U) 2,137 **(+1,147)** deaths

(U) States of Interest:

- (U) Alabama: 760 **(+374)** confirmed cases; 5 **(+4)** deaths
- (U) Colorado: 2,062 **(+975)** confirmed cases; 43 **(+24)** deaths
- (U) District of Columbia: 342 **(+111)** confirmed cases; 4 **(+1)** deaths
- (U) Florida: 4,038 **(+2,073)** confirmed cases; 56 **(+34)** deaths
- (U) Illinois: 3,547 **(+1,672)** confirmed cases; 50 **(+29)** deaths
- (U) Maryland: 581 **(+643)** confirmed cases; 10 **(+6)** deaths
- (U) Nebraska: 122 **(+30)** confirmed cases; 2 **(+2)** deaths
- (U) Virginia: 843 **(+452)** confirmed cases; 17 **(+8)** deaths

(U) Source: Centers for Disease Control and Prevention

**\*\*End New Data\*\***

**III. (U) DIA Surgeon General Update** (Top of Page)

(U) So, how should you handle grocery shopping? [See Appendix A.](#)

(U) How long can the COVID-19 virus stay in the air and on surfaces? [See Appendix B.](#)

(U) COVID-19 Increased Risk Conditions. [See Appendix C.](#)

(U) If you or someone living with you traveled to, from, or through any foreign country or the New York Metro Area within the last 14 days, you may have been exposed to COVID-19 but are not yet showing symptoms. We want to separate you from others who have not been so exposed to prevent the possible spread of COVID-19; this is known as QUARANTINE.

(U) If you develop symptoms of COVID-19, or are diagnosed with COVID-19, you need to remain separated from others to prevent the spread of your illness; this is known as ISOLATION.

(U) COVID-19 Diagnosis

(U) Medical providers will evaluate patients presenting with symptoms of illness, including symptoms of COVID-19 (cough, fever, and shortness of breath), by completing a diagnostic assessment that includes, but is not limited to, the following: history of present illness and symptoms (the most important part of the evaluation), travel history/exposure history, past medical history, family medical history, current medications, and social history.

(U) Medical providers will then order laboratory and other tests to assist with making a diagnosis. These tests may include blood tests, strep tests, and flu tests.

(U) Given the severe shortage of COVID-19 laboratory tests, along with the fact that personal protective equipment (PPE), which is in very short supply, must be worn by healthcare workers

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who are obtaining the nose and throat swabs for the test, not all patients presenting COVID-19 symptoms will be tested. Medical providers are following CDC guidance along with clinical judgment to determine if a COVID-19 laboratory test will be ordered.

(U) Medical providers will then make a diagnosis to a reasonable degree of medical certainty:

- (U) A confirmed case/diagnosis based on medical provider diagnostic assessment of clinical symptoms and a COVID-19 positive laboratory test.
- (U) A presumptive clinical case/diagnosis case based on medical provider diagnostic assessment of clinical symptoms and without a COVID-19 laboratory test.

(U) Medical providers will initiate a COVID-19 treatment plan for both groups of patients.

(U) The CDC definition of a presumptive case of COVID-19 is different from a presumptive clinical case/diagnosis made by a medical provider. Per the CDC, a presumptive case of COVID-19 meant that a state laboratory confirmed a positive laboratory test for COVID-19, but the CDC laboratory had not confirmed it yet.

**IV. (U) Workforce Q&A** (Top of Page)

**\*\*New Data\*\***

(U) **Question:** I have an employee whose spouse's (non-DIA) co-worker has been tested positive for COVID-19. Does he have to self-isolate? He has been present for duty this week. How will this impact his DIA coworkers?

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(U) **Answer:** DIA employees are required to report on a COVID-19 diagnosis for themselves and/or their cohabitants. If diagnosed, you must immediately report status

[Redacted]

**\*\*End New Data\*\***

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## **XV. (U) Appendices**

### **(U) Appendix A.** (Top of page)

#### **(U) Regardless of how you get your groceries, be sure to:**

(U) Wash nonporous containers. Simple rubbing with soap and water can kill the coronavirus. Use dish soap on plastic, glass, and metal before putting them away. If that's not practical, be sure to wash your hands after putting away all packaging, including paper boxes and bags.

(U) It also doesn't hurt to wash your hands after opening the containers and using their contents. However, there is little likelihood that the virus could still be active on the container after a few days.

(U) Wash your hands, counter, and other surfaces you've touched. Do this after you've put away the groceries. A disinfectant is not necessary unless you're sharing a space with someone who is exhibiting signs of respiratory illness or has been exposed to the virus.

(U) Wash produce with soap and water. Because COVID-19 is very likely deactivated by contact with soap and water, washing your fruit and vegetables with soap and water should eliminate any live virus. What's more, rubbing fruit and vegetables under running water can help remove pesticides.

(U) For hard-skinned produce, scrub skins or peels with a soft-bristled vegetable brush, using dish or hand soap and warm water. For other types of produce, including leafy greens, soak in soapy water for 10 to 15 minutes, then rinse thoroughly.

(U) Buying frozen vegetables rather than fresh, under the assumption that they're packed and more sanitary, is not an approach that has been backed up by evidence.

#### **(U) If You're Getting Your Groceries Delivered**

(U) Even if a grocery store or warehouse is thoroughly cleaned on a regular basis, the delivery person needs to take the same precautions to prevent the spread of a virus to you. Follow these steps when ordering deliveries:

(U) Avoid a direct hand-off. Arrange to have the items delivered to your doorstep or a place nearby instead.

(U) Tip electronically. One benefit of ordering deliveries online, or via an app, is that you don't have to hand the delivery person money. Opportunities to tip the delivery person are included in most delivery apps and online ordering systems.

(U) Order earlier than you usually do. Although this is not a safety issue, you may find that in the midst of higher demand, you have to wait longer.

#### **(U) If You're Picking Up Prepacked Groceries**

(U) The steps are basically the same for this option as for delivery. If you've ordered and are merely having someone put the groceries in your car in a parking lot, consider opening your car

door yourself rather than having the person bringing the items to your car touch the handle. If you can tip on a supermarket's app, do so rather than handing over cash.

(U) If You're Buying Groceries In A Store

(U) A key way to prevent the virus's spread is to stay six feet away from other people. Here are a few other ideas:

(U) Go shopping at a time that's less busy. If you type in the store's name and location in Google search, a box often will pop up showing when foot traffic there is highest.

(U) Take germicide (hand sanitizer/wipes) with you. Some stores offer wipes to disinfect carts before and after you shop. If they do not, bring your own wipes and wipe your cart yourself.

(U) Use a credit or debit card. That way, you don't have to hand over bills or receive change. Also, use your own pen to sign receipts. If you can, use a virtual payment system so that you don't have to open your wallet at all.

**(U) Appendix B.** (Top of page)

(U) A recent study from National Institutes of Health, CDC, UCLA and Princeton University scientists in The New England Journal of Medicine published findings about how long the virus strand that causes COVID-19 can live on surfaces and in the air.

(U) According to the report, SARS-CoV-2 (the virus) is detectable for:

(U) Up to 3 hours in aerosols (droplets in the air).

(U) Up to 4 hours on copper.

(U) Up to 24 hours on cardboard.

(U) Up to 3 days on plastic and stainless steel.

(U) Due to the virus' sustainability in the air and on these surfaces, infected individuals may be spreading the virus unknowingly. This study reinforces the recommended guidance from the CDC to help prevent the spread of germs. For more information on this study, search the New England Journal of Medicine for DOI: 10.1056/NEJMc2004973.

**(U) Appendix C.** (Top of page)

(U) Underlying Medical Conditions That May Increase the Risk of Serious COVID-19 for Individuals of Any Age

(U) Blood disorders (e.g., sickle cell disease or on blood thinners).

(U) Chronic kidney disease as defined by your doctor. Patient has been told to avoid or reduce the dose of medications because of kidney disease, or is under treatment for kidney disease, including receiving dialysis.

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(U) Chronic liver disease as defined by your doctor (e.g., cirrhosis, chronic hepatitis). Patient has been told to avoid or reduce the dose of medications because of liver disease or is under treatment for liver disease.

(U) Compromised immune system (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV, or AIDS).

(U) Current or recent pregnancy in the last two weeks.

(U) Endocrine disorders (e.g., diabetes mellitus).

(U) Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders).

(U) Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease).

(U) Lung disease, including asthma or chronic obstructive pulmonary disease, (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen.

(U) Neurological, neurologic, and neurodevelopment conditions (including disorders of the brain, spinal cord, peripheral nerve, and muscle, such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury).

**(U) Appendix D.** (Top of page)

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