

measures, Kadena Airmen remain mission-focused

 An F-15C Eagle takes off from Kadena Air Base, April 3. Despite increased health protective measures. Kadena Airmen maintain focus on the mission to support a free and open Indo-Pacific.

AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS

(U.S. Air Force photo by Senior Airman Cynthia Belío)

A U.S. Air Force KC-135 Stratotanker, assigned to the 909th Air Refueling Squadron, takes off April 6, at Kadena Air Base. Team Kadena is postured to protect its forces against COVID-19 while also maintaining mission readiness in support of the U.S.-Japan Alliance.

# Air Force releases guidance on use of cloth face covers

COVID-19

### EFFECTIVE IMMEDIATELY

To the extent practical without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

Any cloth items worn as face coverings should be functional, clean and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

Face Masks\* **Neck Gaiters/Warmers Balaclavas** \*N-95 and surgical masks should be reserved for health care workers.

Guidance applies to total force military personnel, DoD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities.

Note: Guidance above does not apply within a personal residence on a military installation.

CLOTH FACE COVERING DOES NOT PREVENT THE WEARER FROM GETTING SICK, BUT MAY PREVENT THE SPREAD OF THE VIRUS FROM THE WEARER TO OTHERS.

If you are experiencing CALL AHEAD before proceeding COVID-19 symptoms,

before proceeding to a

Kadena Medical Clinic: 630-4817 or 098-960-4817 U.S. Naval Hospital: 090-6861-5230 Symptoms include: fever, cough, sore throat, shortness of breath, nausea, diarrhea

### By Secretary of the Air **Force Public Affairs**

4/6/2020 - ARLINGTON, Va. To help combat COVID-19, the Air Force has released information that supplements Department of Defense guidance on the use of cloth face coverings, effec-

tive immediately.

or work centers.

To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas

This guidance applies to Total Force military personnel, DOD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities, and does not apply within a personal residence on a military installation.

Any cloth items worn as face coverings (e.g., neck gaiters, neck warmers, balaclavas, etc.) should be functional, cleaned and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

As safety is the primary concern, commanders will decide where mission safety necessitates

deviation from this guidance, for example when the cloth face covering could interfere with other facial gear. Until issued items are fully available, commanders and units may deviate in regard to uniformity while ensuring face coverings worn by uniformed military members are conservative, professional and in keeping with dignity and respect.

For civilian employees, use of a cloth face covering is strongly encouraged. Commanders who wish to mandate cloth face covering for civilian employees under this memo must either furnish them or provide a uniform allowance per AFI 36-128, Pay Setting and Allowances, published May 17,

If a commander determines the purchase and issuance of cloth face coverings is necessary for mission requirements, they should consult with legal and comptroller about purchasing and issuing the cover-

N95 and surgical masks should be reserved for health care work-

During this time, security checkpoints may require the lowering of masks to verify identification.

\*\*\*It is to be noted that the use of a cloth face covering does not prevent the wearer from getting sick or eliminate the need to continue the primary mitigation efforts to stop the spread of COVID-19, but may prevent the spread of the virus from the wearer to others. \*\*\*

# U.S. Forces Japan declares Public Health Emergency for the Kanto Plains Region

### **By USFK News**

**4/6/2020 - YOKOTA AIR BASE** — The U.S. Forces Japan commander announced a Public Health Emergency (PHE) for the Kanto Plains region, Apr. 6.

The declaration ensures commanders possess the necessary authorities to enforce compliance health protection measures among military, civilians, and contractors who live and work on U.S. installations.

"Protecting the health and safety of everyone associated with U.S. Forces Japan is my number one priority. Due to the steady increase in COVID-19 cases in the Tokyo area, I have implemented a Public Health Emergency for the Kanto Plains region," said Lt. Gen. Kevin Schneider, U.S. Forces Japan commander. "This order covers all Army, Navy, Air Force and Marine installations and facilities in the area."

Kanto Plains installations include: Com-

bined Arms Training Center (CATC) Camp Fuji, Camp Zama, Commander Fleet Activities Yokosuka (CFAY), Hardy Barracks (Akasaka Press Center), Ikego Housing Area, Sagami Depot, Sagamihara Housing, Naval Air Facility (NAF) Atsugi, New Sanno Hotel, Tama Hills Recreation Area, Yokohoma North Dock, Yokota Air Base, and any other associated communication sites, housing areas or facilities within the designated Kanto Plains area.

"I cannot underscore enough the importance of personal responsibility at a time like this. Stopping the spread of COVID-19 requires the entire team - service members, civilians, families, and our Japanese partners, Schneider added. "The virus makes no exceptions based on military or civilian status, and our policies and procedures won't either. We are in this together and I need every single person on every single facility and installation to take this seriously and comply with these measures. While I understand how challenging these times are, it is everyone's responsibility to do their best to prevent the spread of this virus."

The PHE will remain in effect through May 5, unless it is renewed or terminated sooner by the USFJ commander.

USFJ continues to follow existing international, U.S. and local guidance and procedures to protect and safeguard our workforce and families. Expansion of health protection and security measures have provided effective ways to lessen risks from COVID-19.

USFJ will continually assess its preventative measures, procedures and continues to encourage strict hygiene measures to reduce the risk of transmission. Anyone who believes they are ill should coordinate with their organizations in order to stay home and avoid exposing others to

# **Pacific Warriors** connect despite physical distancing



Port Squadron ramp services superintendent, conducts virtual training with unit members during the 624th Regional Support Group virtual unit training assembly April 4, from his home in Guam. Air Force Reserve Airmen in Hawaii and Guam continued mission readiness training during the first-ever 624th RSG virtual UTA, which was implemented to help keep Airmen safe during COVID-19 pandemic.

# For Misawa Airmen, the mission continues



(U.S. Air Force photo by Airman 1st Class China M. Shock)

Misawa Air Base, March 30. The F-16 is a compact, multirole fighter aircraft that has proven itself in air-to-air and air-to-surface

◀ U.S. Air Force Senior Airman Kyle Grevshock, a 13th Fighter Squadron avionics systems journeyman, talks to Capt. Reese Black, the 13th FS chief of mobility, via radio headset at

### By Airman 1st Class China M. Shock

35th Fighter Wing Public Affairs

4/2/2020 - MISAWA AIR BASE, Japan — The 35th Fighter Wing's mission of projecting combat air power and defending the U.S. and Japan moves forward.

"Despite the current COVID-19 crisis, our

mission continues," said Maj. David Dubel, the 14th Fighter Squadron director of operations. "This is a difficult yet opportune time for everyone to prove we can carry on with the mission regardless of the trials that stand before us. We have to proceed to do what we do here to ensure we are ready to answer our nation's call."

# Kadena Air Base Weekly Newspaper



嘉手納基地内 70 カ所以上、トリイステーション、海軍基地 p車病院、米国領事館、県内の商業施設や店舗へ 300 カ所以上に無料配布されています。 空軍、陸軍、海軍、その家族、軍雇用員、シビリアンなど幅広い層に読まれています。

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# **MCIPAC** works to prevent **COVID**-19



part of the Security Augmentation Force (SAF) conduct health and wellness checks of pool individuals entering Camp Foster, Okinawa, in an effort to combat the spread of COVID-19 on Camp Foster, April 3. Various measures have peen implemented around Okinawa's Marine Corps camps and stations to help prevent the spread of

(U.S. Marine Corps photo by Cpl. Kameron He

# U.S. Marine with 3rd MLG wear face coverings according to prevention guidance



(U.S. Marine Corps photo by Lance Cpl. David Esparza)

while posing for a photo on Camp Foster, Okinawa, April 7. In line with the Centers for Disease Control and Prevention guidance, 3rd Marine Logistics Group Marines and Sailors are required to wear a face covering while outside their residence to stop the spread of Coronavirus 2019, stay healthy and remain ready for any mission anytime.

# 嘉手納基地の取り組み

2020年4月7日 午後7時2分

ここ数日間、沖縄における新型コロナウィルス感染者 の数が大きく増えています。4月7日、県内で新たに12名 の感染が判明しました。状況の変化に対応すべく、第18 航空団は嘉手納基地で勤務する皆さんと私達の任務を しっかり守るため、基地の外における移動の制限をより 厳格にします。基地の外での行動に関する今回の指針 は、すでに発出されたものに代わるものです。

以下の移動制限が第18航空団所属の全軍人に適用さ

- ◆嘉手納基地に居住する軍人は嘉手納基地に留まるも のとする。
- ◆嘉手納基地に居住し他の軍施設で働く軍人は自宅と職 場間の移動を除き、嘉手納基地に留まるものとする。
- ◆嘉手納基地の外に居住する軍人は、自宅と職場・軍施 設の間の移動のみに限定される。

上記の制限措置の例外として、6フィートの対人距離(ソ -シャルディスタンシング)を十分に保ちながら、生活・ 健康・安全に関する活動は可能とする。

許可されうる基地の外での活動は、以下に限定される。 ◆保育所または学校等への登下校における送迎。

◆家賃、光熱費の支払い、銀行取引など住宅や財務に関

- ◆食料品の購入、その他生活必需品の調達。
- ◆ウォーキング、ランニング、サイクリングなどの屋外で
- ◆自動車税の支払いなど日本政府より求められる行為。
- ◆医療または獣医の診療。
- ◆車の修理や給油。
- ◆飲食店またはコンビニでの飲食物のテイクアウト。
- ◆司令官から許可された健康診断等。

第18航空団の軍人以外の者や航空団に所属しない者 も、上記の指針に従うよう強く推奨されます。 嘉手納基 地に出入りし新型コロナウイルスの感染の深刻なリスク となる行為をした者、または部隊の健康・安全・福祉の 脅威となる者は基地への立ち入りが取り消される場合 があります。軍人の家族が指針に従わなかった場合、そ の責任者は家族のスポンサーとしての資格を失い、その 家族を先に帰国させる措置がとられる場合もあります。

航空団幹部は引き続き、沖縄における状況を注視し、 状況に応じて方針を修正していきます。 新型コロナウィ ルスの感染拡大を防ぐため、一人一人が責任を果たさな ければなりません。指針に従い、所属部隊の幹部と連絡 を取り、お互いに頑張っていきましょう。

### 嘉手納基地関係者及び日本の皆様へ



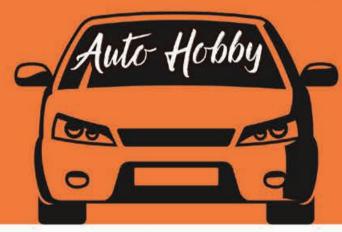


今般、米国防総省は各米軍基地において新型コロナウ ィルス関連情報の発表内容について新しい指針を示しま した。この指針は、地元の皆様に懸念を生じさせるもの でした。この指針によると、陽性の累計件数は今後公表 しないとされていますが、嘉手納基地では公衆衛生と安 全の見地から、新規案件の情報を引き続き関係機関と共 有いたします。

上記の指針が発表された後に確認された陽性者(3月 31日公表済) についても、嘉手納基地では沖縄防衛局、 外務省沖縄事務所、および地元自治体との間で情報を共 有しました。特に、陽性の米軍関係者が基地内及び地元 の皆さんと接触がなかったという点についてこれまでと 同様に情報共有しました。

ここ嘉手納基地では、新型コロナウィルスの予防対策 を強化するため、移動及び行動制限を定め、対人距離の 確保 (ソーシャル・ディスタンシング) を積極的に推進し ています。3日間の特別対策期間(新型コロナウィルス・ タクティカル・ポーズ)を設け、基地関係者各自がウィル スの脅威とその予防策についての意識を高めました。新 型コロナウィルスは、私たちひとりひとりに対する脅威で あり、嘉手納基地は引き続き地元の皆さんと連携を取り ながら、地域の安全にしっかりと取り組んでいきます。

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# Airman fitness vital amid COVID-19 pandemic

# By Air Force Surgeon General **Public Affairs**

4/6/2020 - FALLS CHURCH,

**Va.** — As the COVID-19 pandemic disrupts many aspects of our daily lives, staying fit is something Airmen can and should continue to maintain their physical and mental wellbeing.

According to the American College of Sports Medicine, regular physical activity can help reduce feelings of stress and anxiety. Also, moderately intense physical activity is associated with better immune function.

Staying fit is not only crucial for Airman readiness, but is also vital in reducing our risk of illness like COVID-19," said Col. Thomas Moore, Air

Force Health Promotion Branch chief. "Now more than ever, it is important for Airmen to maintain physical fitness, in addition to good nutrition and adequate

The Department of Health and Human Services' Physical Activity Guidelines for Americans recommends at least 150 minutes of moderately intense aerobic activity per week or 75 minutes of high intense activity per week.

With current social distancing recommendations, working from home and other limitations aimed at slowing the spread of COVID-19, it can be difficult to maintain a fitness routine. To help Airmen and their families, the Air Force Health Pro-

# **STAYING FIT DURING COVID-19**

The Department of Health and Human Service's Physical Activity Guidelines for Americans recommends at least 150 minutes of moderately intense aerobic activity per week and two sessions of strength training per week. Regular physical fitness is important for:

Maintaining health and readiness

Helping to reduce stress and anxiety



Improving your immune system



To learn more, please visit: www.facebook.com/HealthPromotionHQ

(U.S. Air Force courtesy graphic)

Moore also suggests making the most of the disruption Airmen may be experiencing and using the time to build healthy habits that could continue when normal schedules return.

physically healthy."

members stay on track with their fitness goals and at-home

dinators at Air Force bases are

also reaching out to their pop-

ulations to provide additional

resources. For example, Air-

men at Incirlik Air Base's fit-

ness center have been sharing

workout challenges and guid-

ed workouts on their social

ing stressed because of the cur-

rent COVID-19 pandemic and

how it has upended many fac-

ets of our daily lives," Moore said. "Staying fit and maintain-

ing good nutrition are simple

yet vital things we can all do

to keep us both mentally and

"Many of us may be feel-

media platforms.

Health promotion coor-

workouts.

"Our Air Force Surgeon General, (Lt. Gen. Dorothy Hogg), has championed 'Disruptive Innovation,' or radical ideas that could lead to significant improvements in our operations," Moore said. "I would like to challenge our Airmen to use this time of disruption to engage in 'Disruptive Renovation.' Don't just do what you can to get through these challenging times, but use it as an opportunity to move in a healthier direction. Set a goal to come back to work healthier in at least one way."

motion Branch collected suggestions on how Airmen can still engage in physical

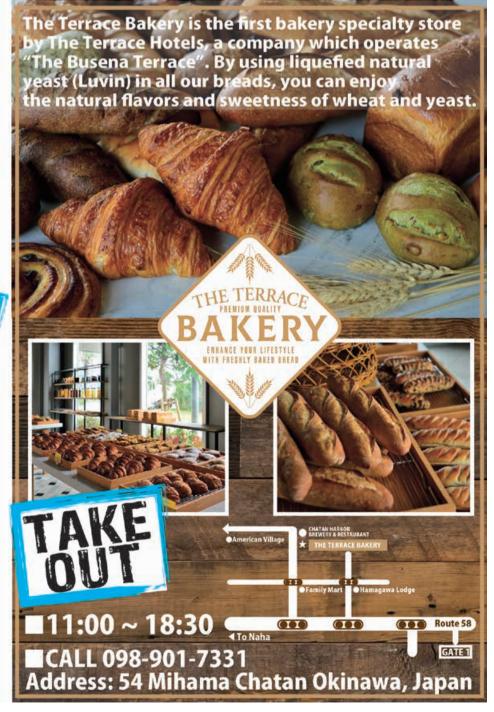
"There are many physical activities Airmen can still engage in, both indoor and outdoor," said Lt. Col. Saunya Bright, Air Force Health Promotion Branch deputy chief. "You can take a jog around your neighborhood while also remaining at least six feet away from others, use home cardio machines, or walk briskly around your house a few times a day. You can also engage in strength training at home with things like squats, lunges and push-ups."

Bright also explains that these exercises do not have to be done all once, and can be tailored to fit the shifted routines many Airmen may be facing.

"Since many Airmen might feel 'stuck' at home, it may be helpful to spread your workout throughout the day," Bright said. "For example, you can do an aerobic workout in the morning, then strength training in the afternoon. Or you could do two shorter cardio sessions instead of a single, longer one."

The Health Promotion Branch's Facebook page also has links to at-home workouts and other tips to stay fit. Additionally, Airmen can rely on virtual resources such as online classes and fitness smart phone applications. Military One Source also has resources and workouts that can be done at home, including a mobile coach to help























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# Kadena Air Base Community Notes

To submit an announcement for the base bulletin, please visit **www.kadena.af.mil** 

# NOTICE Kadena Medical Clinic Notice

The only proven, effective way to prevent the spread of COVID-19 is by preventing face-to-face contact as much as possible. Therefore, 18 MDG is converting all routine face-to-face appointments to telephone appointments until further notice. A provider will call you the day of your scheduled appointment. There is no specific time so please be patient and ensure you answer your phone. Incoming MDG phone calls will appear with "no caller ID." If during the phone call the medical personnel (nurse or provider) determines

that an in-person visit is necessary, they will provide instructions on how to report to the MDG building for an exam. We will not be offering walk-in treatments, to include sore throat, wart, blood pressure checks, urinary tract infections, or confidence checks. To handle these needs, please call the appointment line or book via Tricare Online (TOL) https://www.tricareonline.com/tol2/. To practice good social distancing and avoid unnecessary risk of exposure, please stay away from the clinic unless your visit is of the utmost importance. Space-available patients cannot be seen at this time.

Laboratory: Due to **COVID-19 laboratory** efforts, the lab will have limited services. All routine lab work is discouraged at this time and will be handled on a case-bycase basis. Radiology: Services remain unaffected by the change in operations. **Immunizations:** Services remain unaffected by the change in operations. Pharmacy: If you require a medication refill, please call the appointment line, utilize secure messaging or book a virtual encounter on TOL. Some medications may be only partially filled due to limited supplies. Below are more specifics related to our specialty clinics.

### Pediatrics:

-All well child visits for children over the age of 18 months are postponed until further notice.
-All well child visits.

and required scheduled appointments for children with issues other than fever, cough, congestion, etc., will be rescheduled to the first appointments of the day to limit the risk of coming into contact with other patients.

#### **Flight Medicine**

-Fliers needing a return to fly, or fliers without fever, cough or shortness of breath will be seen during morning walk-in hours. Fliers with symptoms of fever, cough or shortness of breath should call flight medicine to speak with a provider.

#### Women's Health

- -Routine annual pap smear and well-woman exams are postponed until further notice.
- -Pre-natal care will continued as scheduled.

### **Physical Therapy**

-Services will continue as scheduled. Beginning Monday, March 30, the 18 MDG will screen patients before using a single point of entry. Patients who have a fever, cough or shortness of breath will not be permitted to enter the clinic building, but every effort will be made to ensure their concerns are addressed. In the event patients are experiencing a fever, cough or shortness of breath our Medical personnel will ensure that the patient understands their next step in receiving care.

### \*\*PHARMACY UPDATE\*\*

In order to prioritize the safety of our patients, as well as the safety of our staff, the Kadena Pharmacy is updating their hours for prescription pick-up. Prescriptions will be available for pick-up from 0900-1100 and 1400-1600 Monday-Friday. Prescription pick-up will not be available at any other time.

A Third Party individual that is picking up for another patient requires 2 things:

- 1. The patient's military ID card OR a picture of the front and the back of the patient's military ID card.
- 2. A written statement with the following verbiage: "I (patient's name) give permission for (Third Party) to pick up any and all of my

prescriptions from the 18 MDG Pharmacy." Once statement is signed, please bring in either a hard copy or photograph of statement (for example you may show a picture of the signed statement received via text).

When coming to pick up prescriptions, patients will be directed by staff on where to park to receive prescriptions.

### Road Blocked

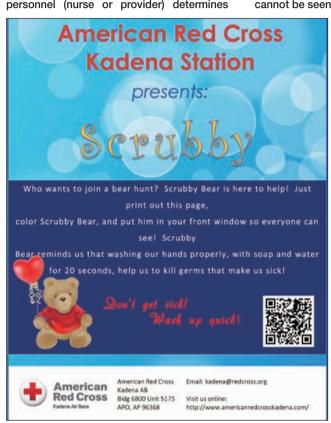
A section of Schreiber Ave (near bldg. 254) will be blocked from April 6 to May 31 (24 hrs/day) to disassemble temporary pier that was constructed adjacent to the Schreiber Ave for the box culvert construction. Traffic lights will be installed for controlling one-way alternate traffic flow.

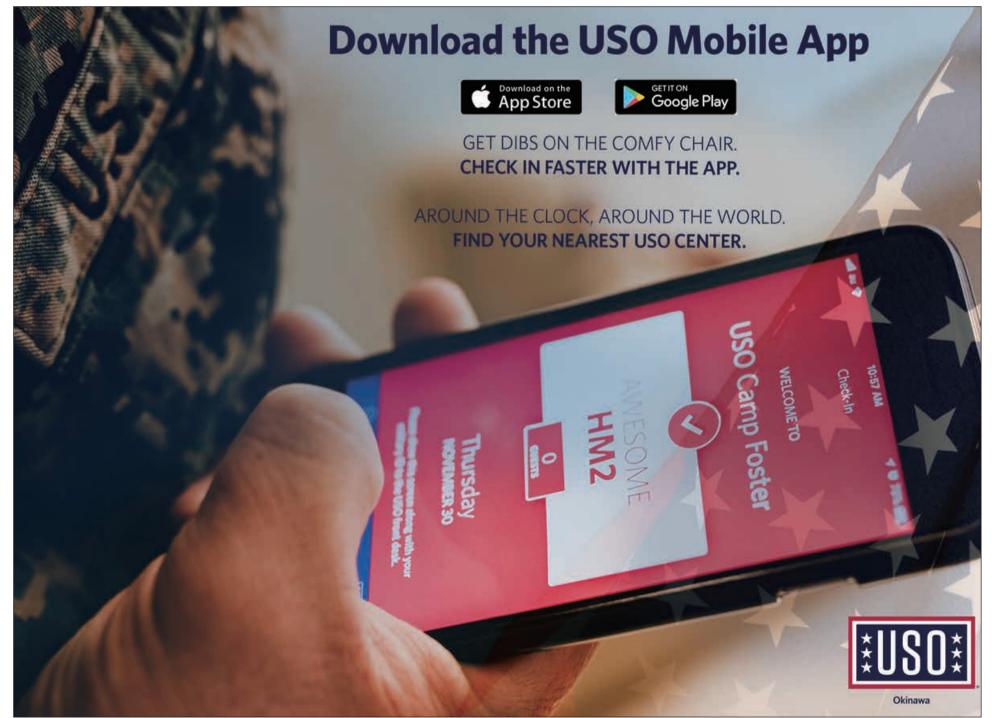
# INFORMATION Kadena and Camp Foster Emergency Numbers

Kadena Fire Emergency Services reminds everyone to program their cell phones with the emergency numbers. To report an emergency on Kadena via cell, dial 098-934-5911, and from an office phone, dial 911. For Camp Foster via cell, dial 098-911-1911, or from an office phone, dial 911.

### How to File a Complaint with IG

If you believe you are unable to resolve your complaint through supervisory channels, you may seek IG assistance to determine if the complaint should be filed with the IG. You can file a complaint if you reasonably believe inappropriate conduct has occurred or a violation of law, policy, procedures, or regulation has been committed. Complete the personnel data information on an AF Form 102 and briefly outline the facts and relevant information related to the issue or complaint. List the allegations of wrongdoing briefly, in general terms and provide supporting narrative detail and documents later, when interviewed by an IG person.





Allegations should be written as bullets and should answer who committed the violation; what violation was committed; what law, regulation, procedures, or policy was violated; when did the violation occur. Help is available: Call your Kadena IG office at 634-7622 for Maj Sarabia, 634-2768 for SMSgt Aguirre, or leave a message on the Kadena Fraud, Waste, & Abuse (FWA) Hotline at 634-0404.

### UPCOMING EVENTS Swinging for Scholarship Golf Tournament

Swinging for Scholarship is a golf tournament fundraiser hosted by the Okinawa Alumnae Chapter of Delta Sigma Theta Sorority, Inc. at Banyan Tree Golf Course on Friday, May 8, starts 7:30 a.m. All proceeds are in support of the Chapter's annual Yvonne Hattie Brown Scholarship which is given to deserving High School students attending DODEA schools in Okinawa. All participants are welcome to attend! Kadena Air Base access is required. Please contact e-mail oacpandm91@gmail. com for more info.









Restaurant 17:00~22:30 (Last Order 22:00)

Address: 53-1 Mihama, Chatan, Okinawa, Japan
 Tel: 098-926-1118 / Fax: 098-926-1119

Bar 17:00 ~ 24:00 (Last Order 23:30)
Accept credit card payments & English menu available







JETTA BURGER MARKET



Depot Island, Distortion Fashion BLG 2F, 9-19 Mihama, Chatan Town Open:10:00-23:00 TEL: 098-989-5123

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100 Kuwae, Chatan Town Mon-Fri:11:00-15:00/17:00-22:00 Sat: 11:00-22:00 Sun: 11:00-15:00 TEL: 098-923-2227

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**COFFEE WORKS WESTCOAST OKINAWA** 



1st Floor distortion seaside Bld 9-46 Mihama Chatan Town Open: 8:00-20:00 TEL: 098-989-5023

S/¥ Cash VISA





Rose Garden Cafe American Ritchen

**Rose Garden Cafe** American Kitchen



3-28-2 Yamauchi, Okinawa City Open: 10:00-20:00 (L. TEL: 098-930-1313 Open: 10:00-20:00 (L.O.19:30)

\$/¥ Cash VISA



**Thai Resort Dining** 

# Thai Coon



2F 10-18 Minato, Chatan Town Lunch: 11:00-15:00 Dinner: 18:00-23:00 TEL: 080-9141-7298

\$/¥ Cash VISA





COFFEE &



6-9 Minato, Chatan Town Open: 7:00-23:00 (L.O. 22:00) TEL: 098-989-1430

\$/¥ Cash VISA 🚭







1-25 Miyagi, Chatan Town Open: 11:00-20:00 TEL: 098-936-5661

¥/\$ Cash



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R Cafe



Oak Fashion Bld. 1F, 9-39 Mihama, Chatan Town Weekday: 10:00-20:30 (L.O. 19:30) Sat & Sun: 9:00-20:30 (L.O. 19:30)

\$/¥ Cash VISA

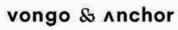




2-2-11 Mihama, Chatan Town Open: 11:00-21:30 (L.O. 21:00) (Thursday closed) TEL: 098-936-2113

\$/¥ Cash VISA





COFFEE and DELICATESSEN

Vongo & Anchor Coffee and Delicatessen



9-21 Mihama, Chatan Town Weekday: 9:00-22:00 Sat & Sun: 8:00-22:00 TEL: 098-988-5757

\$/¥ Cash VISA

