

The Signature



**FAST ROPING
WITH AIR FORCE
PARARESCUEMEN**

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**ITALIAN PASTA IS
BUONISSIMA!**

— ◆ —
**RESTRICTION OF
MOVEMENT FAQs**

Direct Line

Colt Teuscher, USO Sigonella Director

Ciao Sigonella! My name is Colt Teuscher, and I am the new center manager for the United Service Organizations (USO) here in Sigonella. My wife Sara and I moved here in August from the Louisville, Kentucky area where I opened and managed the USO at the Louisville Airport, and Sara worked on Fort Knox as a Department of Defense Educational Activity teacher. We are extremely fortunate in the fact that we both pretty much do the exact same job now, but in beautiful Sicily!

I am a former Marine Corps captain who spent most of my career in Okinawa, so an island that has its own language, has been ruled by numerous different peoples and considers itself unique to the rest of the country is right up my alley.

I arrived in Sigonella at the height of Operation Allies Refuge and hit the ground running. Luckily, life was made a lot easier thanks to the center's two outstanding full-time staff, Chanel Olan and Trinity Cornell. They not only had the situation under control, but were also leading the dedicated volunteers instrumental in providing our services 24 hours a day. Since then, things have slowed to a normal pace with a flood here or there to spice things up, but the efforts of our staff and volunteers is no less important.

Located in the NAS II passenger terminal, the center always has hot coffee, drinks and snacks for those visiting. In addition to supporting traveling service members, a large part of our mission is serving as a hub for outreach programs on NAS I, NAS II, and Marinai. All USO events and programs can be found on our Facebook page, by calling our center at DSN 624- 6377 / COMM 095-86-6377, or by stopping by and visiting!

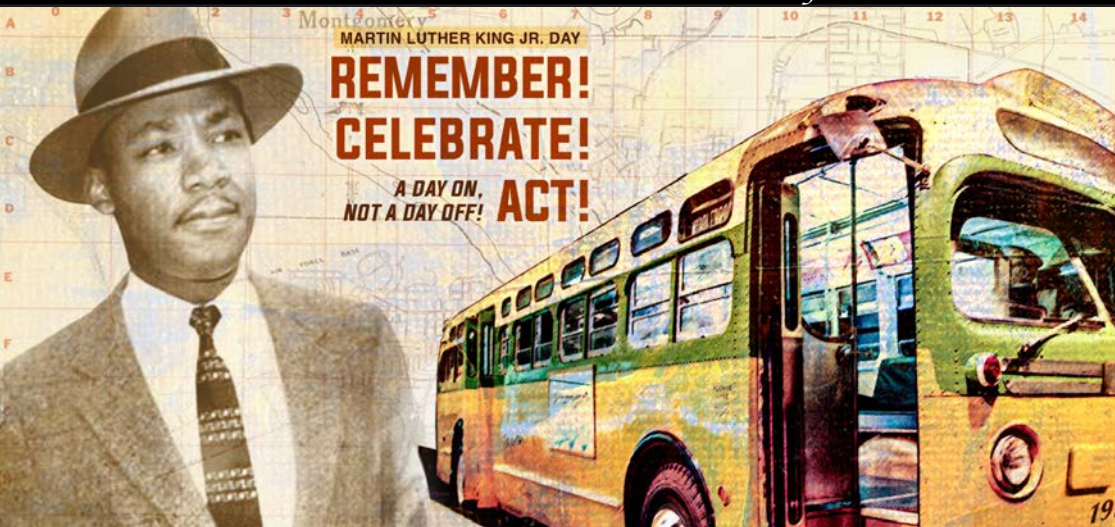
Every Tuesday we serve a free lunch out of the USO center, and monthly we host events such as: Sunday-Yumday at the NAS I chapel; spouse coffee with various themes, typically on NAS I; a "Taste of Home" meal event for single and unaccompanied service members (usually at the NAS II Liberty Center); the



Teddy Bear Club, a reading and crafts event for pre-school children and parents in Marinai; and a Trivia Night at Umberto's in Marinai.

Many of you may know the USO from the more than 230 physical centers we have in 15 countries around the world, but you may not know that the USO began in 1941 as six different organizations. Even though we are chartered by the U.S. Congress and work in close partnership with the Department of Defense, the USO is not actually a part of the federal government or the DoD. We are a separate, nonprofit organization whose mission is to strengthen America's military service members by keeping them (you!) connected to family, home and country, throughout your service to the nation. We are the Force Behind the Forces®.

We take efforts to continuously adapt to the needs and interests of our men and women in uniform and their families. To do that, we need and want input from you. Please let us know what we can do to better serve you!



THE SIGNATURE

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ENERGY SAVING TIPS

1) **Remove unnecessary heavy items** from your car. Every 100 pounds extra costs you about half a mile per gallon.

2) When washing clothes, wash in **cold water** whenever possible. Save warm/hot water cycles for whites and hard-to-clean items. Always rinse in cold water.

3) **Shorten your showers.** Each minute less you run the shower you could save from 2.5 to 5 gallons, depending on the type of showerhead you have.

4) **Use natural daylighting** and reduce or eliminate artificial lighting when possible.

This newspaper is an authorized publication for members of the military services overseas. Contents of The Signature are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense (DoD), or the U.S. Navy.

Editorial submissions are welcomed from all Naval Air Station Sigonella departments, divisions and tenant commands. **Editorial submissions** should be sent to the Public Affairs Office via *thesig@eu.navy.mil*. All articles submitted by non-staff members will be considered contributing writers.




 In the
Spotlight

Name: LS2 Lyle Nembhard

Command: NAVSUP FLC Sigonella

Department: Logistics Support Center

Story by MC1 Kegan E. Kay and Photo by MC2 Josh Cote, *NAS Sigonella Public Affairs*

Keeping the Navy afloat involves a great deal of work behind the scenes. Logistics Specialist 2nd Class Lyle Nembhard, from Ft. Lauderdale, Fla., attached to Naval Supply Systems Command Fleet Logistics Center Sigonella, works at the Logistics Support Center (LSC) and is one Sailor whose work and job help to keep the Navy running.

Although Nembhard now maintains the inner structures of the Navy, he originally joined to find structure for his own life.

“As a young 17 year old American citizen with both parents still living in Jamaica, I had no money to support myself and needed structure only the military could provide,” stated Nembhard. “I joined the Navy to travel the world and get a new outlook on life outside of Florida including new experiences, leadership and structure.”

While the work of a Logistic Specialist may not be glamorous, it is essential and necessary for the Navy to function. An LS can manage inventories and financial systems, distribute mail and supplies, and maintain databases and reports. Here at Naval Air Station Sigonella, Nembhard’s job often takes him to Augusta Bay Port Facility, working as the liaison between ships and the base to provide support and any resources the ships need. Recently, Nembhard supervised and provided supplies to the Military Sealift Command supply ship USNS Supply (T-AOE 6) in support of the USS Harry S. Truman Carrier Strike Group.

Nembhard says he enjoys being in a broad field providing customer service and having meaningful interactions with the ship, supply officers, and local nationals from around

the world in support of the mission, and his pride in his work has been noticed.

“Not only has he improved the command’s mission readiness and provided logistics support to U.S. afloat and ashore units in the 5th and 6th Fleet AOR [area of operations], he also trained and had a positive influence on the lives and careers of more than 60 Sailors as the site’s career counselor,” said LS1 Vanessa Alvarez, LSC’s leading petty officer and Nembhard’s immediate supervisor.

Alvarez described Nembhard as an active leader who remains visible on the deckplate and who dedicates much of his time to his Sailors, “encouraging them to achieve higher levels of qualifications and education while simultaneously maintaining high levels of service to the fleet.”

For Nembhard, leadership is just part of the job.

“Serving in the Navy means I can use my personal and professional experiences to lead my Sailors,” explained Nembhard. “I get a chance to teach them what I have learned while allowing them to teach me how to be a better leader.”

His dedication to his work and his Sailors can be attributed to a piece of advice his father gave him.

“My dad told me if I am to do anything, to do it to the best of my ability,” stated Nembhard. “This advice has stuck with me in life and has helped me stay motivated in all that I do in the Navy.”

Nembhard applies his father’s advice outside of work as well and is taking college courses to work on a degree in wildlife biology with plans to become a zoologist after his time in the Navy. He also spends his free time traveling, scuba diving and riding his motorcycle.

Experts Among Us: MWR's Leisure Skills Program Needs YOU!

Story by Megan Mills, *NAS Sigonella Public Affairs* and Photos by Kelsey Groner

Experts walk among us in Sigonella, but like superheroes, they're not always recognizable at first glance. Your neighbor could be an excellent cookie decorator. That person checking out next to you in the commissary might be a professional photographer. Maybe you have a secret identity as a soap maker!

Fortunately, the leisure skills program at Morale, Welfare, and Recreation (MWR) allows these experts to share their superpowers with the community.

According to Macky Vellon, the MWR entertainment coordinator, this program has allowed community members to create programming that benefits the community in numerous ways.

"These courses offer a unique source of entertainment and skills-development to individuals on base," said Vellon. "These courses are taught in English, with guaranteed easy parking on base, and in the security of an MWR space or classroom. Really, leisure skills classes are just a stress-free way of getting out of the house and learning or further developing a craft or skill."

The leisure skills program is also a great opportunity for the instructors, many of whom are military spouses who faced difficulties finding work opportunities while stationed in Sigonella. Providers are not required to have any specific degrees, certifications or licenses in order to teach their subject matter.

"Teaching these offers a creative outlet while also providing a new source of revenue for these instructors, as nearly all of the income from the courses goes directly to the providers," said Vellon.

One such provider is Sesalee Surls, who has been providing breathwork sessions to the community

through the leisure skills program.

"Most people in the military community have never even heard of breathwork because it's not as mainstream as yoga and meditation, but it is becoming more well-known," said Surls. "I think it's important, especially on a military base, to have more options than the normal classes to take for mental/emotional/spiritual health."

Surls is grateful to be able to make a difference in the community while also furthering her own personal goals.

"Now that I am a contractor, I have been able to grow my audience with the help of their marketing, and I get to help people like I always wanted to," she said. "I think if there is something that someone feels they have something to offer, then they should definitely look into holding a class with MWR."

While COVID-19 mitigation measures and the regular transitions of military life have impacted the offerings available, Vellon is eager to provide more options to the community.

"We've got some great new providers in the past couple of months and are having conversations now with several additional individuals to bring some new types of classes to the Sigonella community," she said. "With that being said, we still need course instructors and hope anyone who has a passion or hobby and some experience and/or training will reach out in order to offer their knowledge to everyone else on base!"

If you're interested in signing up to provide programming for an MWR leisure skills class, please email Macky Vellon, Special Events Coordinator, at mcbride.vellon@eu.navy.mil or call 624-4263.





Fast-**R**oping with **P**ararescuemen

Pararescuemen with 58th Rescue Squadron conduct fast-rope training on a U.S. Navy MH-60S Seahawk with Helicopter Sea Combat Squadron 28 (HSC-28) Detachment 1 on Naval Air Station Sigonella, Jan. 12, 2021.



Italian News

Italian Pasta is Buonissima!

By Dr. Alberto Lunetta, *NAS Sigonella Public Affairs*

Did you know that there are over 300 different types of pasta produced and consumed in Italy? Now, you can even customize your own pasta that can be printed by 3D pasta printers!

Pasta has been a staple food of Italy for centuries, and every Italian region has its own special way of cooking it. The three main categories are pasta secca (dried pasta), pasta ripiena (stuffed pasta) and pasta fresca (fresh pasta). Pasta shapes are numerous, and each is made for a specific type of preparation; some are designed for meat sauces, while others are perfect for soups, creamy ricotta cheeses, or legumes.

According to the Italian Food Union, pasta's history can be traced back to the origins of civilization, when humans stopped hunting and took up farming. Pasta boasts incredible nutritional properties: "long shelf life, extremely versatile to use, easy to cook, cheap and genuine. In a perfect synthesis between health and taste, pasta represents good food par excellence, able to satisfy all palates with its infinite combinations of flavors." In other words, it is a "superfood!"

Italians, who are obviously huge consumers of pasta (9 out of 10 of them eat it regularly), increased their consumption during the months of lockdown prompted by the pandemic. However, they are now facing surging prices for this beloved staple food due to high costs of raw materials on the market.

Strolling the aisles of Italian supermarkets, you will find a huge selection of dry pasta. What are the most popular? Here is a good reference list:

1. Penne & Maccheroni

These are probably Italy's most popular pasta. Penne, whose name comes from the Italian word for "quill," were invented in 1865 by Giovanni Battista Capurro, a pasta maker from San Martino d'Albaro (Genoa), who obtained a patent for a diagonal cutting machine.

The two main types of penne are "lisce" (smooth) "rigate" (with ridges). According to some food experts, penne rigate are better than the smooth ones because they hold the sauce better. This is the reason why, during the months of lockdown, penne lisce were left behind on the supermarkets' shelves. However, Italian chef Gennaro Esposito, who runs a Michelin-starred restaurant in Torre del Saracino near Naples, claims that penne lisce are the best choice because they aren't actually perfectly smooth and still have a sort of rough surface as well. He maintains that the presence of ridges on penne rigate is actually bad for the cooking process and smooth penne "don't let the sauce fall off the piece of pasta, even in the absence of ridges."

Who's right? The only way to figure out which one is best for you is to try them both!



Italian pasta is a staple and iconic food of Italy and tells about the history and the food tradition of this ancient country. You can eat it both for lunch and dinner. It is the main ingredient of the healthy Mediterranean diet. (Photo by: <https://www.istockphoto.com>)

Maccheroni, which are a short, tube-shaped pasta, can vary in shape according to different Italian regions. Typically, in the South, they are a long pasta, while in the North they are a short pasta. Maccheroni also have other names according to the type and thickness of rifling (rigatoni, tortiglioni, elicoidali) or according to the size (mezzi rigatoni, which are half size). It is suitable for any kind of preparation and is particularly suited for full-bodied sauces of any kind, especially meat (ragù) and vegetables.

2. Spaghetti, Linguine & Tagliatelle

The origin of spaghetti (thin strings) has long been debated. According to a common belief, they were brought to Italy from China by Marco Polo during the 13th century. However, new research suggests that Italian pasta is not related to Chinese noodles. Food historians actually believe that Arabs first brought their type of durum wheat pasta (which they called "Itriyya") to Sicily in the 12th century AD.

In 1154, the Arab geographer Al Idrisi, while studying customs and traditions of the Sicilian population on behalf of the Norman King Roger II of Sicily, reported that there was a flourishing production of dried pasta in the village of Trabia, near Palermo.

Spaghetti are undoubtedly the most iconic type of Italian pasta. They can be more or less thick (spaghettoni or spaghettoni), have a hollow center (bucatini) or be thin enough to have a totally different name (capellini e capelli d'angelo). They can be served in many ways, including simple tomato sauces or just oil, garlic and hot pepper.

Linguine are similar to spaghetti but flattened at the edges. They are often served with condiments based on fish and seafood but are also excellent with spicy sauces.

According to historians, tagliatelle were first created in the 15th century for the wedding between Lucrezia Borgia and Duke Alfonso D'Este. Legend has it that chef Zafirano created this new fresh pasta to pay homage to Lucrezia Borgia's beautiful blonde hair. Due to their flat surface, tagliatelle are ideal with meat-based sauces such as beef and pork ragù.

A special aisle of Italian supermarkets is dedicated to the "new" types of pastas. A few years ago, pasta integrale (whole wheat pasta) became very popular because of its extra fiber and protein. However, since whole wheat pasta is not as palatable as the tastier regular "white" pasta made with refined carbohydrates, it has remained popular only among a small group of consumers. Recently, Italians have been fascinated by pasta made with "ancient grains" such as kamut, grano saraceno and farro (emmer).

Kamut is an ancient grain preserved from hybridization that has always been organically grown. It is an excellent source of protein, fiber, zinc, phosphorus, magnesium, vitamin B1, vitamin B3, as well as high in many minerals such as selenium, copper, manganese, and molybdenum. It has a buttery and hazelnut-like flavor which is more delicate than the whole wheat

one. According to some studies, kamut pasta has antioxidants and diabetes-preventive properties.

Grano saraceno (buckwheat) is a pseudo-cereal with a bitter aftertaste but many beneficial properties such as low lipid content and richness in protein. It is also gluten-free.

Pasta di farro or emmer pasta is a highly digestible pasta that is produced with an ancient grain which is high in fiber, protein and nutrients.

Pasta ai legumi, or legume pasta, is also available nowadays. It is a low-calorie and high-protein pasta made from legume flour (chickpeas, lentils, peas, soy) and water. It is suitable for diabetics and those with a gluten-intolerance. It is a bit chewier than typical pasta but rich in protein and fiber.

Last but not least, if you want to enjoy pasta and its health benefits, remember that it should be cooked the right way! Otherwise you risk both upsetting your Italian friends (who take pasta very seriously!) and eating a mushy and sticky overcooked food that is difficult to digest.

The golden rule is to eat pasta "al dente" which means "to the tooth" or "firm to bite but not soft." First, bring the water to boil and then add salt once it is boiling (don't simmer!). Disregard what you hear about the crazy ways to check whether pasta is ready, like throwing some spaghetti at the wall to see they stick. There is only one way, bite it! Buon appetito!



CURRENT NAS SIGONELLA ROM GUIDANCE

*Current as of 07JAN22

Confirmed COVID Positive:	Close Contacts of COVID Positive:		Travelers:	
Regardless of Vaccination Status:	Fully Vaccinated (with booster). With COVID Symptoms:	Fully Vaccinated (Recently). With COVID Symptoms: (within 180 days of mRNA or 2 months of J&J vaccine)	Arriving from or traveled through <u>LIST C</u> country in last 14 days:	
1) ROM for 10 days after testing positive or start of symptoms & test negative a) If still positive, ROM until day 17 & test negative. b) If still positive, ROM until day 21 & virtual medical evaluation 2) Released to society, but a negative test is required to return to the workplace. Note: day of test/symptoms = day 0.	Get tested and stay at home. After negative test – follow more restrictive medical advice and then protocol for those without symptoms.	Get tested and stay at home. After negative test – follow more restrictive medical advice and then protocol for those without symptoms	Negative antigen test carried out 24 hours or PCR 48 hours prior to entry into Italy.	
	Fully Vaccinated (with Booster) or Recently Vaccinated. No COVID Symptoms:		Fully Vaccinated:	Not Vaccinated:
	1) Separate to own bedroom/bathroom/no meal prep until at least day 10. 2) No ROM (quarantine) 3) FFP2 Mask (or better) required around others, when outside the home and to enter work/school until day 10 a) Will extend if positive in home b) Recommended until day 14. 4) Test on day 5 (if possible/not already tested)		No ROM	5 Day ROM and test
	Fully Vaccinated, but not boosted. No COVID Symptoms:		Arriving from or traveled through a <u>LIST E</u> country:	
	1) Separate to own bedroom/bathroom/ no meal prep until at least day 10. a) Recommend until day 14. 2) 7 day ROM (quarantine) & test negative. 3) Day 8-10 FFP2 Mask (or better) required outside once allowed outside home and to enter work or school a) Will extend if positive in home b) Recommended until Day 14.		Negative molecular test (PCR) within 72 hours or antigenic test within 24 hours carried out prior to entry into Italy.	
	Never Vaccinated or Partially Vaccinated. With or Without COVID Symptoms: (only 1 dose of a 2 dose mRNA vaccine)		Fully Vaccinated:	Not Vaccinated:
1) Separate to own bedroom/bathroom/ no meal prep until at least day 10. a) Recommend until day 14. 2) 10 day ROM (quarantine) & test negative. 3) Day 11-14 FFP2 Mask (or better) required outside once allowed outside home and to enter work or school a) Will extend if positive in home		No ROM	5 Day ROM and test	
		Arriving from the <u>UNITED STATES, JAPAN</u> or <u>CANADA</u>:		
		Negative molecular test (PCR) within 72 hours or antigenic test within 24 hours carried out prior to entry into Italy.		
		Fully Vaccinated:	Not Vaccinated:	
		No ROM	1) 10 Day ROM (Official Travel from US) 2) 5 Day ROM + Test (Returning from CONUS on leave)	
		Arriving from or traveling through countries not listed:		
		Negative molecular test (PCR) within 72 hours or antigenic test within 24 hours carried out prior to entry into Italy. (For UK & N. IRL & British Isles Molecular Swab 48 hours prior to entry)		
		Fully Vaccinated:	Not Vaccinated:	
		No ROM	1) 5 Day ROM + Test	

Restriction of Movement (ROM)

The ROM Flow Chart is on page 9

What is Restriction of Movement (ROM)?

General DoD term for isolation or quarantine.

General DoD term for limiting personal interaction to reduce health risk, safety and welfare of the broader population. ROM minimizes the risk of infecting other individuals from potentially COVID-19 contagious individuals and/or personnel who have traveled to or from high risk areas. ROM includes isolation AND quarantine. If you are placed in ROM, stay in a location where you can remain separate from others. You may be assigned to your quarters or, if at home with your family, isolate yourself from them (i.e. stay in a separate bedroom) unless they are in a ROM status as well. Do NOT share meals, utensils, surfaces, and avoid pets.

What is Isolation?

Medical term for the strict separation of personnel from others due to the development of potential or proven COVID-19 symptoms or a positive COVID-19 test.

What is Quarantine?

Medical term for separating asymptomatic personnel from those people reasonably believed to have been exposed to a communicable disease, to prevent the possible spread of the communicable disease. For the COVID-19 pandemic, some personnel who have recently had close contact with a known COVID-19 positive patient should be quarantined. The quarantine period depends on latest guidance from the CDC, Host Nation, and local base policy.

What is a Close Contact?

A person who was less than 6 feet away from another, infected person (laboratory confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).

ROM FAQs (NAVADMIN 113/20):

Question 1. When placed on ROM, can I travel to locations within the fence line of an installation to utilize services such as the NEX food court, gym, and DODEA Schools?

Answer: No, during the duration of ROM, NASSIG personnel must remain in their residence or barracks room with the exception of brief trips to utilize designated smoking areas, and limiting close contact (within 6 feet) with others. If your facility contains an indoor gym, do not use it. This includes dependents of service members. Your chain of command is responsible for making arrangements to provide you with food and supplies from the commissary, NEX, or galley.

Question 2. Can I accept food deliveries from various services?

Answer: Yes, food must be placed outside the room. Minimize Close Contact (avoid contact within less than 6 feet).

Question 3. Can I do my laundry?

Answer: Yes, but you should coordinate with your command to utilize in house laundry facilities.

Question 4. How do I obtain personal hygiene items?

Answer: Utilize the point of contact provided by your command to arrange for purchase of these items.

Question 5. Can I ROM in open bay barracks or in rooms with shared bathrooms?

Answer: Not preferred, individuals should be placed in separate lodging (when available). Personnel shall not execute Isolation in rooms with shared bathrooms.

Question 6. Can I use public transportation if in ROM status?

Answer: No, individuals on ROM should remain in their residence or barracks room.

Question 7. 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?

Answer: Refer to the latest base guidance.

Question 8. What is the difference between Quarantine and ROM?

Answer: 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.

If you are sick follow these steps Stay home except to get medical care

- Wear a mask.
- Stay at least 6 feet apart from others.
- Wash your hands often.
- Cover your coughs and sneezes.
- Clean high-touch surfaces every day.



Stay separate from other people and pets in your home

- Stay in a specific room as much as possible.
- Stay away from other people and pets in your home.
- If possible, you should use a separate bathroom.
- If you need to be around other people or animals in or outside of the home, wear a mask.

Frequently Asked Questions

Question 9. Are my family members at risk if I ROM at home with them?

Answer: 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.

Question 10. Can I prepare meals for my family while on ROM?

Answer: 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.

Question 11. What if there is a COVID positive person in my home whom I cannot stay separate from (for example, a child)?

Answer: If you are unable to separate from a positive case within your home and you are recently fully vaccinated or boosted according to the ROM flow chart, you are not placed into a ROM state and may continue to go to work or school as long as you wear an FFP2 type mask.

If you are unable to separate from a positive case in your home, and you are NOT recently fully vaccinated or boosted according to ROM flow chart then you are considered to have an “ongoing exposure” and are required to ROM based on the flow chart. Your close contact ROM clock starts on day 10 of the positive case.

FAILURE TO OBEY:

Failure to follow these provisions may result in disciplinary and/or adverse administrative actions against military personnel and civilian employees. It is important to remember we are all guests in Italy and these requirements are not only base policy, but Italian law. Failure of DoD personnel or sponsored dependents to abide by ROM requirements may result in the ROM

clock restarting, denial of access to installations and their services, AND/OR withdrawal of command-sponsorship requiring an early return to the United States. For Active Duty personnel, disobeying ROM or knowingly assisting others in breaking ROM (example: After child tests positive, allowing them to engage in activities outside the ROM location i.e. school or travel) can also lead to punishment outlined by **UCMJ Articles:**

Article 84 - Breach of Medical Quarantine

Article 86 - Absence from unit or place of duty without leave

Article 87b(c) - Breach of Restriction

Article 90 - Willfully disobeying superior commissioned officer

Article 92 - Failure to obey order or regulation

Contact Tracing:

The contact tracing team has been extremely busy due to the recent surge in positive cases within our base community. Additional contact tracing teams from various tenant commands have been added to expedite the process. We appreciate your patience during this busy time period.

Mask Wearing:

Masks are just one of the various tools we have in the fight against COVID-19. The virus, called SARS-CoV-2, that causes COVID-19, is spread through respiratory droplets. In other words, when someone coughs, sneezes, or even talks, respiratory droplets come out containing SARS-CoV-2 which can be transmitted from one person to another. A mask can help prevent this to varying degrees. The current base policy is that masks should be worn at all times except when actively working out. People should also be socially distanced during workouts. Masks are not a single or perfect solution, but they are another method we have to get to the end of this pandemic.

It is important to get vaccinated, wear a mask, stay 6 feet away from others, avoid crowds and poorly ventilated spaces, wash your hands often, cover coughs and sneezes, clean and disinfect, and monitor your daily health. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



Do not share personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



When to seek emergency medical attention

If someone is having

- Trouble breathing.
- Persistent pain or pressure in the chest.
- Inability to wake or stay awake.
- Pale, gray, or blue-colored skin, lips, or nail beds depending on skin tone.



NAS SIGONELLA

NATIONAL ARTS CONTEST

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