

90th Missile Wing

Public Health Emergency Officer (PHEO) - NEWSLETTER



Avoid crowds and non-essential travel
Follow CDC guidance for travel.



Disinfect surfaces-at least once a day
Use CDC-recommended disinfectants.



Wash clothes/linens, clean floors-at least once a week
Use CDC-approved detergents.

SARS-CoV-2 Vaccines—What we know

Current **community transmission** of the SARS-CoV-2 Delta variant in the United States is **High**. WY, CO, and NE, as well as Laramie Co WY, Larimer and Weld Counties CO, and Kimball Co NE are also reporting as **High** (<https://covid.cdc.gov/covid-data-tracker>). **Positivity rates** in WY, CO, and NE range from **8% to 14.9%**. If you are **not vaccinated or fully vaccinated** you are at risk of severe illness and hospitalization (<https://www.bmj.com/content/bmj/375/bmj.n2638.full.pdf>). **Get vaccinated NOW - Continue following guidance:**

1

FACE

Wear protective gear to obstruct the main transmission routes:
Eyes, nose, mouth

2

DISTANCE

Keep at least 6 feet away from others to reduce the viral load:
Work smart, shop smart

3

HANDS

Wash hands with soap frequently for 20 seconds each time:
Touch smart, disinfect

Fully vaccinated with mRNA Vaccines—Extra dose or booster:

The doses (strength) for the Moderna and Pfizer shots are different: **All Pfizer** shots—primary 2-series and booster—are the same dose: **0.3 mL** each (<https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/downloads/prep-and-admin-summary.pdf>). For the Moderna, however, only the primary 2-series shots are the same dose: **0.5 mL** each (<https://www.cdc.gov/vaccines/covid-19/info-by-product/moderna/downloads/prep-and-admin-summary.pdf>). The recent FDA EUA **Moderna booster** shot is half the primary dose: **0.25 mL** (<https://www.fda.gov/media/144637/download>). If you are 18 years or older **and** have completed the 2-shot Moderna primary series at least 28 days ago, consult with your medical provider about eligibility/risks for a full strength (0.5 mL) Moderna third shot based on your profile—underlying medical conditions and/or occupational risks for COVID-19.

Vaccination is 5 times more protective than natural immunity (<https://www.cidrap.umn.edu/news-perspective/2021/10/covid-19-vaccine-gives-5-times-protection-natural-immunity-data-show>).

Get vaccinated, NOW. Keep wearing your face covering; Distance; Avoid crowds & unnecessary travel; Wash your hands. It's not over until it is.

Seek immediate emergency medical attention if any of the following occurs:

- Sudden and/or continuous headaches;
- High fever (above 103 degrees Fahrenheit) along with any of the above symptoms;
- Troubled breathing;
- Persistent pain or pressure in the chest;
- New confusion, and/or inability to wake or stay awake;
- Pale, gray, or bluish lips, face, or nail beds;
- Nausea or vomiting along with persistent pain or pressure in the chest, and/or bluish lips or face;
- Continuous watery diarrhea along with any of the above symptoms.

SYMPTOMATIC PATIENT CARD

NAME: _____

If you feel ill, please call the appointment line for instructions.

If your test is **positive**, a provider will contact you. In addition, you can access your test results on MICare (now called TRICARE Online).

Appointment Call Line

307-773-3461 - Monday to Friday: 0730 - 1600

Testing by Appointment Only - Hours Vary

