

# 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

We are in the midst of a resurgence of SARS-CoV-2 infections because of the Delta (B.1.617.2) variant. State reporting indicates that all WY counties are currently classified as “high level of community transmission” (<https://covid.cdc.gov/covid-data-tracker/#county-view>). We must deny SARS-CoV-2 this domain. If you are **not vaccinated** or **fully vaccinated**, you are at risk of severe illness and hospitalization. If you want to have a choice on vaccine, **now** is the time to choose. **Get vaccinated - And, 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

### Delta—An aggressive Variant:

Compared to **previous** variants, **Delta**: (1) is more transmissible; (2) is more than twice as infectious; (3) transmits higher viral loads; (4) is more likely to increase hospitalizations, and, (5) can cause more severe illness in unvaccinated (<https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>). **About viral loads:** High viral loads during the early days of infection may facilitate transmission (<https://pubmed.ncbi.nlm.nih.gov/33296437>). Delta is expanding its hold through the unvaccinated—mostly young adults and adolescents. To return to normal operations, we must suppress transmission through vaccination (<https://today.tamu.edu/2021/08/13/what-the-delta-variant-means-for-covid-19/>).

**About “breakthrough” cases:** Some vaccinated individuals get infected. “Breakthrough” infections occur because (1) most vaccines are not 100% effective; (2) viral transmission is high; and, (3) viral load is high (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8366801/>). Do not use “breakthrough” cases as an excuse to refuse vaccination. Any of the FDA/CDC indicated vaccines will give you enough protection to keep you alive and out of the hospital. **Get vaccinated, NOW. Keep wearing your face covering; Distance; Avoid crowds & unnecessary travel; Wash your hands.**

### 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.

### 90TH MDG, FEW AFB—ROMC SYMPTOMATIC PATIENT CARD

**NAME:** \_\_\_\_\_

You are on 72-hour quarters minimum, From \_\_\_\_\_ Through \_\_\_\_\_

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

ROMC Call Line

307-773-5132 - Monday to Friday: 0730 - 1600

Testing by Appointment Only - Hours Vary

