SARS-CoV-2 Omicron—What we know


To reduce (re-)infection risk: Wear an N95 mask in public; Get a booster vaccine; Avoid large gatherings and unnecessary travel.

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

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 variants: A Challenge

Since December of 2019, public health experts and medical scientists have been tracking and evaluating the mutating evolution of the SARS-CoV-2/COVID-19 pandemic. To date, over 330 vaccines in various platforms have been deployed: Inactivated virus-based; DNA-based; mRNA-based; Protein subunit-based; Viral vector-based (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8777947/). Numerous treatments are under current consideration (https://www.covid19treatmentguidelines.nih.gov). Public health and medical experts, however, cannot alone break this pandemic. Infectious viruses/diseases require personal behavioral changes. For infectious respiratory viruses: The first line of defense is preventing catching the virus by wearing an N95 mask, distancing from others, practicing personal hygiene, and avoiding crowded settings. The second line of defense is enabling the immune system to fight the virus by vaccinating. Consult with your provider about a booster/third vaccine. Our community will be as resilient, ready, credible, and lethal as our self-awareness, our self-discipline, and our “service to others before self.”

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, stay home and call the appointment line for instructions.

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

Vaccine administration: Moderna on Mon, Thur; Pfizer on Friday

Appointment Call Line:

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