

# 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—What we know

**We know:** (1) The FDA-approved vaccines are preventing severe disease and hospitalization from COVID-19 (<https://covid.cdc.gov/covid-data-tracker/#vaccine-effectiveness>); (2) The Omicron BA.2 variant, currently predominant in the U.S. (68.1%), is ticking up COVID-19 cases and hospitalizations (<https://covid.cdc.gov/covid-data-tracker/#variant-proportions>); (3) An extra vaccine dose induces a potent immune response that neutralizes Omicron (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8733787/pdf/main.pdf>).

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

## SARS-CoV-2: U.S. Vaccinations

As of 28 April 2022, of the total U.S population: (1) only 66.1% has received either of the FDA-approved vaccine series—the two-dose mRNA or the single-dose J&J/Janssen; (2) only **45.7%** has received a **booster** (or extra) vaccine dose ([https://covid.cdc.gov/covid-data-tracker/#vaccinations\\_vacc-people-onedose-pop-5yr](https://covid.cdc.gov/covid-data-tracker/#vaccinations_vacc-people-onedose-pop-5yr)).

On 29 March 2022, the FDA approved an additional (second) **booster** (<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/doi-qualify-covid-19-vaccine-booster-and-which-one>). If you have not had an initial booster or wish to re-boost your immune system, talk to your provider. Depending on your individual and/or work-related profile, consider boosting at least five months after completion of your initial vaccine series (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>).

### SARS-CoV-2 is an airborne respiratory virus

(<https://www.nejm.org/doi/pdf/10.1056/NEJMicm072576?articleTools=true>; <https://www.nejm.org/doi/pdf/10.1056/NEJMicm1501197?articleTools=true>). The most effective way to avoid getting infected is by blocking the virus from entering your airway:

**When not at home, wear an N95 mask.**

## 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

