

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

The current COVID-19 FDA-approved vaccines will (1) protect you from serious illness **if you are fully vaccinated**; and (2) recognize known variants of the original SARS-CoV-2. We do not yet know (1) how long immunity lasts; (2) how well the vaccines prevent the spread of the virus; and (3) why some SARS-CoV-2 variants circulating in some communities make some fully vaccinated individuals sick (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>). **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

Population (“Herd”) Immunity:

Population immunity is thought to have been achieved when a virus is having a hard time to spread from person to person. Based on how much we still do not know about SARS-CoV-2, scientists who have been studying pandemics, epidemics, and endemics believe that to reach population immunity for SARS-CoV-2, **we need 70-90% population immunity** (<https://www.gao.gov/assets/gao-20-646sp.pdf>; <https://www.cidrap.umn.edu/osterholm-quotes>). I agree.

On 13 May 2021, the CDC recommended that individuals in the U.S. who have been **fully vaccinated** can resume pre-pandemic activities without wearing face coverings or maintaining a 6-foot distance; UNLESS, required by: (1) local businesses and workplaces; (2) local, state, tribal, territorial, or federal laws, rules and regulations. Face coverings are still required when using public transportation within and outside of the United States. For individuals with health conditions and/or under medical treatment that weakens their immune systems, the CDC guidance remains as announced prior to 13 May 2021 (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>). **Get vaccinated; Keep wearing your face covering; Distance; Avoid crowds & unnecessary travel; Wash your hands.**

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

- **Troubled breathing;**
- **Persistent pain or pressure in the chest;**
- **New confusion;**
- **Inability to wake or stay awake;**
- **Bluish lips or face**

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

