

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

As of 21 Nov 2021, community transmission of the SARS-CoV-2 Delta variant in the United States is **High**. Of the U.S. population, **only 59.2%** is fully vaccinated and **only 18.4%** has had a booster vaccine. WY, CO, and NE are reporting as **High**, with Laramie WY, Larimer and Weld Counties in CO reporting a “**deep red high**” status, with a **low** vaccination rate of **48.7%**, and hospitalizations trending **up** by **12.04%** (<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>). **Get a booster vaccine NOW - Continue following CDC 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

The 1918 H1N1 & 2019 SARS-CoV-2: Influenza vs. Corona Viruses

There is no consensus on the origins of the **H1N1** and **SARS-CoV-2** viruses but both are thought of as caused by zoonotic (animal borne) viruses. Sometimes, zoonotic viruses can subside but **can never be eliminated**. **H1N1** is an influenza orthomyxovirus that is surfacing regularly causing influenza epidemics and irregularly worldwide pandemics; it is now managed by yearly vaccinations. Worldwide, the **1918 H1N1 infected over 500 million and killed 50-100 million** people (<https://www.ncbi.nlm.nih.gov/books/NBK513241/>; <https://www.cdc.gov/flu/pandemic-resources/pdf/workshop.pdf>). **SARS-CoV-2 is not an influenza virus**; it is a corona virus. Corona viruses regularly circulate among some animals, sometimes spilling over to humans. Three of the seven known corona viruses have caused serious illness and death to people: The 2002 SARS-CoV (>8,000 ill, 774 dead); the 2012 MERS-CoV (>2,040 ill, 712 dead); and **the 2019 SARS-CoV-2 (this far >254 million ill, >5 million dead; yes, millions)** (<https://www.niaid.nih.gov/diseases-conditions/coronaviruses>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5850400/>; <https://www.ecdc.europa.eu/en/geographical-distribution-2019-ncov-cases>). Immunity **wanes** (<https://www.cdc.gov>). If you are over 18 years old, **get a booster vaccine NOW**.

We are all tired and done with it but **SARS-CoV-2 is not done with us**. Wear a CDC-recommended **mask** in public indoor/outdoor spaces; **Distance**; **Avoid crowds** & non-essential **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.

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

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

Testing by Appointment Only - Hours Vary

