

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—A new wave of infections

Currently, the United States accounts for over half of COVID-19 cases in the Americas, and about 16% of total Global cases (<https://covid19.who.int/>; <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>). The BA.4 and BA.5 Omicron SARS-CoV-2 sub-variants are currently predominant (52.3%) in the United States (<https://covid.cdc.gov/covid-data-tracker/#variant-proportions>). And, COVID-19 herd immunity does not appear attainable (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9129114/pdf/jiac109.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: Will it go away?

No. But, we can control it and normalize our ways of life if we are willing to try (1) avoiding getting infected, (2) boosting our immune system. Studies have shown that prevention measures and vaccinations can control COVID-19 (<https://newsinhealth.nih.gov/2022/05/mandatory-masking-schools-reduced-covid-19-cases>; <https://covid19.nih.gov/covid-19-topics/covid-19-vaccines>): Vaccinations lower the risk of severe illness and death; Masking reduces COVID-19 cases; Distancing, ventilation, avoiding crowded places, and good hygiene reduce risk of infection (<https://cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>).

To avoid infection: Block the virus from entering your airway: **When not at home, wear an N95 mask.** To enable and empower your immune system: **Talk to your medical provider for boosting and re-boosting guidance.**

This is the last monthly PHEO Newsletter under my care. Please stay informed by reaching credible sources. I highly recommend that you follow Dr. Michael Osterholm's podcasts and webinars @ <https://www.cidrap.umn.edu/covid-19/podcasts-webinars>.

Wranglers, it has been a distinct honor and pleasure to have served as your Doctor at the Mighty 90. Thank you and your families for your service and enabling support!

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 Monday; Pfizer on Friday

Appointment Call Line:

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

