

# 63D Readiness Division



## FALL 2020

### Message from the 63d RD Command Surgeon

#### 63d RD Surgeon's Office

##### TPU Vacancies

- Deputy Surgeon (O5/60A00)
- Health Services Admin NCO (E8/68G50)

\*Want to join the Blood and Fire team! Please contact the 63d RD Surgeon's Office team box at [usarmy.usarc.63-rd.mbx.surgeon@mail.mil](mailto:usarmy.usarc.63-rd.mbx.surgeon@mail.mil)  
Greetings,

#### Helpful Links

##### LHI

<https://lhi.care/>

##### TRICARE

<https://www.tricare.mil/mtf>

##### CDC

<https://www.cdc.gov/>

##### US Army Public Health Center

<http://phc.amedd.army.mil/Pages/default.aspx>

Greetings,

COVID 19 has brought many challenges, both personally, and with our military life. As we enter FY21, we must not lose focus of the mission, readiness is still our number one priority. We are coming up on flu season and the influenza vaccination is more important than ever.

PHA's, Dental exams, and vaccinations are key to ensuring we maintain our health readiness status. The medical readiness portal can be accessed through your AKO2 self service options. We as soldiers have a responsibility to ensure each other stay safe. Please be aware of your regional health recommendations regarding COVID 19 and follow the guidelines. Continue practicing safe distancing, hand washing, and wearing a mask. Wearing a mask helps keep others in your community healthy.

COL Miles E. Mahan, 63d RD Command Surgeon

"Serve and Protect"

### RHRP Influenza Program 20-21

**Flu immunizations for Health Readiness Events will be starting the weekend of September 12 - 13, 2020. The RHRP In-Clinic and Walk In flu program will be available September 1, 2020.**

Flu immunizations can be completed in one of three ways through RHRP:

- The unit requests Health Readiness Event support through the LHI coordinator for immunizations and other services.
- **In-Clinic/Walk In voucher** — Influenza will be starting September 1, 2020. In order to be prepared for rapid and wide-spread influenza vaccinations to be provided to the field, USARC has directed LHI to proactively mass create Walgreen's Walk In vouchers beginning 1-Sep-2020 for non-exempt TPU Soldiers.
- Service member (SM) must present voucher from [www.LHI.Care](http://www.LHI.Care) to Walgreens at time of receiving flu vaccine and upload receipt on [www.LHI.Care](http://www.LHI.Care).
- If voucher is not needed, it will cancel at no charge at end of flu season.
- If you don't see a Walk In voucher created in [www.LHI.Care](http://www.LHI.Care), flu can be ordered for either option through: [www.LHI.Care](http://www.LHI.Care) Request Services

**LHI Self Service Request Process: (877) 437-6313**

# COVID CORONAVIRUS DISEASE 19

## What are symptoms of COVID-19?

- Muscle or body aches
- Fever
- Cough
- Shortness of Breath

## See travel guidance from the Centers for Disease Control and Prevention

[www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html)

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19

## Is there a treatment?

There is no specific treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms

For more information:

[www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

## **What is coronavirus disease 2019 (COVID-19)?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## **How does COVID-19 spread?**

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads. Learn what is known about the spread of COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>.

## **There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:**

- \* Avoid close contact with people who are sick.
- \* Maintain good social distance (about 6 feet).
- \* Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- \* Routinely clean and disinfect frequently touched surfaces.
- \* Cover your mouth and nose with a mask when around others.

## **If you are sick, to keep from spreading respiratory illness to others, you should:**

- \* Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- \* Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- \* Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- \* Avoid public transportation, ride-sharing, or taxis.
- \* As much as possible, stay in a specific room and away from other people and pets in your home.
- \* Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.



## ARMY WELLNESS CENTER



**Mission:** The Wellness Center programs help Service members, their families, retirees and DOD civilians build and sustain good health. It empowers them to set their own health goals and achieve them. It addresses lifestyle change in areas that affect both short-term and long-term health, engaging people in their “life space”-the places where they live, work, relax and rest. It is a **FREE** service that helps improve unit readiness and support physical fitness standards by targeting the physical fitness and performance of Service members.

**Types of Services:** WC offers programs such as Exercise Testing & Exercise Prescription; Weight Management & Metabolic Testing; and Body Composition Analysis; with Sleep Education and Stress Management Education & Biofeedback coming soon. Programs are individualized to address your current needs, motivation and confidence level. The WC approach to service is holistic. Staff members take into account all of an individual's physical, psychological and social circumstances when providing services.

**Getting Started:** Referrals can be made to WC's by medical providers or unit commanders. Self-referrals are always welcome and can be made by contacting WC's directly.

## Army Wellness Center Locations



### Wellness Center POC's:

Fort Bliss	(915) 742-9566
Fort Hood	(254) 553-6196
JB San Antonio	(210) 539-1254
Fort Irwin	(760) 380-7373
Fort Sill	(580) 442-0680