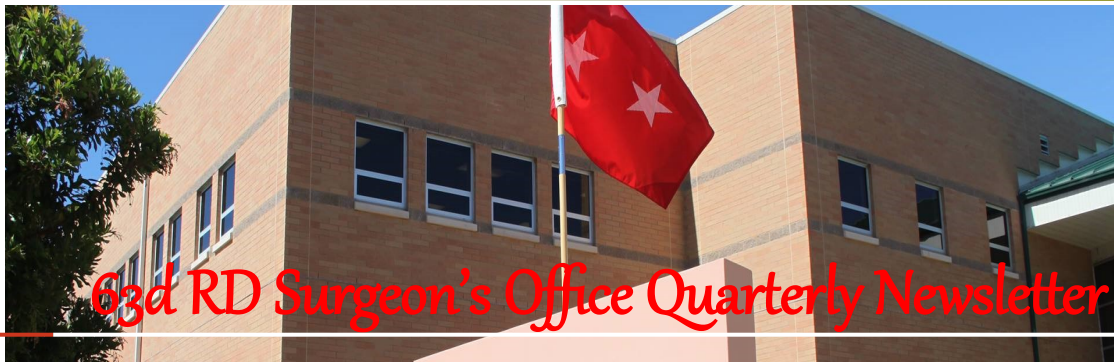


63D Readiness Division



WINTER 2020

Message from the 63d RD Behavioral Health

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

63d RD Surgeon's Office ADOS Opportunities

Position ID: 263187

Mission Location: Mountain View, CA

Start Date: Mon Jan 4 2021

End Date: Thu Sep 30 2021

Duty Title:

Healthcare Readiness NCO

MOS: 68W

Rank: MSG/E8

*Qualified Soldiers can apply on the Tour of Duty website: <https://mobcop.aoc.army.pentagon.mil/TOD/Default.aspx#>

As Director of Psychological Health for the 63d....it is my honor to be an advocate and a resource for the reserve Soldiers in this Seven-State Region. Having had my travel temporarily halted.....my connection to the Reservists has suffered. In addition to my work connections taking a hit...so have my personal and social connections. Studies have shown that feeling isolated is just as harmful to your physical health as smoking 15 cigarettes a day! It adds to depression, anxiety and stress and quality of sleep. Humans are social species. It is no surprise that "video chatting" has taken off over the last several months. Here are a few ways people are gathering and connecting during this time of imposed isolation.

- Weekly lunch dates with co-workers
- Happy Hour on Fridays
- Streaming Yoga and other fitness classes
- Playing games like Trivia and Charades

If you don't know where to start with video chatting...then pick up the phone! Hearing voices CAN help you feel more connected.

Margaret (Meg) Higgins, LCSW
Director of Psychological Health, 63d RD and 9th MSC
Army Reserve Physiological Health Program
Office: 650-526-9211
Cell: 571-319-1577
Email: margaret.v.haycraft.ctr@mail.mil

External Behavioral Health Resource links:

- VETS4WARRIORS: <https://www.vets4warriors.com/>
- Psychological Health Center of Excellence: <https://www.pdhealth.mil/>
- Military One Source: <http://www.militaryonesource.mil>
- Give An Hour: <https://giveanhour.org/>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>
- Home-front Enabling Relationships, Opportunities, and Empowerment through Support: <https://heroescare.org/>

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

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

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>.

Everyday preventive actions to help prevent the spread of respiratory viruses, 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.



CDC Guidance for the Holidays

Holiday Travel

Travel may increase your chance of spreading and getting COVID-19. CDC continues to recommend postponing travel and staying home, as this is the best way to protect yourself and others this year.



If you are considering traveling for the winter holidays, here are some important questions to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family.

Are you, someone in your household, or someone you will be visiting at increased risk for getting very sick from COVID-19?

Are cases high or increasing in your community or at your destination? The more cases in your community or at your destination, the more likely you are to get and spread COVID-19 as a result of your door-to-door travel. Check [CDC's COVID Data Tracker](#) for the latest number of cases in each area. Are hospitals in your community or at your destination overwhelmed with patients who have COVID-19? To find out, check [state and local public health department websites](#).

Does your home or destination have requirements or restrictions for travelers?

Check [state and local requirements](#) before you travel.

- During the 14 days before your travel, have you or those you are visiting had close contact with people they don't live with?
- Do your plans include traveling by bus, train, or airplane, which might make staying 6 feet apart difficult?
- Are you traveling with people who don't live with you?

If the answer to any of these questions is "yes," you should consider making other plans, such as hosting a virtual gathering or delaying your travel.

If your answers are "no" and you do decide to travel, be sure to take these steps during your trip to protect yourself and others from COVID-19: Check [travel restrictions](#) before you go. Check CDC's [Domestic Travel Guidance](#) and consider testing before and after you travel. Get your flu shot before you travel, and always wear a mask in public settings, when using public transportation, and when around people who you don't live with.

Wear your mask correctly over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides

Stay at least 6 feet apart from anyone who does not live with you.

Everyone Can Make Winter Holiday Celebrations Safer

- Wear a mask with two or more layers to stop the spread of COVID-19 to protect others and yourself indoors and outdoors.
- In cold weather, wear your mask under your scarf, ski mask, or balaclava.
- Keep a spare mask in case your mask becomes wet with moisture from your breath or from snow or rain.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.
- If driving, pack your food and limit stops.
- Know when to delay your travel.



Reserve Health Readiness Program (RHRP)

USAR 2020 Influenza Program

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:

1. **Health Readiness Event**— Influenza available the weekend of September 12–13, 2020.
**** USARC's FRAGORD 018 to OPOD 20-048, Annex N, regarding events during COVID pandemic will still apply ****
 - The unit requests Health Readiness Event support through the LHI coordinator for immunizations and other services.
2. **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 to Walgreens at time of receiving flu vaccine and upload receipt on 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, flu can be ordered for either option through:
 - www.LHI.Care Request Services
 - LHI Self Service Request Process: (877) 437-6313
3. **Historical Updates**
 - Flu shots that are not provided by RHRP can be updated in MEDPROS through the following options:
 - SM - Go to: www.LHI.Care> Records Update
 - Unit Representative - Go to: www.logisticshealth.com/HistoricalUpdate
 - Documentation submitted must include ALL of the following:
 - SM's name
 - Date of birth
 - SSN/last 4
 - Type of vaccine
 - Signature
 - Historical Updates will be updated within approximately 10 business days. Historical documentation provided at a Health Readiness Event will not be updated.

Note: In-Clinic/Walk In flu is anticipated to end March 2021 and Health Readiness Event flu by June 2021.

Questions? Contact your RHRP Account Manager or [RHRP Support at \(877\) 437-6313](tel:8774376313).