

# HOLIDAY TIPS

MEDCoE wishes you a  
happy, healthy and safe  
holiday season



Force Health Protection: FHP encompasses measures to promote, improve, conserve or restore the mental or physical well-being of Soldiers.

Everyday preventative actions can help slow the spread of germs that can cause many different illnesses.

The United States is experiencing a resurgence in the circulation of non-COVID 19 respiratory viruses. Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others against illnesses such as COVID-19 and influenza (flu).

Stay Healthy During Indoor and Outdoor Activities:

Many of the germs that cause respiratory (breathing) diseases are spread by droplets that come from coughing and sneezing. These germs usually spread from person to person when uninfected persons are in close contact with a sick person. Some people may become infected by touching something with these germs on it and then touching their mouth or nose.

- Outdoor activities are generally safer than indoor events and masks are generally not needed
- If you are not up to date with vaccines and aged 2 or older, you should wear a well-fitting mask covering the nose and mouth in public indoor settings.
- In areas with [high numbers of COVID-19 cases](#), consider wearing a mask in crowded outdoor settings and for activities involving [close contact](#) with others. [covid.cdc.gov/covid-data-tracker](https://www.covid.cdc.gov/covid-data-tracker)
- Even those who are fully vaccinated against COVID-19 should wear a mask in public indoor settings in communities with substantial to high transmission. Avoid crowded, poorly ventilated spaces.

Self-Monitor:

Recognize signs and symptoms of respiratory illness: cough, congestion, runny nose, or sore throat, shortness of breath, loss of taste and/or smell, chills, diarrhea, repeated shaking with chills, fever (temperature over 100 degrees F), muscle pain, headache, or known close contact in the last 14 days with a person who is COVID-19 positive.

- Get [tested](#) if you have symptoms of flu or COVID-19 or have close contact with someone who has the flu or COVID-19.
- If you are sick or have symptoms, do not host or attend a gathering.
- If POSITIVE for COVID-19, isolate for 5 days and wear a mask around others until day 11 or until symptoms resolved.
- Notify chain of command of illness.

### Emergency Care:

**Before seeking care if non-life, limb, or eyesight medical condition, contact the Healthcare Advice line.**

**Healthcare Advice** – Contact the Nurse Advice Line, providing support to TRICARE beneficiaries 24/7 at no cost via phone/chat/video/chat at <https://mhsnurseadvice.com/>.

**Immediate Medical Attention** – Go to the nearest emergency room or call 911. If you receive emergency care, it is essential to contact the TRICARE regional contractor within 24 hrs to ensure required coverage documentation is provided.

- **East Region** - Humana Military 1-800-444-5445, [www.tricare-east.com](http://www.tricare-east.com)
- **TRICARE West** - Health Net Federal Services 1-844-866-9378, [www.tricare-west.com](http://www.tricare-west.com).
- If traveling in **Latin America and Canada** (incl. Central and South America, the Caribbean Basin, Canada, Puerto Rico and the Virgin Islands), contact +1-215-942-8393 / 1-877-451-8659 (Stateside), [www.tricare-overseas.com](http://www.tricare-overseas.com).
- If traveling in the **Pacific Area** (incl. Guam, Japan, Korea, Asia, Australia, New Zealand, India and Western Pacific remote countries) +65-6339-2676 (Singapore) +61-2-9273-2710 (Sidney) 1-877-678-1208/1209, (Stateside) [www.tricare-overseas.com](http://www.tricare-overseas.com).
- If traveling **Eurasia-Africa Area** (incl. European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics. This includes Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.) Contact +44-20-8762-8384 / 1-877-678-1207 (Stateside). [www.tricare-overseas.com](http://www.tricare-overseas.com).

### Traveling during the Holidays

- If you are considering traveling for a holiday or event, visit CDC's [TRAVEL](https://wwwnc.cdc.gov/travel/) page for current guidelines at <https://wwwnc.cdc.gov/travel/>
- Traveling on public transportation or internationally, regardless of vaccination status, review local and host nation requirements for mask wearing before traveling.
- If traveling on DoD transportation, masks will be worn at all times in accordance with federal and DoD guidance.

### Do NOT travel if...

- You are sick with symptoms of influenza-like illness or test POSITIVE for COVID-19.
- You completed 5 days of isolation for COVID-19 but will not be able to wear a mask on public transportation if traveling within 10 days of POSITIVE COVID-19 test.
- You are waiting for results of a COVID-19 test; if POSITIVE isolate and notify chain of command.

### Tips for the "Holiday Blues"

Holiday season is a time for family and joyous activities, that for some may experience increased stress, feelings of loneliness, depression, and anxiety.

- Remember holidays are a time to recharge and relax, so it's okay to say "no."
- Stay connected - you don't need to be superman or superwoman; don't wing it alone, depend on close family and friends to help you through this time.
- Set realistic goals for holiday activities.
- **Need help** - Call Army One Source at **1-800-342-9647**. Collect call from outside the U.S. 484-530-5947. Available 24 hours a day, 7 days a week.

**Reporting:** Report concerns as soon as possible (Soldiers). 32d Med Bde Staff Duty: 210-221-4208 / 5349. Inform supervisor, chain of command or drill sergeant.

**Remain connected!  
Visit the HBL Page:**



**[www.medcoe.army.mil](http://www.medcoe.army.mil)**



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