

# November Updates

HOHENFELS HEALTH CLINIC

## ANNOUNCEMENTS

### CLOSED!?

**November Closure Hours:** The Health Clinic will be completely closed during the days listed below:

**Thursday 11 NOV:** Veterans Day

**Thursday and Friday 25-26 NOV:** Thanksgiving

### Online Booking

Available to ALL! Log-on to [www.tricareonline.com](http://www.tricareonline.com) to begin booking your appointments online. Every Tricare beneficiary, to include children, must have their own account.

### Diabetes Awareness

November is Diabetes Awareness Month. Please contact Emily Rich for information regarding the Diabetic Support Group: DSN 466-3347.

### Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent the flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Don't send a sick child to school or child care.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Cough into your elbow if you don't have a tissue.

4. Clean your hands.

Washing your hands often will help protect you from germs. Alcohol-based hand cleaners are also effective. Wash your hands after dealing with money, ID Cards, ATMs and shopping carts.

5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his

or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

7. Be Army Ready.

Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

8. Call the Hohenfels H1N1 Hotline. :For questions call the Hohenfels H1N1 Hotline at DSN 466-H1N1 or commercial 09472-83-H1N1.

## SELF CARE

The Health Clinic offers a self care program that allows anyone with a valid military ID card, older than 2 years of age and not pregnant to receive over the counter medications. This program allows patients to make their own decisions regarding diagnosis and treatment of health problems to include preventative care by using over the counter (OTC) medications. To take advantage of this program you need to take a number from the lobby kiosk and then when your number is called the pharmacist will screen your symptoms and provide you with the appropriate OTC medication. The following symptoms with available treatment at the pharmacy are: dry productive cough, sore throat, nasal/chest congestion, sneezing, runny nose, watery eyes, fever, mild body aches and pains, headache, upset stomach, gas, acidic stomach, mild heartburn, mild rash, dry/itchy skin, athlete's foot, jock itch, minor cuts, warts, insect bites, and head lice. Please note that if your symptoms do not improve with self treatment within 3 days or are not resolved within one week, please make an appointment with your PCM.

# What you should know about the **HEALTH CLINIC**

## Before your Pharmacy Visit!

Please bring the latest copy of your medication reconciliation sheet and be prepared to present all your medication needs at the same time when coming to the pharmacy window. Also, if picking up medications for your children, please be prepared to present the current weight of your child.

## Before your Radiology Visit!

If you need to visit the Radiology section, please take a number at the door, and ring the doorbell (Room 204)! This will ensure you are served in the fastest time possible.

## Before your Records Room Visit!

Please be sure to have your ID Card! It is an absolute necessity. If you are PCS'ing, please bring a copy of your orders, and be prepared to hand carry your records to your next duty station.

## Before your Optometry Visit!

If you wear contact lenses please bring your prior contact lens prescription and lenses to your appointment. We do not have trial contacts in Hohenfels at this time. If you want a contact lens exam, please bring your glasses and current contacts to allow lens fitting and evaluation. NOTE-PATIENTS WHO DESIRE LASER SURGERY MUST STOP wearing CONTACTS for 1 month prior to evaluation for LASER surgery.

## Before your Laboratory Visit!

If you need blood work done by the Lab, please ask your Primary Care Manager or Nurse if you should be fasting before your appointment. For accurate results, you should fast 10-12 hours before your blood-draw; water and medication are allowed.

## NEED CARE AFTER HOURS?

Krankenhaus Barmherzigen  
Brueder  
Pruefeningerstr. 86  
93049 Regensburg

Klinikum Der Universitaet Re-  
gensburg  
Franz-Josef-Strauss Allee 12  
93053 Regensburg

Klinik St. Hedwig  
Steinmetzstrasse 1-3  
93049 Regensburg

Kreiskrankenhaus Burglengenfeld  
Dr. Sauerbruchstr. 1  
93133 Burglengenfeld

Kreiskrankenhaus Parsberg  
Lupburgerstr. 11  
92332 Parsberg

Caritas Krankenhaus St. Josef  
Landshuterstr. 65  
93053 Regensburg

Klinikum Neumarkt  
Nuernbergerstr. 12  
92318 Neumarkt

### Nurse Advice Line

Need medical assistance after hours? You can speak with a live Registered Nurse, access the Audio Help Library, and even make an appointment! The Nurse Advice Line operates **24 hours** a day 7 days a week. Call toll-free @ 00800-4759-2330.