



# September Updates

1 September 2009

"Quality Health Care is our Mission!"

## Clinic Hours

### Monday-Thursday

0700-0730 AD Sick Call

0800-1700 Full Service

### Friday/Training Holidays

0700-0730 AD Sick Call

0800-1200 Full Service

1300-1700 Staff Training

### Weekends & Federal Holidays

\*Closed

## Diabetic Support Group

Join the Hohenfels Health Clinic's Diabetic Support group; Monthly meetings, a newsletter and much more, for information call Ms. Emily Rich at 466-3347.

## ...Health Benefits Awareness Month

September is Health Benefits Awareness Month. Tri-Care offers a plethora of events where you as a beneficiary can find out what exactly you are entitled to as well as the services Tri-Care Europe offers: from the Nurse Advice Line to Tri-Care Online. Please stop by the Clinic's booths at our September events (listed on back).

### Flu Season

The Health Clinic now offers the Flu-Mist. It is available to all community members free of charge. The Health clinic staff encourages everyone to take advantage of this opportunity before flu season. Re-

strictions for the FLU-MIST include children under the age of 2, individuals over 49 years old, and individuals with major health conditions such as asthma, diabetes, and allergies. The FLU-SHOT will be available very soon. For more information call Immunizations at DSN 466-4541.

### Immunizations

Parents, please keep your children's yellow shot record (hard copy) current. Bring shot records to every immunization/ well-baby visit. Immunization data is entered into a data base, however we have found that periodically data is dropped. This glitch

increases the risk of repeat immunizations and/or having blood draw to determine levels of immunity. Prevent unnecessary sticks for yourself and children by keeping your yellow shot record updated and readily available. Call Ms. Gozy at Immunizations at DSN 466-4541 or CIV 09472-83-4541.

### Never Too Late!

Imagine a world without long lines or busy signals. Got it! Visit [www.tricareonline.com](http://www.tricareonline.com) to book appointments online; it is quick, easy, and available to all Tricare beneficiaries. Go to [www.tricareonline.com](http://www.tricareonline.com) to make a user profile, and you can begin booking appointments immediately.

**Book appointments Online at [www.tricareonline.com](http://www.tricareonline.com)**

## Flu Season is Among Us: Here is a Tip for Home Care

In **children**, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever

## When to Seek Emergency Care:

In **adults**, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

# September 2009

## Schedule of Events

- 10-12: Holiday Bazaar @ CAC & Post Gym (BLDG 40 & 88)
- 15: Blood Pressure Screening @ ACS (BLDG 10)
- 16: Flu-Shots/Open House @ High School (BLDG 780)
- 17: Flu-Shots/Open House @ Elementary School (BLDG 5)
- 25: Community Health Fair @ Post Gym (BLDG 88)
- 25: Hispanic Heritage Month: The Health Clinic will be sponsoring the Jalapeno Eating Contest at the Hispanic Heritage Festival on 25 Sep 09, the festival will start at 1800 to be held at the zone and will include, dance/cultural demonstrations, piñata breaking,

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
				Holiday Bazaar @ CAC & Post Gym (BLDG 40 & 88)		
13	14	15	16	17	18	19
		BP Screening @ ACS (BLDG 10)	Flu-Shots/Open House HS (BLDG780)	ES (BLDG 5)		
20	21	22	23	24	25	26
					Community Health Fair @ Post Gym (BLDG 88)	
27	28					

Stop by the clinic any time to get your Flu-Mist!



## Bone Marrow Registration Drive

Register and Give the Gift of Life

- September 25: The Health Clinic will be hosting a Bone Marrow Registration Drive as a part of the Health Fair (Located in the Post Gym). Registration consists of donor education, a letter of consent, an oral swab, and finally registration as a potential volunteer marrow donor. The process is painless and takes about 5 minutes. Please stop by the Health Clinic Booth at the Garrison Health Fair. For more information contact DSN 466-3603 or CIV 09472-83-3603.

