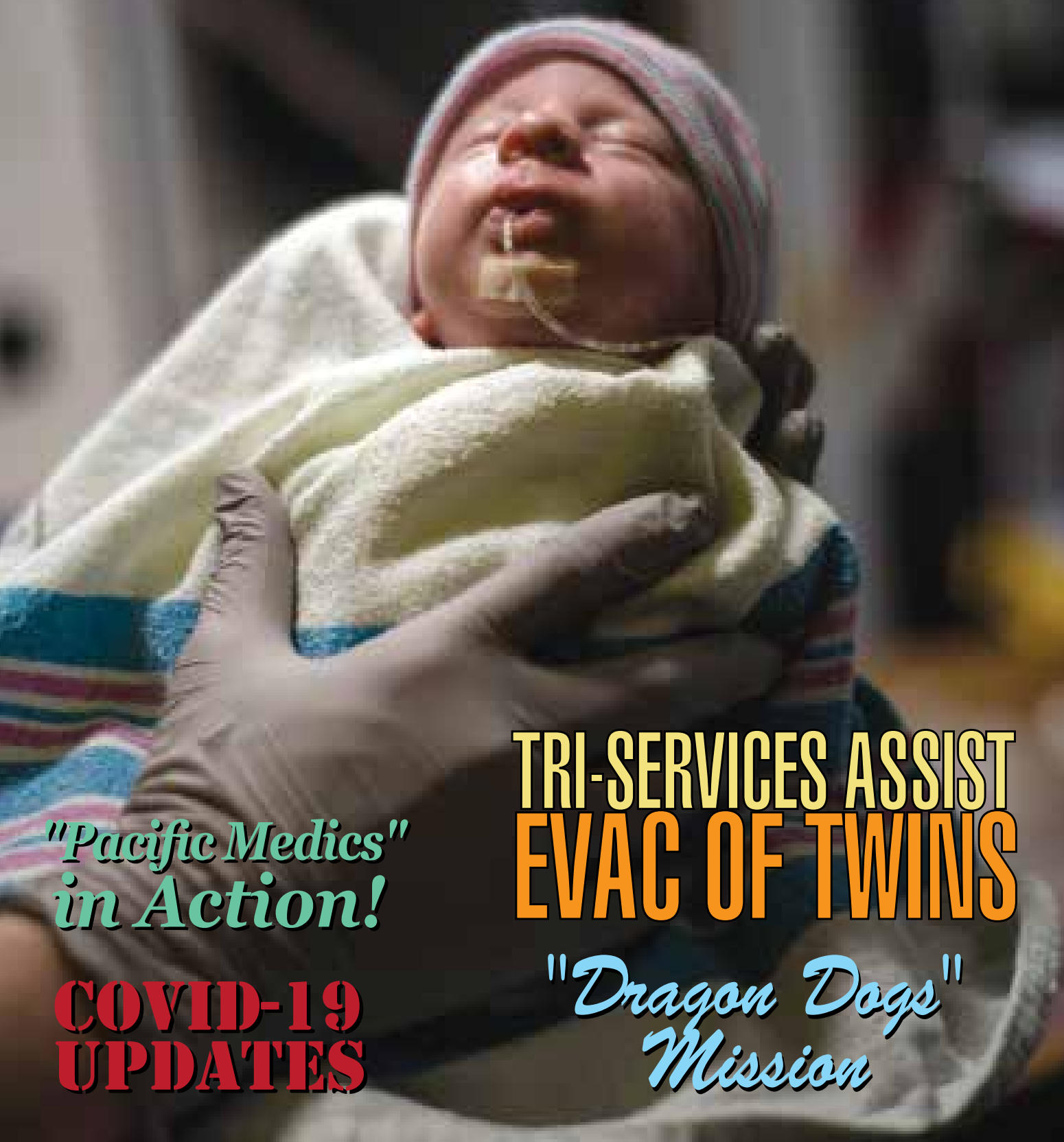


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EDITOR'S LETTER

The enemy is now in the wire, and its name is COVID-19. With coronavirus dominating every facet of our day to day lives, we hear a variety of words being used when it is discussed: quarantine, isolation, social distancing. But what do these words really mean for your life?

What is quarantine?

Governments use quarantines to stop the spread of contagious diseases. They are designed for people or groups who don't have symptoms yet but were exposed to the sickness. A quarantine keeps them away from others so they don't unknowingly infect anyone.

What is isolation?

While isolation serves the same purpose as quarantine, it's reserved for those who are already sick. It keeps infected people away from healthy people to prevent the sickness from spreading.

Folks who contract the new coronavirus will develop symptoms between five and 12 days after their exposure to the new virus. More than 97% of infected people who develop symptoms will do so within 11.5 days. That's good news, because it means the 14-day quarantine period established by the US Centers for Disease Control and Prevention is "appropriate" and will cover 99% of all infectious cases of the Covid-19 virus.

What is social distancing or close contact?

That is defined as being approximately 6 feet (2 meters) of someone with COVID-19 for a prolonged period of time. That includes if you are living with, visiting or sharing a healthcare waiting area or room with someone with COVID-19. Or if you have been coughed on by someone with the disease.

What is contact tracing?

Close contacts are identified by health professionals through what's known as contact tracing. Contact tracing is a process used to understand how an infectious disease is spreading in a community. Contact tracing has two purposes: to figure out who a sick person caught an illness from, and to find out who they've been in contact with while infectious.

If someone develops symptoms of the virus while in quarantine, the contact tracing is done two days back from when they first developed symptoms not from day one of self-quarantine.

While fear is normal, educating yourself is a great way to counterbalance your anxiety. Do this by making sure you get your information from reliable sources. Hyper-fixating on local news can be detrimental.

If you are quarantined, follow the health directives you are given and do your part to stop the spread of contagious diseases. Being couped up inside may seem unbearable, but the time will pass, and your forced staycation may save lives.

William Wight
PULSE65 Senior Editor
65th Medical Brigade
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Premature Twins Evacuated Through Joint Services Efforts Midst a Pandemic

Front Cover

A sleeping McFall twin, one of Camp Walker, Republic of Korea's, 188th Military Police Company's Cody McFall's and Cheyenne Evan's newborns, is held by Capt. Kathleen Pember, a WICU nurse with the Brian D. Allgood Army Community Hospital, before an aeromedical evacuation mission, March 30, at Osan Air Base. The infants were born prematurely in Daegu's Yeungman University Medical Center. The twins were transported from Daegu to Osan for a follow-on flight to Joint Base Andrews, Maryland, culminating in care at Walter Reed National Military Medical Center for advanced care. (Photo by Staff Sgt. James Miller, 51st Fighter Wing Public Affairs Office)



"Dragon Dogs" Mission



"Pacific Medics" in Action!

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Dr. Gina Sohn - U.S. Dentist Licensed to practice in Massachusetts, Conneticut & New Jersey. Tufts Graduate..., the Smile Artist!

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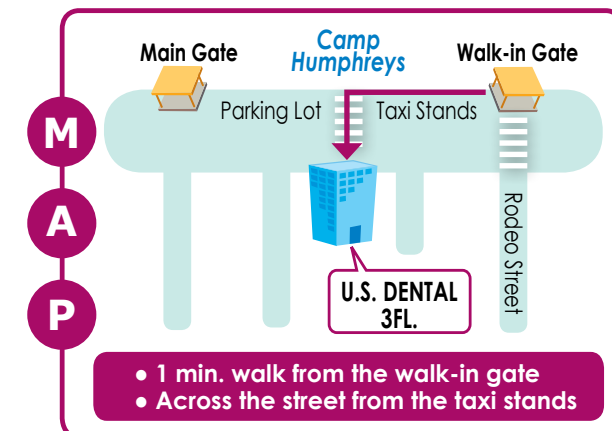


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Staff Sgt. Blake Guerrero, a veterinary food inspector with the 106th Medical Detachment Veterinary Service Support, Team 1, draws a blood sample from a Military Working Dog (MWD) during emergency and resuscitative care training. The MWD mission is one of the many missions conducted on the peninsula by the 106th. For more on the 'Dragon Dogs' see pages 22-26. (Photo courtesy of 106th VSST, Team 1)

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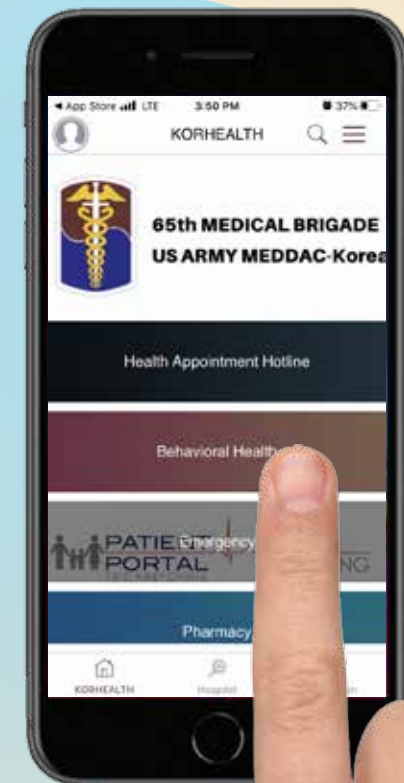
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SCENE & HEARD

NATIONAL & INTERNATIONAL

By Eric Young-Seok Park

SOUTH KOREA VIRUS TEST-KIT MAKERS APPROVED TO EXPORT TO U.S.

Three South Korean coronavirus test-kit makers have been given the green light to export their devices to the United States, officials said. The companies won pre-approval under emergency use authorization from the U.S. Food and Drug Administration that allows for the products to be sold in America, South Korea's foreign ministry said, without naming the firms. The US has more confirmed cases of the coronavirus than anywhere else in the world. Controversy has swirled around the US government's response to the outbreak, with accusations of insufficient preparations. South Korean President Moon Jae-in said earlier this week that his US counterpart Donald Trump had asked for test kits, although the White House has not confirmed the request. Moon said Trump had promised to help South Korean manufacturers gain regulatory approval. A South Korean test kit maker told AFP that it is now making 350,000 tests a day -- almost as many as the South has used in the entire outbreak so far, and that daily output will increase to a million in April. Once the hardest-hit country outside China, South Korea appears to have brought its outbreak under control owing to its huge "trace, test and treat" strategy. It has tested more than 380,000 people in a process that is free to anyone referred by doctors or those who have links to a confirmed case. A diagnosis takes up to six hours, and results are released within a day.



U.K. POLICE LEFT IN 'ABSOLUTE SHOCK' AFTER FINDING 25 ADULTS AND CHILDREN AT KARAOKE PARTY DESPITE LOCKDOWN



Police in Derbyshire, U.K. were left in "absolute shock" after finding a "massive" karaoke party despite the coronavirus lockdown. Derbyshire Police said officers were called to an address in Normanton, Derby, at 10pm on Saturday, where they found a gathering of 25 adults and children. Sharing the discovery via its Derby West Response team's Twitter account, it said: "Officers have just attended an address in absolute shock to find 25 adults and children having a massive party with speakers and karaoke. Everyone dispersed and hosts dealt with. "It is clear people are still having complete disregard for the Government advice and rules." The discovery comes amid ongoing concerns that some people are failing to follow the government's lockdown rules, which instruct people to stay at home unless for exercise, work, or to shop for essentials or medicine. People have been told not to gather with friends or visit other households and to stay at home.

ARKANSAS WOMAN MURDERED BY SAME PERSON WHO MURDERED HER MOTHER 23 YEARS AGO

Almost 23 years after an Arkansas mother was murdered by a 16-year-old, the convicted killer allegedly killed her daughter, police said. Deputies from the Crittenden County Sheriff's Office responded to a call at the historical Snowden House in Horseshoe Lake where they saw a possible suspect fleeing the property. Police located "a possible suspect who jumped from an upstairs window and ran to a vehicle that he drove across the yard and got stuck in the yard at the Snowden house, the suspect then jumped from the car and ran and jumped into the lake," according to a post from the sheriff office's Facebook page. "He was observed going under the water and never came back up." Authorities found the body of 63-year-old Martha McKay (top photo) inside the house and the alleged killer's body was recovered from the water. Both bodies were sent to the state's medical examiner's office to determine the cause and manner of death. Police identified the alleged killer as 39-year-old Travis Lewis (bottom photo) who was on parole since 2018 for the September 1996 murder of McKay's mother and another relative. Lewis, who was 16 at the time and tried as an adult for the murders, allegedly killed McKay inside the same crime scene from 23 years ago, police said. The investigation is still ongoing.



ELTON JOHN'S WARNING: 'THERE WAS ANOTHER INFECTIOUS DISEASE THAT WAS IGNORED'



Sir Elton John hosted *iHeart Living Room Concert for America*, an hour-long, commercial-free special honoring the health professionals and first responders battling the coronavirus outbreak, and encouraging viewers to donate to Feeding America and the First Responders Children's Foundation. A-list stars like Mariah Carey, Billie Eilish, and Alicia Keys participated by playing intimate performances, with John serving as master of ceremonies. And while the event was a largely joyous affair, at one point John, a longtime AIDS activist and founder of the Elton John AIDS Foundation, warned that the mistakes made during the AIDS epidemic of the 1980s cannot be repeated during the current COVID-19 pandemic. "Not long ago, there was another infectious disease that was ignored," John stated sternly. "It took musicians, actors, dancers, but it also took writers and bankers and lawyers and sons and daughters and best friends. Day in and day out, the disease got worse, because we did nothing. "Too many forgot about compassion and decency, and so millions and millions of people perished from AIDS. But this time, we aren't going to let that happen. So, stay home for the ones you love."

NATURE TAKES BACK WORLD'S EMPTY CITY STREETS

As humans retreat into their homes as more and more countries go under coronavirus lockdown, wild animals are slipping cover to explore the empty streets of some of our biggest cities. Wild boar have descended from the hills around Barcelona while sika deer are nosing their way around the deserted metro stations of Nara, Japan. Indian social media has gone wild about footage of a stag scampering through Dehradun, the capital of the northern state of Uttarakhand. Gangs of wild turkeys have been strutting the streets of Oakland, California, while a puma turned up in the centre of the Chilean capital Santiago, which is under curfew. "This is the habitat they once had and that we've taken away from them," said Marcelo Giagnoni, the head of Chile's agricultural and livestock service that helped police capture the curious big cat. While sightings of dolphins in Venice's canals turned out to be fanciful, they have been popping up in ports elsewhere in the Mediterranean as emboldened wildlife takes "free rein to wander our cities and towns", said Romain Julliard, head of research at the French Natural History Museum. In Korea, a fox was recently seen on the street in Cheongju City.



PLÁCIDO DOMINGO HAS BEEN HOSPITALIZED IN MEXICO WITH CORONAVIRUS

Plácido Domingo has been hospitalized in Mexico with complications related to COVID-19, Opera News reported on March 28. In a press statement, a spokesperson for the opera singer reported that he is in stable condition but will remain in the hospital for "as long as the doctors find it necessary until a hoped-for full recovery." The 79-year-old announced his positive COVID-19 diagnosis in a Facebook post March 22 and reported he had been experiencing fever and cough symptoms. "Together we can fight the virus and stop the current worldwide crisis so we can hopefully return to our normal daily lives very soon," he wrote. "Please follow your local government's guidelines and regulations for staying safe and protecting not just yourselves but our entire community."



TOKYO OLYMPICS RESCHEDULED FOR JULY 23-AUG. 8 IN 2021

Tokyo organizers said on March 30 that the opening ceremony will take place on July 23, 2021 — almost exactly one year after the games were due to start this year. "The schedule for the games is key to preparing for the games," Tokyo organizing committee president Yoshiro Mori said. "This will only accelerate our progress." A week ago, the IOC and Japanese organizers postponed the Olympics until 2021 because of the coronavirus pandemic. This year's games were scheduled to open on July 24 and close on Aug. 9. But the near exact one-year delay will see the rescheduled closing ceremony on Aug. 8. There had been talk of switching the Olympics to spring, a move that would coincide with the blooming of Japan's famous cherry blossoms. But it would also clash with European soccer and North American sports leagues. The Paralympics were rescheduled to Aug. 24-Sept. 5. The new Olympic dates would conflict with the scheduled world championships in track and swimming, but those events are now expected to also be pushed back.

QUESTIONS RAISED OVER TOKYO'S INFECTION SPIKE AFTER OLYMPICS DELAY

A spike in Tokyo's coronavirus cases following the postponement of the Olympics has raised questions as to whether Japan purposely understated the extent of the outbreak in the hope the Games would run as scheduled. With the Olympics now off, many are voicing suspicion that the numbers are rising because Japan suddenly has no reason to hide them. "In order to make an impression that the city was taking control of the coronavirus, Tokyo avoided making strict requests and made the number of patients look smaller," former Japanese Prime Minister Yukio Hatoyama said in a tweet. "The coronavirus has spread while they waited. (For Tokyo Governor Yuriko Koike) it was Olympics first, not Tokyo's residents." Experts have found a rise of untraceable cases mushrooming in Tokyo, Osaka and other urban areas — signs of an explosive increase in infections. Prime Minister Shinzo Abe said on March 28 that Japan is now on the brink of a huge jump in cases as it becomes increasingly difficult to trace and keep clusters under control. "Once infections overshoot, our strategy... will instantly fall apart," Abe warned.



MARIAH CAREY CELEBRATES HER 50TH BIRTHDAY, INSISTS SHE'S 'ETERNALLY 12'

Mariah Carey just turned 50, but in Mariah Carey years she's only 12. The pop icon simply doesn't do birthdays. Carey prefers to instead ring in anniversaries of her 12th birthday each year — because what is aging when you can still out-whistle-tone the competition and break records without breaking a sweat. The multi-platinum, Grammy-winning superstar turned the big 5-0 on March 27 and celebrated with her twins, Moroccan and Monroe, with a low-key bash at home, where she's currently in isolation during the coronavirus outbreak. "I don't count years but I definitely rebuke them ... I have anniversaries, not birthdays, because I celebrate life, darling," she said in a 2014 interview, reiterating at the time that she stays "eternally 12."



SPURS STAR SON RETURNS TO SOUTH KOREA FOR 'PERSONAL REASONS'

Tottenham forward Heung-min Son has been allowed to fly home to South Korea for "personal reasons". Although Britain is on lockdown due to the coronavirus, the Premier League club on Sunday said Son has been given permission to return to Asia. The 27-year-old has been recovering after suffering a fractured arm during Tottenham's win at Aston Villa on February 16. It was reported Son and his parents arrived in Seoul on March 29 and will spend two weeks in quarantine in line with South Korean government guidelines. Son had already spent two weeks in self-isolation in Britain after returning from South Korea at the end of February, having travelled home for surgery. He will take part in Tottenham's remote training programme, which is set to begin via video call on Monday. Son was not expected to return from injury this season, but the pandemic has postponed English football until at least April 30.



USAMMC-K COVID 19 Efforts

Photos courtesy of USAMMC-K



The United States Medical Material Center-Korea (USAMMC-K) in support of the COVID-19 response efforts were visited by the 19th Expeditionary Sustainment Command Commanding General, Brig. Gen. Mark Simerly last month. During the tour of the combined efforts of the command, the "Never Settle" team developed Mission Configured Loads with the 2nd Infantry Division in order to enable more routine and predictable re-supply operations as part of the teams ability to meet armistice health care requirements whether it is packing for ground transport or aerial resupply.



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E-C International Law Office (1995-2019)
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United States Air Force Reserves (1995-2006)
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U.S. Army Medical Materiel Center-Korea's 563rd Medical Logistics Company Soldiers load Class VIII medical supplies onto a CH-47 helicopter with guidance from the 2nd Infantry Division, 2nd Combat Aviation Brigade 2CAB crew chief. (Photo by Shawn Hardiek, USAMMC-K)

USAMMC-K plays key role in fight against COVID-19 in Korea

By C.J. Lovelace, army.mil

Soldiers assigned to U.S. Army Medical Materiel Center-Korea (USAMMC-K) maintain a “fight tonight” mindset.

But they never thought “the enemy” would be a virus.

In late December, well before news of a highly contagious coronavirus called COVID-19 began to receive widespread U.S. media attention, USAMMC-K leaders were already at battle -- ensuring U.S. Forces on the Korea peninsula had access to life-saving personal protective equipment (PPE).

“A switch was flipped and it was like: transition to hostilities,” USAMMC-K Deputy Commander

of Operations Maj. Mark Sander said. “We’re enabling all of those things we would be doing in a wartime setting, but [it is] for a public health crisis scenario.”

Sander said USAMMC-K Commander Lt. Col. Marc Welde and the procurement team “saw the writing on the wall,” as they planned for a worst-case scenario for the region.

USAMMC-K, a direct reporting unit of U.S. Army Medical Logistics Command and the theater lead agent for medical materiel, supports roughly 66,000 people, including U.S. Forces Korea (USFK) and the Eighth Army.

Sander said USAMMC-K leadership lobbied for mass procurement

of needed medical supplies and PPE, including surgical masks, gloves and gowns. In the meantime, USAMMC-K was authorized to access a portion of wartime stocks to begin its response immediately.

“We knew that first positive case here in Korea would almost be too late,” Sander said, “so we started increasing stock levels right away.”

Cases of COVID-19 first started appearing in South Korea in late January. Within weeks, the virus continued its spread throughout Asia and beyond. Now a global pandemic, COVID-19 cases exceed 435,000 with over 19,500 deaths worldwide as of March 25, 2020, according to media reports.

While some countries are seeing

significant increases in new cases, South Korea has received praise for its aggressive response to limit the spread of the virus through widespread testing and quarantines.

Similar protective measures were quickly implemented at USFK military installations and facilities, including screening at installation entrances and quarantining people returning from known hot spots. Sander said they developed quarantine kits that included masks, gloves and a thermometer to self-monitor a fever that often develops with the disease.

“It was really just about stopping the spread, so it meant more of the same materiel was needed in more locations,” he said.

Those additional locations included quarantine facilities set up by USFK and isolation centers activated by the 65th Medical Brigade, both needed to protect healthy individuals as active cases increased.

While waiting on orders of supplies, Sander said the center also was able to locally procure thermometers and critical COVID-19 specimen collection kit materials for testing.

“Our good job forecasting back in January paid off,” he said. “We were seeing our first big supply of masks coming in by the first week of March, so now we had materiel almost right when we needed it. The arrival of large volumes of materiel increased our stock levels and we didn’t have to go out and look locally as much, which means we aren’t competing with the Koreans for materiel.”

Defense Logistics Agency-Troop Support played an instrumental role in USAMMC-K’s response, working around the clock on behalf of the Department of Defense to access very limited commercial stocks



A 563rd Medical Logistics Company Soldier unloads a delivery of medical supplies to support the medical materiel response to COVID-19. (Photo by Sgt. 1st Class Gerald Sim, USAMMC-K)

in support of the effort, Welde said.

“On most days, we start and end our days with calls to their medical division’s senior leaders to ensure the right materiel, in the right amount, was in the pipeline to support the USFK commander’s operational requirements to combat the virus,” he said.

USAMMC-K also closely synchronized its fight by leveraging tactical assets for distribution with the 19th Expeditionary Sustainment Command and 2nd Infantry Division, including CH-47 helicopters from the 2nd Combat Aviation Brigade and combat vehicles assigned to the 563rd Medical Logistics Company and the 498th Combat Sustainment Support Battalion.

Welde said he was proud to see his team’s quick and tireless action, in concert with partner agencies, to achieve the mission of supporting the joint force and their families.

“Our response really tested all of our combat systems in a game where winning matters,” he said. “So far, we are winning.”

As of late March, Sander said there remains less than 40 people in quarantine, with only 10 confirmed COVID-19 cases across

USFK installations. No cases have been recorded at USAMMC-K.

Sander said the pandemic has been an “emotional event for everyone,” but for the workforce and USAMMC-K’s partners to understand how critical medical logistics remains in the fight against a health crisis, “it’s really incredible.”

“Every link in the chain, all the way back to the Pentagon, saw that we had a great need and acknowledged the good work and analysis of the staff and understood how important it was to support us,” he said.

With new infections slowing in Korea, Sander said it frees up USAMMC-K’s available stocks and pending supply orders to be used elsewhere in the world where the need is greater.

“The big lesson out of this was that we know exactly how much we can store and how ready we can be without creating a single penny of waste,” he said. “... The joint staff made the decision to build to that stock level and maintain, so we’re going to be ready for a worst-case situation if something happens and there’s another big outbreak.”

Added Sander: “We’re ready today.”

Hospital moves won't leave military families without care, DOD leader promises

Story by Leo Shane III
Militarytimes.com

President Donald Trump's nominee for the Pentagon's top personnel job pledged that no military families will be left without reliable medical care as part of the consolidation of dozens of Defense Department hospitals in coming years.

"Some of these beneficiaries are going to move downtown (for medical appointments). Some may take years to do that. And some may never move," said Under Secretary of the Air Force Matthew Donovan, tapped to be the next Under Secretary of Defense for Personnel and Readiness.

"No beneficiary is going to go without access to high-quality health care."

Pentagon officials announced plans next month to realign nearly 40 military health clinics over the next few years, closing off most to everyone but active-duty members. About 80,000 military family members are expected to be affected by the moves.

Sen. Jeanne Shaheen, D-N.H., said the planning "raises real questions" about the department's commitment to take care of military families.

Donovan said the goal of the moves (part of a review of military hospitals mandated by Congress four years ago) is to improve both force readiness and military



A Special Operations Combat Medic Course student checks a patient's vital signs during training at the Cooper Trauma Center in Camden, N.J. (U.S. Army photo by K. Kassens)

medical training. But he worked to assure members of Congress that those goals won't hurt military families.

Before any individuals are shifted away from receiving care at the facilities, defense officials will conduct an assessment of regional health care offerings "to make sure the local market can handle the workload."

If other services are not available, families won't be forced out of the military sites, Donovan said.

As part of the moves, military officials also plan to reduce their medical workforce by about

18,000 uniformed personnel, with a focus on treatment of active-duty personnel and responding to their medical needs.

Donovan served as acting head of the Pentagon's personnel office from December to earlier this month, when he was formally nominated for the role.

If he is confirmed, he'll be the first official under secretary to lead the office since Robert Wilkie left the post in July 2018 to become Veterans Affairs Secretary.

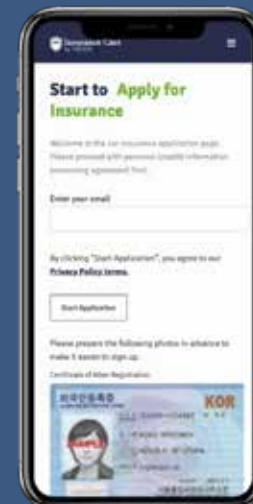
In the last five years, the office has had a permanent, confirmed leader for only about seven months.

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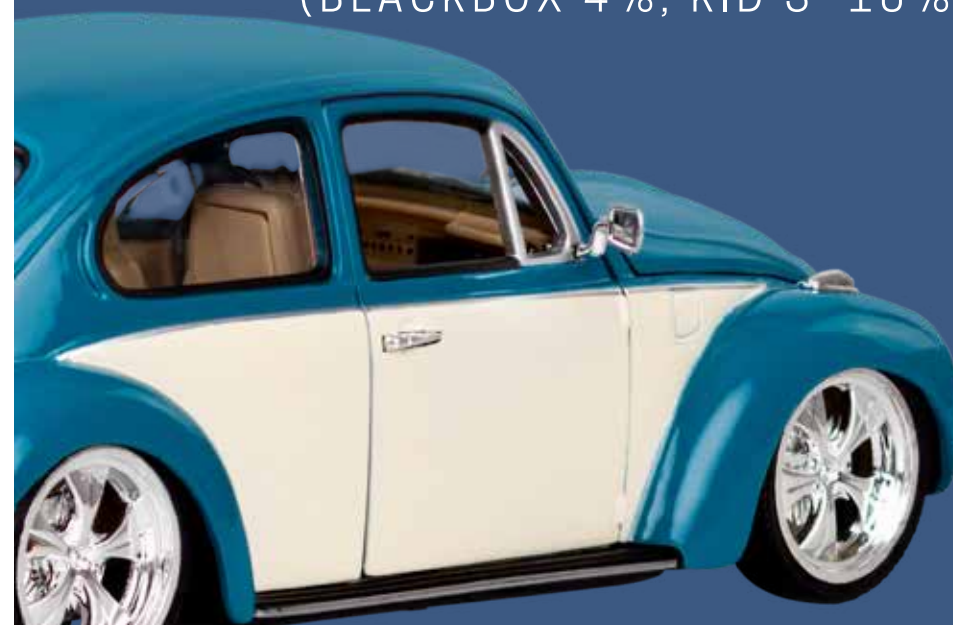
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Soldiers preparing for a permanent change-of-station move can now request to stay at their current duty station for up to a year, as the Army adapts how it moves people during the COVID-19 crisis. (Courtesy photo)

Soldiers on PCS orders can now request to stay extra year at duty station

Story by Sean Kimmons, Army News Service

Soldiers preparing for a permanent change-of-station move can now request to stay at their current duty station for up to a year, as the Army adapts how it moves people during the COVID-19 crisis.

New Army guidance says Soldiers can request to defer an assignment and return to their losing unit if they expect to face hardship as a result of a PCS move.

“People remain our No. 1 priority, our center of gravity in all we do,” Lt. Gen. Thomas Seamands, the Army’s G-1, said at a press briefing Thursday. “We’re working really hard to take care of our Soldiers, civilians and families around the globe.”

On Monday, the Defense Department began to temporarily halt all domestic travel, including PCS and temporary duty travel, for service

members, DOD civilians and their families assigned to DOD installations in the U.S. or its territories.

The domestic travel ban lasts until May 11 and follows other restrictions last week that stopped movement for 60 days to overseas locations with a Level 3 travel health notice, such as South Korea and much of Europe, where there has been widespread transmissions of the virus.

STABILIZING FAMILIES

The latest guidance comes after Army Chief of Staff Gen. James McConville suggested last year that Soldiers be given the opportunity to stay put if it increases their quality of life and eases the peak PCS season in the summer.

While the Army plans to liberally approve requests, Seamands said

that not all will be granted, particularly for mission-essential personnel.

“Absent any mission-essential nature of their assignment, then they should be allowed to stay in place,” he said.

Soldiers assigned to Patriot missile units, for instance, may not qualify for the delayed movement since they have a high operational tempo and can only go to certain places.

For most Soldiers, Seamands said they should have a say in the decision, especially if they choose to reenlist in order to stabilize or go someplace else.

“We’ll stabilize the family likely for a year and then see what the inventory and the readiness demands are across the force at that point,” he said.

The Army also plans to address possible shortages in units caused by the moves, or the lack of them.

“We are constantly balancing readiness and looking at the numbers across the board to make sure we have the right Soldier with the right skill in the right place,” he said. “But there would potentially be a second-order effect and that’s our job to mitigate that and to be able to maintain readiness across our Army.”

HOUSEHOLD GOODS

Shipment of household goods, including personal vehicles, for those scheduled to move will also be delayed until at least May 15, unless there is an approved exception to policy.

In a nutshell, if a household goods shipment has been awarded to a moving company but no physical action has been taken, then the items will not move until the DOD stop-movement order changes, said Lt.

Gen. Duane Gamble, the Army’s G-4. But “if a Soldier is permitted to continue with their PCS move, then their household goods will be moved accordingly,” Gamble said at the briefing.

Exceptions may only be granted for compelling cases deemed mission essential, necessary for humanitarian reasons or warranted due to extreme hardship.

U.S. Transportation Command continues to have daily calls with moving companies to share information on travel restrictions and any movements.

“Like any sector, this is hitting them really hard and they’re anxious to know when traffic will resume,” said Rick Marsh, director of the Defense Personal Property Program.

Soldiers who decide to stay in place for a significant amount of time will get their orders amended

so their household goods and POV are returned to them, if they haven’t been shipped yet, Gamble said.

The Army Human Resources Command has set up an emergency hotline to assist Soldiers and families with PCS or TDY questions at 1-800-582-5552.

Soldiers can also contact the telephone number on their orders, or reach back to their old unit or arriving unit for additional guidance.

The DOD has even created new allowances up to \$100 per day -- not to exceed \$1,500 per month -- to cover additional lodging expenses if a Soldier who is not on TDY or PCS is ordered to self-isolate due to the virus outbreak.

“We’re completely committed to our people,” Seamands said. “There is a whole lot of uncertainty out there and we’re working really hard to reduce it.”

APRIL 16

U.S. ARMY MEDICAL SPECIALIST CORPS ANNIVERSARY
75 YEARS

armymedicine.health.mil

'Dragon Dogs' Keep Food Safe on Peninsula

Story by William Wight
65th Medical Brigade Public Affairs Office



*Have you ever wondered is the food you purchase in the Commissary or Exchange outlet safe?
Or how about the food eaten at any of the on base food establishments?
Or why the shelf life of certain products has been extended on the Commissary shelves?*



Chances are many are unaware of the behind the scenes food inspection process that occurs to make food safe for consumption across the installations on the peninsula. All of that can be attributed to the 106th Medical Detachment (Veterinary Service Support) and Public Health Activity Command Korea (PHA-K).

Since 1950, the Veterinary Corps has maintained a presence in the Republic of Korea. The 106th Medical Detachment (Veterinary Service Support) and Public Health Activity Command Korea (PHA-K) have continued their mission of ensuring a safe and secure food supply for service members and families, while providing world class veterinary care for the military working dogs and supporting the privately-owned animal population.

"The 106th is part of a strong and growing network of allies, partners, and friends within the "Mighty 65th." There is no unit more creative, resilient, quick to adapt to the high pace of their dual mission with initiative than the "Dragon Dogs," said Col. Derek Cooper, 65th Medical Brigade Commander.

With only a little over 100 personnel, the "Dragon Dogs" consistently strive for excellence throughout their dynamic dual mission according to Lt. Col. Patti Glen, 106th Commander and Commander of PHA-K. "Our veterinarians keep our food supply secure by inspecting and testing over 1.7 million pounds of meat and produce annually while simultaneously caring for our military working dogs and family pets."



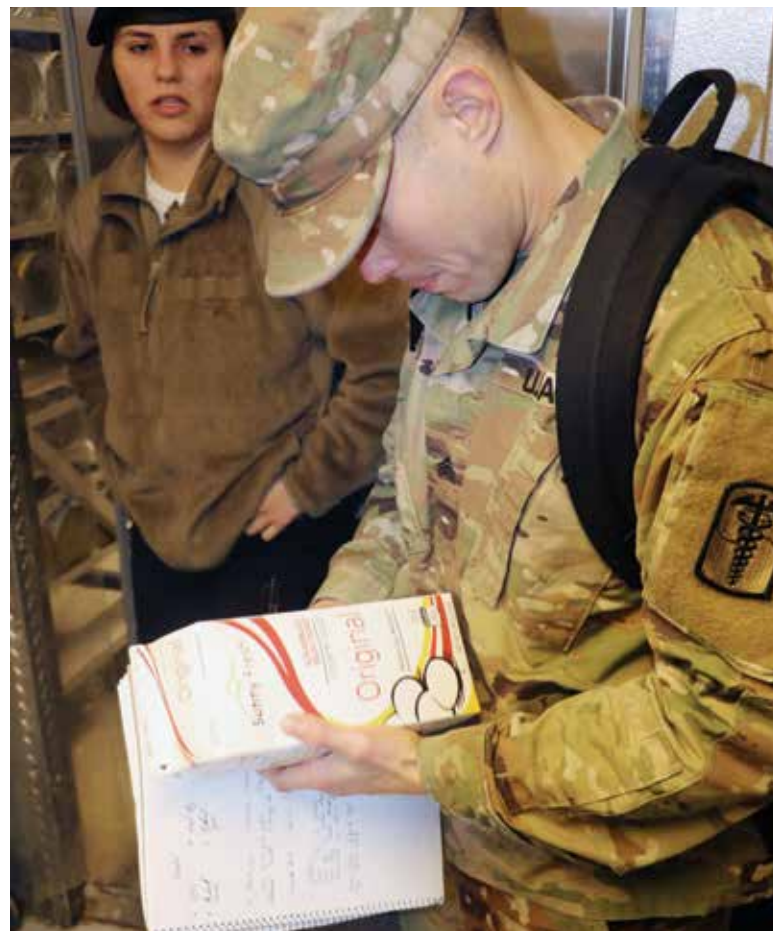
Sgt. Erick Herrera, a veterinary food inspector with the 106th Medical Detachment Veterinary Service Support, inspects behind the scenes of the Humphreys Talon Dining Facility operation. The 106th supports United States Forces Korea through the care of military working dogs, food protection, animal medicine, zoonotic disease prevention, care of family members privately owned animals and other coordinated public health activities.



Glen said that the most visible mission in everyone's eyes is the care of private owned animals. "Although it is not our primary mission, the military working dogs and food health inspection missions come first, veterinary care is what many of our population comes to know us as. We strive everyday to ensure those with privately owned animals have them prepared for transport to and from Korea because we understand that pets are family too."

With a lineage that goes back to 1944, the 106th Medical Detachment Veterinary Service Support continues its meritorious service in support of United States Forces Korea through the care of over 70 military working dogs, to food protection, animal medicine, zoonotic disease prevention, care of family members privately owned animals and other coordinated public health activities.

"They not only care for our cherished pets and the four-legged heroes who serve side-by-side with our Soldiers, but also in





an indirect way care for each one of us,” said Cooper. “They inspect every commissary, dining facility, restaurant, Army and Air Force Exchange Food outlet on the peninsula ensuring that all food products are safe for purchase and human consumption.”

106th Medical Detachment (VSS) Unit History

The 106th Medical Detachment (Veterinary Service Support) was first activated on October 1, 1944 in New Guinea and saw action in the Philippines from October 17, 1944 to July 4, 1945. The 106th Medical Detachment (VSS) again saw action in the Korea conflict from March 21, 1951 to July 27, 1953 in support of the United Nations.

The unit’s eight campaign credits include:

- Luzon Campaign
- First UN Counter Offensive
- Communist Counter Offensive Spring Offensive
- United Nations Summer and Fall Offensive
- Second Korean Winter
- Korean summer and fall 1952
- Third Korean Winter
- Korean summer 1953

The unit’s commendations include the Philippine Presidential Unit Citation and two Meritorious Unit Commendations.

The 106th operates Veterinary Treatment Facilities at Humphreys, Osan Air Base and at Camp Walker. For hours of operation and phone numbers see the telephone directory on page 75.



American Red Cross

The American Red Cross plays a mission essential role in supporting the military community during both grey and blue sky situations. Currently, we are following and supporting USFK's guidance to help reduce the spread of COVID-19.

The American Red Cross takes the safety of our clients, volunteers, and staff seriously. Although our offices are not physically manned/opened to the public, our staff and volunteers are still actively serving the community.

In fact, all of our American Red Cross stations in both Korea and Japan have been passionately assisting with COVID-19 disaster support, as well as processing Emergency Communication Messages. The only difference now, is that our staff and volunteers are closely communicating and coordinating support activities with their military commands from the safety of their homes. Check out your local Red Cross office Facebook page for more information.

Emergency messages can be initiated by calling our Hero Care Center at **877-272-7337** or by using our Hero Care App.



ACFT rollout suspended until further notice over COVID-19 concerns

By Kyle Rempfer, Armytimes.com

If you've been slacking on those deadlifts and knee tucks, coronavirus just bought you some time.

Army leadership has suspended its plan to start using the new Army Combat Fitness Test as its test of record this October, confirmed Army spokeswoman Lt. Col. Robin Ochoa.

All ACFT diagnostic tests, which the entire force was supposed to take before it officially rolled out in the fall, are also suspended. The timeline for when the new test will officially arrive has not yet been issued.

Gym closures across installations, squad-level PT and strict adherence to social distancing guidelines make large gatherings for even the current Army Physical Fitness Test impractical, explained Ochoa. All current passing APFT scores will be extended until further

notice, she said.

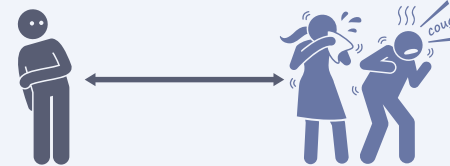
"In order for people to be in compliance with promotion boards and the fact that training is limited, they've extended the APFT," Ochoa said. "So if I took the APFT this past October ... then my scores are valid until further notice."

The Army planned to transition fully to the ACFT at the start of fiscal year 2021. It is intended to better measure the physical fitness attributes soldiers need for combat, but the new six-event test required far more equipment than the older APFT.

Soldiers taking the ACFT need hexagon bars and bumper plates for deadlifts, weighted sleds, medicine balls, kettlebells and measuring tape. The old test, by comparison, just required repetition counters, a stop-watch and a running path.

Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Avoid close contact with people who are sick



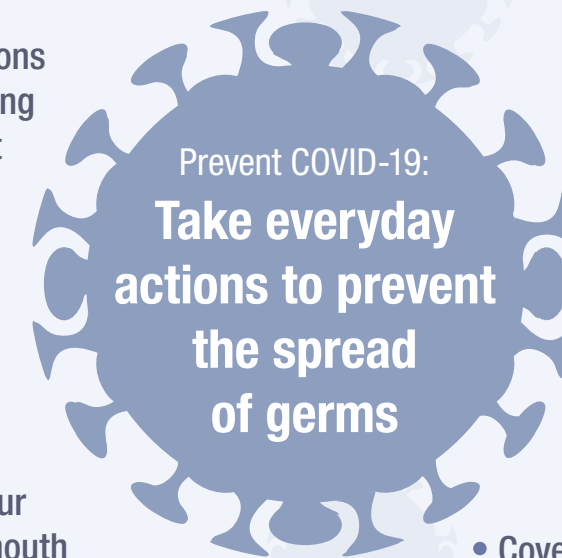
- Wash your hands often for at least 20 seconds with soap and water



- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you are sick and avoid close contact with Family members and pets

- Avoid touching your eyes, nose, and mouth



- Use hand sanitizer when soap and water are unavailable



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable

- Create an emergency preparedness kit



For current COVID-19 information:
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



For more information, contact your installation's Department of Public Health.

Emergency Kit Checklist for Families:
<https://www.cdc.gov/childrenin disasters/checklists/kids-and-families.html>

Pet Disaster Preparedness Kit
<https://www.cdc.gov/healthypets/emergencies/pet-disaster-prep-kit.html>

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03/11/2020

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Army to Offer Special Pay, Assignment Extensions to Ease Stop-Movement Pain

Story by Matthew Cox
Military.com



In the wake of a force-wide stop-movement order, U.S. Army leaders are offering special pays and voluntary assignment extensions to help soldiers and their families caught in the uncertainty of the novel coronavirus pandemic.

Late last month, the Pentagon issued broad travel restrictions for all service members and family members to slow the spread of the highly contagious virus known as COVID-19.

The temporary stop-movement order -- scheduled to last until at least May 15, halted many permanent change of station (PCS) moves as service members were in the process of moving household goods and families to new assignments.

Army officials put out an All Army Activities message, explaining the initiatives the service is offering to help mitigate the impact of the stop-movement order on PCS moves, said Lt. Gen. Thomas Seamands, deputy chief of staff for Army G-1.

Soldiers and their families who were preparing to PCS are eligible for hardship duty pay (HDP) of \$100 a day, not to exceed \$1,500 a month, to cover the cost of additional lodging, Seamands said.

"If you are at Fort Bragg, [North Carolina], and you are on hold, you will be entitled ... to request

[hardship duty pay], which would give a family up to \$1,500 a month to defray those costs," he said.

Soldiers who arrived at a new station from an area affected by COVID-19 and were ordered to self-quarantine are eligible for isolation allowance, Seamands said.

"It's designed to allow soldiers and families who are ordered to be isolated after completing the PCS and ... would start after the soldier reports to the new duty station," he explained, adding that the amount of isolation allowance is based on per-diem rates determined by the Defense Department for a given area.

"So, if a soldier is en route to, say, Fort Riley [Kansas], arrives at Fort Riley, and is required to go into isolation, then this would help them offset the temporary lodging expenses while there are there," he said.

Army officials -- recognizing that the stop-movement order could last longer than anticipated -- are now offering to allow soldiers the option of extending their current assignments.

"We are now allowing any soldiers who are on orders but still at their current duty station before the PCS to request to stay at that duty station if that

works best for them and their family," Seamands said, explaining that the intent is to help soldiers and their families "adjust to the post-COVID-19 world."

Many senior-level sergeants reenlist to go to assignments such as Hawaii, "so we guess that they will continue to opt to go onto their location," he said.

"But as the soldiers and families sit down and talk about it, they may opt to say they are in a good place, they still have their house and it may be best for them to stay in place," he added.

The process would require soldiers to submit a form 4187 to request an assignment extension.

"It is a request; we are not directing that they stay. ... It would go to [Human Resources Command] and, absent any mission-essential nature of their assignment, then they should be allowed to stay in place," Seamands said.

The length of assignment extensions may vary based on the type of military occupational specialty, or MOS.

"For example, a Patriot missile soldier has certain places they can go, and there is a pretty high [operations tempo] so they may not get as much as somebody who is in a higher-density MOS," Seamands said. "So, it will be MOS-by-MOS, but we will stabilize the family likely for a year and then see what the ... readiness demands are across the force at that point."

Once orders are changed, it would be fairly simple to stop the planning process for the soldier's household goods shipment, said Lt. Gen. Duane Gamble, deputy chief of staff for Army G-4.

"If they had orders, but they wanted to stay on Fort Riley -- for their household goods, we will just amend their orders to reflect their new assignment, and their household goods will follow them," he said.

Seamands stressed that the Army will not be able to grant every request for extension.

"I do believe that, once we get back to some kind of conditions of stability where people are allowed to move freely, that most of the people who are on assignment instructions will move to wherever they have their orders or are programmed to go," he said.

VA Develops Electronic Virtual Assistant

Courtesy of Department of Veterans Affairs

Veterans enrolled in the Vocational Rehabilitation and Employment (VR&E) program, this message is for you!

VR&E continues to excel in offering a wide array of benefit delivery options that provide modern, streamlined, and responsive service delivery to you. VR&E is pleased to announce an upcoming pilot for a new application known as the electronic Virtual Assistant (e-VA).

What is e-VA?

e-VA is an artificial intelligence-powered virtual assistant which allows you to schedule and reschedule appointments, text and email your Vocational Rehabilitation and Employment (VR&E) counselor, and submit documentation, all privately and securely from your smartphone, tablet or computer.

Where is the e-VA pilot?

The e-VA pilot will be staggered across Albuquerque, Hartford, Seattle, and Winston-Salem Regional Offices starting on March 16th and expected to last through the end of April. If you are a Veteran serviced by one of these Regional Offices, you will be introduced to e-VA at the start of the pilot, while other Veterans will be introduced dur-



ing national deployment. Some VR&E program participants may be introduced to e-VA twice, once for the pilot and once for national deployment. National deployment of e-VA is expected to begin in mid-summer.

How will I receive service?

If you are a Veteran enrolled in the VR&E program, you can expect to receive a text message and/or email introducing e-VA as VR&E's new electronic virtual assistant. Your participation is optional so you must opt-in to

continue using the service. Once you opt-in, the benefits of e-VA are immediately available to you!

What should I expect after opting in?

e-VA will periodically contact you with upcoming appointment reminders, plan progression check-ins, and/or reminders to submit your grades and receipts (as applicable). While e-VA is available via text messaging and/or email, your VR&E counselor is still available to assist you in person, by phone and/or via

Tele-counseling.

You will receive an introductory text message from the short code number 59733, and/or an email from e-VA. In the first message you receive from e-VA, you will be asked to accept future correspondence. At this point, you may opt-in to continue sending and receiving correspondence or opt-out to discontinue the service from e-VA.

What do I need to do now?

Once you opt-in, it is recommended that you save the number (59733) as a contact and label it as "e-VA." You will use this short code (59733) to schedule and reschedule appointments and submit supporting documents. Future text conversations with your VR&E counselor will be sent via the short code number 65368. It is recommended that you save this number (65368) also, as a contact and label it with the name of your VR&E counselor. You will utilize this short code (65368) to correspond directly with your VR&E counselor.

No matter your servicing Regional Office, please ensure your VR&E counselor has the most up-to-date contact information for you. A cell phone number and/or an email address must be provided in order to opt-in and start using e-VA. Please confirm with your counselor that he or she has your correct email address and/or cell phone number on file. You can verify this by contacting your counselor. Please do not hesitate to contact your counselor with any other questions.

VR&E Program Guidance for Veterans

Courtesy of Veterans Affairs

For veterans enrolled in the Vocational Rehabilitation and Employment (VR&E) program, the VR&E Service recognizes the current challenges veterans face with obtaining a wet, electronic, or digital signature. Therefore, during the period of national emergency, we have released guidance to all Regional Offices that policy will be adjusted to accept a typed signature, which will apply to any form that requires a participant's signature. All forms are available in PDF format at www.va.gov/vaforms

The most used VR&E forms are as follows:

- VBA-28-1900: Application for Vocational Rehabilitation for Claimants with Service-connected Disabilities (Fillable)
- VBA-28-8832: Education/Vocational Counseling Application (Fillable)
- VBA-21-686c: Application Request to Add and/or Remove Dependents (Fillable)
- VBA-21-674: Application Request to Add and/or Remove Dependents (Fillable)

In addition, VR&E Field staff are encouraged to communicate with participants electronically during this time. This includes utilizing tele-counseling which is accessible on any web-enabled device with a webcam and microphone (Smartphone, Tablet or Laptop). This will allow you to meet with your Counselor virtually through VA Video Connect. If interested in this service, we encourage you to contact your Counselor as soon as possible.

A top U.S. military health official says the Coronavirus Outbreak is a Chance for Americans to Fix 'Bad Habits'

Story by Ryan Pickrell
Senior Pentagon reporter



Proper handwashing can help prevent the spread of infectious diseases, according to the CDC. (U.S. Air Force photo by Griffin Swartzell)

public restroom.

"We have bad habits," Place said.

The coronavirus first appeared in China, but it has since become a serious pandemic. The US has reported more than 11,000 coronavirus cases and 170 deaths. Around the world, more than 235,000 people have been infected, and nearly 10,000 people have died.

"Despite all the tragedy that is coming from this, if this teaches us what our mom and dad tried to teach us when we were kids, ... if it teaches us good habits, then at least something comes out of it," the general told reporters.

Place further explained that if Americans can learn from this, learning things like "how you wash your hands, and not just splash a little water on it but actually use soap," then "when the next thing does happen, we are better prepared for it."

To protect yourself from the coronavirus, the CDC advises washing your hands with soap and water for at least 20 seconds or using hand sanitizer containing at least 60% alcohol if the other option is not available. The CDC also encourages people to avoid touching their face and to keep their distance from others.

"I think it does give us reason for pause about the complacency that we as people, and particularly we as Americans, have," he said of the coronavirus outbreak.

"We are very used to our water being safe. We are very used to our food being safe," the general continued. "As Americans, we're not very good at washing our hands."

A Centers for Disease Control and Protection fact sheet on handwashing calls attention to a study from a decade ago that found that only 31% of men and 65% of women washed their hands after using a

According to a top military health official, the coronavirus might be a good opportunity for Americans to learn

what their parents tried to teach them as kids and fix "bad habits."

Army Lt. Gen. Ronald Place, director of the Defense Health Agency, told reporters at the Pentagon that while it is impossible to know what the next epidemic will be or when it might appear, the current outbreak should give Americans reason to take a moment and reflect on personal hygiene habits.



Osan Air Base Movie Theater

April 30th

6:07am: Opening Remarks/Memorial Push Ups

6:30am: 24 Hour Run Start

May 1st

6:07am: Final Formation Run

6:30am: 24 Hour Run End/Closing Remarks/Memorial Push Ups

The 24 Hour Run is a worldwide annual event raising money for the TACP Association. Participants run, ruck, and/or walk as many miles as they can in a 24 hour period.

Awards given to the worldwide participant winners: Male and female most miles covered; 2 man run team; two man ruck team

Free race entry fee, but donations are welcomed. Please donate to the event at:

<https://give.classy.org/Team-Osan>

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Contact SSgt Bunkley at 010-2353-4425 mark.bunkley@us.af.mil or TSgt Weldon Leonard 010-2309-3210 weldon.leonard@us.af.mil for more information.

U.S. Airman Rescues ROKAF Member from Drowning

Courtesy of 51st Fighter Wings Public Affairs Office



The obstructive sounds of a full-up construction site range from drills breaking through concrete to power saws cutting through wood, easily disguising the screams of a man drowning 75 yards away.

It was a warm Labor Day weekend and 51st Aircraft Maintenance Squadron's Senior Airman Cody Kruzel, and Senior Airman Zachary Ledo were six days into escorting contractors on the flight line. With an end in sight, the two weren't expecting to perform life saving measures.

When the first screams rang out, the Airmen confused it for the normal hustle and bustle of the area.

"Two to three minutes go by and we hear the shout again," Kruzel



Senior Airman Cody Kruzel, 51st Aircraft Maintenance Squadron specialist, checks out equipment to fellow maintainers during exercise Cobra Gold 2020, Korat Air Base, Nakhon Ratchasima, Thailand. During the exercise, Kruzel was responsible for all equipment and tools used by the 25th Aircraft Maintenance Unit.

said. "Except this time we heard a slight distress, so we knew we had to investigate. We turned around and walked closer to the sound.

That is when I saw someone's head bobble and go under water."

With little time to think, he began running, throwing his phone and wallet onto the ground.

"I took off my top and dove into the water," Kruzel said. "Not like a full dive – it was more like a half cannon ball, half doggy paddle because I don't know how deep it was and I didn't know what was in the water."

Submerged in the luke-warm algae infested water, Kruzel didn't slow down. He had no idea how long the man had been drowning

and had no time to waste.

"I have done martial arts most my life, so when I swam up to him I knew how to get ahold of him without getting knocked out," Kruzel said. "I kind of got him into a Half Nelson."

Realizing swimming with boots on was going to prove difficult and time consuming, he asked Ledo for help. Ledo returned with a life preserver and while trying to give it to Kruzel, he also slipped and fell in.

They got the life preserver on the victim, allowing him to take a rest. Kruzel latched onto a fence post with one arm and with the other arm pulled the crew toward the edge of water.

He eventually managed to pull

himself and the other two out of the water and even went back in to retrieve the victims boot and hat. Upon his return, the victim embraced him in a hug.

"He said a couple of times when he was going under the water that his life flashed before his eyes," Kruzel said. "He thought his life was ending."

The two exchanged numbers and have become friends, enjoying outings around Korea.

Since then, Kruzel has been heralded as a hero. For him though, it doesn't seem like anything out of the ordinary.

"Life isn't about how successful you are, it is about the impact you make," he said.

Ask the Health Coach

The U.S. Army Garrison Humphreys Army Wellness Center's Health Educators take your questions to help YOU to stay FIT. This month, AWC Health Educator *Jonica Davis* will answer a health question.



Hi, Coach, What are some stress management techniques that can be incorporated to help deal with the stress of the coronavirus (COVID-19)?
- Marissa W.



reactions, realizing that stress levels are high, will help us to react with kindness and understanding. We want to create peace and a sense of comfort for those we encounter.

• **Know what resources are available**

Be sure to know what resources are available when dealing with stress. Contact your primary care provider, chain of command, or the Army Wellness Center (AWC). AWC provides Stress Management Education and Individual Stress Management Training to aid clients in identifying stress levels, decrease those stress levels, and support an effective and sustainable practice of self-regulation and energy management skills. The AWC Stress management core utilizes stress management techniques (i.e. deep breathing, guided imagery, muscle relaxation) by facilitating Individual Stress Management Training. (AWC cannot treat or diagnose stress-related disorders.)



Here are some great resources to utilize if you're feeling the stress of COVID-19:

- Information: www.cdc.gov
- This website offers several free guided meditations to reduce stress: www.mindful.org

Stress Management Techniques during COVID-19

That is a great question. It can be terrifying to know that you may be at risk of contracting a virus such as the Coronavirus (COVID-19). However, organizations such as the Centers for Prevention and Disease (CDC), the World Health Organization (WHO), and the U.S. Forces Korea Command are taking all precautions to limit exposure to this illness. Feelings of fear, anxiety, sadness, and uncertainty are normal during pandemic. While fear and anxiety about the illness are high, there are some things that can be done to keep both your mind and body strong.

• **Read news from trustworthy sources**

It is tempting to want to check for updates throughout the day. However, try to avoid over checking as it will keep the mind in an escalated state of anxiety. This anxiety can be transmitted onto your children or those around you creating more panic. Avoid focusing on the catastrophic prediction often posted on social media outlets. Instead, stick to reli-

able sources such as information from the CDC, WHO, or the 65th Medical Brigade.

• **Reduce anxiety by limiting exposure**

The WHO recommends that the best measures for limiting exposure is good hygiene practices. Washing your hands thoroughly and frequently. Keeping a social distance (3 feet) between yourself or anyone who is coughing or sneezing. Avoid touching eyes, mouth, or nose as they may be an entry point for the virus. If you are presenting symptoms such as cough, fever, or difficulty breathing and think you may have been in contact with someone with the illness, follow the instructions of your local health agency.

• **Be mindful**

It is important to create a sense of mindfulness when interacting with others. Being mindful will help aid with our ability to be compassionate in such a stressful time. Everyone reacts differently to stress. Being mindful of others'

SUBSTANCE ABUSE TREATMENT

Mandatory Treatment	Voluntary Care
Renders a Soldier non-deployable for 12 months	Does not render a Soldier non-deployable
Soldier has Substance Use Disorder (SUD) related to illicit drug use	Can receive treatment without automatic CMD notification
Soldier has SUD and a related incident (DUI, FAP)	Early intervention prior to career impacting event
Diagnosis of a SUD that threatens safety of Soldier or others	Command disclosure managed like all other medical & BH conditions
Soldier may not discontinue care	Soldier can discontinue care

SOLDIERS! DID YOU KNOW?

The Secretary of the Army recently published a directive that allows Soldiers to receive help for self-identified alcohol problems before they result in mandatory substance abuse treatment enrollment, deployment restrictions, command notification, and negative career impact.

Since publication, over 5,800 Soldiers voluntarily received alcohol-related behavior health care without enrollment in mandatory substance abuse treatment.

Soldiers cited not being subject to automatic command notification or enrollment in mandatory SUD treatment was the main factor they sought care for their alcohol-related problems.

This directive has led to a 34% reduction in deployment ineligibility of Soldiers in treatment.

armymedicine.health.mil



Premature Twins Evacuated Through Joint Services Efforts Midst a Pandemic

Story and photos by William Wight
65th Medical Brigade Public Affairs Office

Having children for the first time can be one of the most exciting moments in a couple's life. Giving birth to twins in a foreign country, more than four months early, was not the excitement newlyweds Spec. Cody McFall, 21, and Pvt. 1st First Class Cheyenne Evans, 20, both military police with the 188th Military Police Company/94th Military Police Battalion at Camp Walker, said they were expecting. The twin boys, Parker and Laine were born prematurely on

February 17 in Daegu's Yeungnam University Medical Center during the COVID-19 outbreak. The new family were air evacuated on a specially designed C-17 Globemaster III, equipped with a neonatal intensive care unit on board, to receive care at Maryland's Walter Reed National Military Medical Center, where the boys will receive outpatient care that is difficult to accommodate here in Korea. "These infants are going to need seven or eight different pediatric subspecialties, none of which we have," said Col. Joseph Hudak,

deputy commander for clinical services and neonatologist with the Brian D. Allgood Army Community Hospital. "They are available in Korea with our host nation hospital network, but they are more challenging to coordinate, and these babies are going to need a lot of specialty care." The U.S. Army's 65th Medical Brigade, the U.S. Air Force's 51st Medical Group, the USAF's 18th Aeromedical Evacuation Squadron out of Kadena Air Base, Okinawa Japan along with Hawaii's Air National Guard's 154th Wing from



Hickham Air Force Base lifted off from Osan Air Force Base March 30 for the 18-hour direct flight to Joint Base Andrews Maryland with follow on care by the U.S. Navy at Walter Reed National Military Medical Center. "The capabilities of that neonatal intensive care unit (NICU) on the aircraft are exactly the same as any NICU in the United States that is in a fixed facility," said Maj. Phillip Strawbridge, chief of medical staff for Osan Air Base's 51st Medical Group. "We just put it in the air in the back of a C-17." "The C-17 is a robust platform for doing air medical evacuations, especially for critically ill people," Strawbridge added. "It has the power built in, it's got oxygen and medical gas built in, so we don't have to bring a lot of equipment on there."



Keumseong Law Corporation

We, Keumseong Law Corporation, have many years of experience in helping our clients, Koreans and foreigners, who live in the Republic of Korea. Currently, we have more than 20 Korean lawyers, foreign lawyers, a special counsel in immigration and more than 35 supporting staff to serve our Clients. Our Motto is "A trustworthy friend and reliable Partner!"

Keumseong provides free legal counseling regarding disputes on domestic, civic, criminal, immigration, labor and SOFA issues

Our core services we are providing as follows;

☒ **Korean Visa:**

- Change of status/ extension of visa / working permit (English teacher/ employment of housemaid etc.) (체류비자 연장, 변경/ 취업허가 등)
- Invite family members, friend, business partner from U.S and other countries to Korea. (미국이나 다른 나라에 거주하는 가족, 친척 등 초청)
- Helping discharged soldiers' settlement in Korea (전역군인의 한국정착)

☒ **Family Law:**

- Divorce and separation (이혼, 별거)
- Child custody/ support (자녀 양육비 지원 등)
- Spousal support/ alimony (배우자 별거/이혼, 위자료 등)
- Estate inheritance under Korean law (유산, 상속 등)

☒ **SOFA/ Criminal Cases:**

- SOFA consulting (SOFA 관련 상담)
- Police and court trial preparation and representation (형사사건 조사 및 재판)

☒ **Other Services:**

- Car accident & insurance claim/ DUI defense (차량사고, 보험금문제 등)
- Small claim related to Korea labor law (고용관련 분쟁)
- Tax/accounting claim (세금 등 분쟁)
- Business establishment in Korea (한국에서 회사설립 운영 등)



Hudak said that this is a significant movement of an Army family, that needs care not readily available in Korea, half-way around the world using Air Force assets to transfer to a Navy hospital in the midst of a pandemic.

Strawbridge echoed Hudak by saying that the operation demonstrated the incredible capabilities of the military health care system by taking these infants across the other side of the planet with no risk.

In a press release from the 51st Fighter Wing Public Affairs Office, the 18th AES from Japan's Kadena Air Base is one of the few Neonatal Critical Care Air Transport Teams in the world. The squadron's ability to mobilize quickly with the most advanced equipment available gives patients the critical care they need. Advanced precautions were made to protect the infants, parents, medical providers and aircrew



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coming from across the region to support the critical care transport.

Neonatal Critical Care Air Transport Teams give children access to the higher echelon of care they need, and Walter Reed National Military Medical Center is the only facility currently able to accommodate the infants' specific needs.

The twins each weighed less than 2 and a half pounds when they were born, McFall said and are now closer to 4 pounds of weight.

Throughout the flight, the twins flew in the comfort of their incubators. Cody and Cheyenne were able to give their twins bottles and change their diapers.

"We didn't have any problems at all with the babies on the flight," Cody said. "It was a smooth flight and both Cheyenne and I are very grateful for all the assistance we have been given during this process. I don't know where we'd be without the military health care system or how we would have gotten everything done."

The young couple were compassionately reassigned to a military police detachment at Fort Meade, some 25 miles from Walter Reed.



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RHC-P Recognizes Soldiers, Civilians at Hail and Farewell

Story by Christopher Larsen
Regional Health Command Pacific



Some said hello, some said goodbye, as Regional Health Command-Pacific held a hail and farewell ceremony here Tuesday, Feb. 25.

Nineteen Soldiers and Civilians were recognized during the event, a military tradition that celebrates those arriving at or departing a command.

The ceremony also recognized a number of Soldiers and Civilians upon their retirements, and six civilian Length of Service awards were presented.

Terence Finnerty of RHC-P's clinical operations section was presented with an award recognizing him as the command's Category III employee of the year.

Dr. Glenn McDermott, also of the clinical operations section, received special recognition for nearly 50 years of military and civilian service.

"This all started in 1971, when I became a cadet at West Point," McDermott said. Originally commissioned in the infantry in 1975, McDermott became a Green Beret and later attended medical school.

RHC-P oversees Army medical treatment facilities and units in the Pacific Northwest, Alaska, Hawaii, Japan and South Korea.

A list of awardees and those recognized:

HAIL:

- Sarah Bannan, Command Group
- Lt. Col. Robert Gray, Warrior Transition Office
- Staff Sgt. Kristopher MacDonald, Command Group
- Gerald Headley, G-6

FAREWELL:

- Dr. Glenn McDermott, Clinical Operations
- Staff Sgt. Davin Langston, Command Group
- Dr. (Col.) Irene Rosen, Clinical Operations
- Master Sgt. Sharon Liehr, Clinical Operations
- Lt. Col. Gail Raymond, Clinical Operations

AWARDS:

- Dr. Glenn McDermott, Clinical Operations, Meritorious Civilian Service Medal, Certificate of Appreciation, Certificate of Retirement
- Terence Finnerty, Clinical Operations, Civilian Service Commendation Medal
- Lt. Col. Gail Raymond, Clinical Operations, Meritorious Service Medal
- Master Sgt. Sharon Liehr, Clinical Operations, Meritorious Service Medal
- Staff Sgt. Davin Langston, Command Group, Meritorious Service Medal
- Dr. Gary Southwell, Clinical Operations, Commanding General's Coin

CIVILIAN LENGTH OF SERVICE AWARDS:

- Johnny Garnett, G-3, 40 years
- Ruth Compton, Command Group, 35 years
- Donna Gray, Command Group, 30 years
- Ernest Williams, Warrior Transition Office, 30 years
- Derek Shoup, Command Judge Advocate Office, 25 years
- Joseph Wall, Clinical Operations, 25 years

K-Cosmetics

For Women:

- Basic Skin Care, Facial Mask Packs
- Eye Cream, Wrinkle Care Cream
- Lipstick, Mascara
- Whitening Cream, BB (Beauty Balm) Cream
- Mascara, Concealer
- Hair Treatment Products

For Men:

- Aftershave Skin Toner
- Aftershave Lotion
- Shaving Gel, Shaving Foam
- Deodorants, Men's BB Cream
- Basic Skin Care Products
- Facial Mask Packs



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Located in Osan Airbase Exchange Concession

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'Pacific Medics'

Special to PULSE65

Combat COVID-19

Since the cases of COVID-19 first began appearing on the peninsula back in January, the “Pacific Medics” sprang into action assisting the USFK leadership’s efforts with protective measures across the Peninsula, providing medical screening at installation entrances, establishing quarantine and isolation facilities, shipping medical materiel such as masks, gloves, thermometers and testing kits and establishing a 24-hour phone hotline. Here are some pictorial highlights of the 65th Medical Brigade COVID-19 response efforts throughout the peninsula.



'Pacific Medics' Combat COVID-19



'Pacific Medics' Combat COVID-19



Barracks Hygiene and Cleanliness

Create a Healthy Living Environment

TAKE ACTION

to reduce harmful germs and prevent unsanitary conditions that can attract pests such as mice, cockroaches, and flies.

- Wash your hands at every opportunity. Use soap under running water for at least 20 seconds and dry your hands thoroughly using a clean disposable paper towel.
- Clean hard surfaces daily using a detergent cleaning solution.
- Wash all soiled clothing and bed linens weekly.
- Empty trash cans daily. Use trash can liners and clean trash cans when they become dirty.
- Empty and clean mop buckets after each use; hang mops with mop heads down so they drain without touching the handle.
- Report leaks and any signs of mold growth.

Use the chart below to identify daily cleaning tasks and the appropriate concentration of bleach per application.

Prepared Bleach Solution	Task	8.25% Commercial Bleach Product	5.25-6.00% Commercial Bleach Product
Sanitize using 50-100 parts per million (ppm)	Clean and SANITIZE high-touch areas every day, for example: • Light switches • Door knobs • Drinking fountains • Laundry room fixtures & appliances	For spray bottle applications:	
		Pint of Water 1/8 teaspoon of Bleach	Pint of Water 1/4 teaspoon of bleach
		Quart of Water 1/4 teaspoon of bleach	Quart of Water 3/8 teaspoon of bleach
		For application using a sponge, cloth, or mop:	
		Gallon of Water 1 teaspoon of bleach	Gallon of Water 1/2 Tablespoon of bleach
Disinfect using 500 ppm	Clean and DISINFECT hygiene facilities everyday: • Toilets • Showers • Sinks & faucets • Restroom & shower room floors	For spray bottle applications:	
		Quart of Water 1 1/4 teaspoons of bleach	Quart of Water 2 teaspoons of bleach
		For application using a sponge, cloth, or mop:	
		Gallon of Water 2 Tablespoons of bleach	Gallon of Water 3 Tablespoons of bleach

Rinse or wipe down disinfected surfaces after 1 minute with clean water.

Never mix bleach with other cleaning solutions or chemicals; it can release dangerous gases!



When you need to cough or sneeze... cover it to **stop the spread of germs**

Tell your health care provider immediately if you have any of these symptoms: fever, headache, tiredness, dry cough, sore throat, nasal congestion or body aches

Cover Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze
- or
- Cough or sneeze into your upper sleeve, not your hands
- Drop your used tissue in a waste basket

If Asked, Wear a Mask

- Secure ties behind head or place elastic bands behind ears
- Fit flexible band at top of mask to bridge of nose
- Fit mask snug to face and below chin

Wash Your Hands

- Wash and scrub hands with soap and water for at least 20 seconds
- or
- If soap and water are not available, use an alcohol-based hand cleaner

Especially:

- After using the restroom
- After blowing your nose, coughing or sneezing
- Before, during, and after preparing food
- Before and after caring for someone who is sick
- Before touching your eyes, mouth, or nose



For more information, contact your installation's Department of Public Health.

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US soldiers help South Koreans disinfect area in city at center of outbreak

Courtesy of Stars and Stripes

American soldiers recently donned protective gear to help South Koreans disinfect a housing complex in Daegu in the first such joint operation since the coronavirus outbreak began in the southeastern city.

The 19th Expeditionary Sustainment Command and South Korea's 2nd Operations Command, both headquartered in Daegu, spent just over an hour to clean the area, according to the 19th ESC's public affairs office.

Soldiers wore hooded jumpsuits, goggles, face masks and blue plastic booties as they sprayed the cleaning agent on the street outside the housing complex.

The South Korean Army had thoroughly disinfected the interior after the apartment building saw several people infected by the virus more than a week ago but had not yet cleaned the outside.

Daegu and surrounding areas have suffered the majority of confirmed coronavirus cases in South Korea after a woman tested positive in mid-February and proved to be a carrier.



Soldiers from the 19th Expeditionary Sustainment Command join Republic of Korea Soldiers in a disinfectant operation after a coronavirus outbreak in Daegu. (Photo by Kevin Bell, 19th ESC Public Affairs Office) ▲



Two U.S. Army Soldiers and a Republic of Korea Soldier spray a COVID-19 infected area with a solution of disinfectant in downtown Daegu. (U.S. Army photo by Hayden Hallman) ▲



LEAD BY EXAMPLE

Wash your hands and teach kids to scrub hands for at least **20 SECONDS.**

LIFE IS BETTER WITH **CLEAN HANDS**

www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

Coronavirus Disease 2019 (COVID-19)

Please consider using bank-issued credit and debit, MILITARY STAR or gift cards instead of cash. Cash-back and check-cashing transactions may be limited during this time.



experts in the Army Veterinary Corps before they are deemed as an approved source. We have military veterinarians and store food safety specialists inspecting food sources, deliveries and products on the shelves to help ensure they're free of potential contaminants.

New Policies

1. There will be 100% I.D. card checks at the entrance of all stores and no visitors will be allowed entrance. We believe this will reduce the number of people in our stores and help with social distancing.
2. There will be no more "early bird" shopping hours to allow more time for cleaning and re-stocking of our stores.
3. Please note that each commissary location in coordination with their installation leadership may need to implement purchase limitations on products to ensure that DeCA can meet the increased requirements and take care of all of our valued patrons. Our commissary team is working very hard on a daily basis to re-stock the shelves as the supplies are delivered. Once again, we appreciate your support and patience during this period.
4. During this pandemic, we will be limiting the use of reusable bags at the register.
5. Plexiglass shields are being installed in all checkout lanes as a protective measure.

A message from Rear Adm. (Ret.) Robert J. Bianchi, DOD special assistant for commissary operations.

The Defense Commissary Agency is committed to the health and safety of our customers and staff. We are closely monitoring the situation regarding COVID-19 and proactively following CDC guidelines. We adhere to the highest standards of DOD health protection in our stores. We are always vigilant to ensure our workforce follows the strictest precautionary measures including routine hand washing and other basic sanitation measures to avoid spreading germs. Our stores continue to undergo daily sanitizing, disinfecting and cleaning. We have cancelled all events in our stores until May, an overabundance of caution is being used for the safety of our patrons, employee, and industry partners.

Will it impact the food supply?

There is no evidence that the coronavirus can spread through food. Regardless of the threat, we are always on guard to protect the food on commissary shelves. It is important for our valued authorized patrons to know that the sources of the product sold in the commissaries go through an extensive assessment process conducted by food safety

Will it impact deliveries?

Our Industry partners are assisting us daily in procuring and preparing items for shipments to Japan, Korea, and Europe via air and sealift. We are increasing deliveries to our overseas commissaries, including shipments of high demand items such as hand sanitizers and disinfectant wipes. We have airlifted multiple shipments to the Pacific on high-demand items to supplement the stock in our central distribution centers and support to our stores. We continue to fully support all commissaries impacted by this crisis and will maintain this support to ensure product availability.

Fraudulent Coronavirus Treatments

The FDA recently released a Consumer Update about fraudulent coronavirus tests, vaccines, and treatments. According to FDA, "Fraudulent COVID-19 products can come in many varieties, including dietary supplements and other foods, as well as products claiming to be tests, drugs, medical devices, or vaccines."

You can read the full article on the The U.S. Food and Drug Administration's website or by visiting the Operation Supplement Safety's website. A link to this article, as well as other updates from FDA, can be found on OPSS's homepage under "Alerts and Announcements".

Coronavirus Resources

Visit the Centers for Disease Control and Prevention's coronavirus website to learn how COVID-19 spreads, its symptoms, information on prevention and treatment, stigma and what to do if you are sick.

The GSA has created a landing page for government-wide information related to COVID-19 activities. It is also available in Spanish.

- Coronavirus information at USA.gov
- Coronavirus information at USA.gov (Spanish)
- CDC: Twitter
- CDC: Facebook
- CDC: Instagram

Health Protection Conditions

These conditions define the effects of health threats, specific precautions, and levels of effort that might be needed during a public health emergency. Check the status of your facility locally.

Situation	HPCON	Example Health Protection Measures
Normal baseline	0	Routine: Normal operations Maintain standard precautions such as routine hand washing, cough on sleeve, good diet, exercise, vaccinations, education, routine health alerts, and regular preparedness activities
Report of unusual health risk or disease	A	Limited: Health Alert. Communicate risk and symptoms of health threat to installation review plans and verify training, stocks, and posture; prepare to diagnose, isolate, and report new cases
Outbreak or heightened exposure risk	B	Moderate: Strict hygiene (no handshaking, wipe common-use items) if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food or risk area; vector control if applicable
High morbidity epidemic or contamination	C	Substantial: Social distancing (limit or cancel in-person meetings, gatherings, temporary duty assignments) shelter in-place indoors; utilize respirators; mass distribution of MCM
High mortality epidemic or contamination	D	Severe: Restriction of movement (e.g., quarantine) mass evacuation; mass decontamination; subsist on secure food/water sources



COVID-19: Madigan Raising Awareness with Communication and Collaboration

Story by Joseph Jones
Madigan Army Medical Center

The lasting impact of a COVID-19 outbreak in Washington State, where the Joint Base Lewis-McChord community resides, cannot be predicted. It's a fast evolving and dynamic public health crisis. Madigan Army Medical Center in working closely with 1st Corps, Army Public Health, and local public health authorities to take steps now to prepare for such an outbreak and protect both their patients, staff and the entire JBLM community.

Patient education, communication with staff, and synchronization with leadership across JBLM to raise awareness of preventive steps we can all take to stop the spread of COVID-19 is Madigan's focus to protect Active Duty Service Members, their families, Retirees and all military beneficiaries.

In order to raise this awareness, Madigan is using multimedia and its large social media presence to share potentially life-saving information with its patients,

many of whom are retirees, which would likely contain one of the at-risk groups identified by the Centers for Disease Control and Prevention.

"The Madigan Prevention Minute: COVID-19" is a series of short videos hosted by Madigan Commander Col. Thomas Bundt and filmed on location at Madigan Army Medical Center. In each episode, Lt. Col. (Dr.) Paul Faestel, the acting director of Madigan's Preventive Medicine Department is asked about specific preventive measures the CDC, the leading national public health institute of the United States, and the Washington State Department of Health recommend to prevent the spread of COVID-19.

Preventive measures and topics such as hand-washing, protecting at-risk groups, the use of facemasks, testing for COVID-19, and "social distancing" each have a dedicated episode. These will premiere on Madigan's Facebook page and other social media platforms, which have a combined following of over 25,000 people.

Since COVID-19 can be spread from person-to-person, either through close physical contact or through contact with "respiratory droplets" that can be produced when an infected person coughs or sneezes, properly raising awareness of new concepts like "social distancing" with multimedia content is vital in helping stop the spread of COVID-19. Included in the videos are examples of preventive measures such as keeping a six foot distance and substituting handshakes for healthier forms of greeting.

"Getting the information in a visually cutting-edge presentation can really make the message resonate more with our patients," said Ryan Graham, primary videographer with Madigan's Visual Information Services.

Graham has tackled the filming and post-production process on many of Madigan's popular video series like "My Madigan Story", "Madigan Works!", and many others.

"Getting the right shots, and getting the information to the viewer creatively is really important," Graham said.

Emergency response, preparedness, readiness, and being equipped for even a worst case scenario is Madi-

gigan's integral role in not only ensuring a medically ready force, but also protecting and providing support during a crisis to JBLM and surrounding local community.

This potential health threat is not the first time Madigan has played a key role in an emergency that spans outside the gates of JBLM. On December 18, 2017, when Amtrak Cascades passenger train 501 derailed near DuPont, Wash., Madigan staff, commuting to and from work, were among the first on the scene to begin saving lives. Madigan's emergency room accepted and began treating the first of 19 patients from the derailment. Madigan's staff is trained specifically for these types of scenarios.

On March 9, 2020, at the Nelson Recreation Center on JBLM, Madigan's Emergency Operations Management team held a base-wide table top exercise and forum ad-

ressing readiness, preparedness and prevention concerns regarding COVID-19. Attending the event alongside Madigan's leadership and key staff members were JBLM's top leadership, to include the 1st Corps commander and staff, base leadership, and key community partners.

John Holwege, a Madigan emergency management specialist, elaborated on Madigan's emergency operations plans projected onto a large screen at the venue. Throughout, participants addressed concerns, identified areas of mutual support, and asked questions ensuring that, from the top-down, all leadership is working in tandem, and communicating properly, consistently, and transparently regarding COVID-19. The purpose of the event was to think through the actions required in the event of a real-time pandemic response to COVID-19 on base.

Madigan has also created a dedicated COVID-19 webpage with current information, multimedia content, and frequently asked questions here: <https://www.mamc.health.mil/patients/COVID-19.aspx>

If you have symptoms and have been exposed, the Military Health System Nurse Advice Line is available



24 hours a day, seven days a week to help you get the assistance you need. Call 1-800- TRICARE (874-2273), Option 1 to speak with a registered nurse from the comfort of your home with your health concerns.

Before arriving for treatment at any healthcare provider or medical facility, call your healthcare professional beforehand if you have symptoms, or have been in close contact with a person known to have COVID-19. This will ensure the appropriate precautions can be taken to protect other patients, staff, and the community.

Whenever there is a public health crisis, disinformation and myths can be dangerous. Please verify any information regarding COVID-19 at the CDC's website at <https://www.cdc.gov> to ensure it's accurate. Help keep your community healthy by only sharing accurate information. Care with compassion.

Female and male service members and veterans recover from concussion differently, study finds

Courtesy of Military Health System Communications Office

Female veterans may have a harder time performing some mental tasks after a mild traumatic brain injury or concussion, according to a recent study supported by the Defense and Veterans Brain Injury Center, a division of the Defense Health Agency Research and Development Directorate.

The study compared male and female veterans who had experienced concussions to more accurately assess whether each gender experienced different symptoms following injury. After adjusting for factors such as marital status, service branch, living situation, and vocation, the results showed female veterans had a harder time performing mental tasks such as difficulty concentrating and forgetfulness, which could slow recovery to normal activities. The study's authors presented their results at the 2019 annual Military Health System Research Symposium in August.

"TBI is the signature injury experienced by service members and veterans in conflicts since 9/11," said Navy Captain Scott Pyne, DVBIC division chief. "During this time, women have had the opportunity to serve in more combat related positions associated with increased exposures to potentially concussive events. As a result, there is a need to see whether TBI affects women and men differently."

According to the latest figures published in *Military Medicine*



in 2019, female service members accounted for 12.6 percent of first-time TBI diagnoses in the U.S. armed forces between 2010 and 2014.

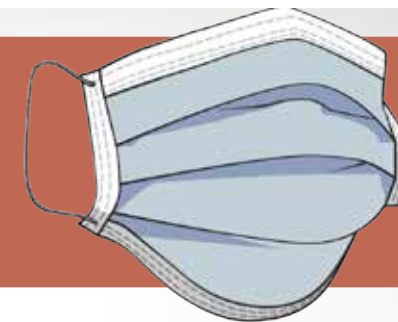
"Women are becoming more prominent in all fields—including the military. If we don't understand the differences in biology and/or symptomology, it could cause a major burden for society going forward. Individual differences must be analyzed through the lens of gender," said Maheen Mausoo Adamson, DVBIC senior clinical research director and a neuroscientist at the Stanford University School of Medicine. Adamson is one of the lead scientists on the DVBIC-funded study conducted at the Veteran Affairs Palo Alto Health Care System.

To more accurately assess whether men and women experienced different symptoms fol-

lowing a TBI, the DVBIC-VA Palo Alto study relied on a matching technique where it looked at one male and one female in pairs. The researchers recruited participants, and then formed 49 matched pairs who were similar based on mechanism of injury, time from injury to assessment, and age at assessment. Adamson suggested the study could have long-term implications for susceptibility to dementia if these women could be followed for a number of years.

These findings suggest more research is needed to examine how TBI affects women and men. Such research provides an opportunity to test whether presumed gender differences based on biology are borne out by empirical findings. Continued research may help to realize the possibility that therapy will be tailored to each individual's unique situation.

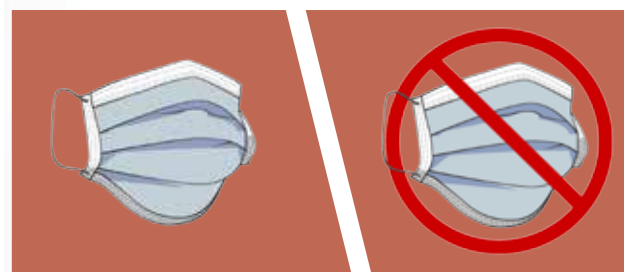
COVID-19 Facemasks



The primary purpose of a facemask is to prevent individuals who are **SICK** from spreading germs to others.

If you are healthy, you only need to wear a facemask when taking care of a person who has COVID-19.

There is no evidence that wearing a facemask prevents infection outside of healthcare settings, such as when traveling or going out in public.



WHEN TO WEAR A FACEMASK

You should wear a facemask if:

- a medical provider diagnoses you with COVID-19.
- you are caring for someone confirmed to have COVID-19. *Both you and the patient should wear masks when in close contact.*

PROPER WEAR & DISPOSAL OF FACEMASKS

- Clean your hands with soap and water or an alcohol-based hand sanitizer before putting on the facemask.
- Ensure the facemask covers your nose, mouth and chin; press the nose piece tightly against the bridge of your nose.
- Avoid touching the facemask.
- If the facemask becomes torn or wet, replace it with a new one.
- Remove the facemask by grasping the elastic ear bands or untying the mask and dispose in a lined trash container with other household waste. Do not touch the front of the facemask.
- Clean your hands immediately after removing facemasks.

N-95 respirators are not the same as facemasks and do not provide extra protection for the general public. N-95 respirators are for use by medical personnel who are caring for COVID-19 patients and performing procedures which increase their exposure risk. Users of N-95 respirators must be medically cleared to wear them, fit-tested to ensure proper function, trained on their use, and monitored as part of an occupational health program.



TA-508-0320
03/11/2020

For current COVID-19 information:
<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



For more information, contact your installation's Department of Public Health.

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version 1.0

Addressing Emotional Responses to Threat of Coronavirus

By Tim Hoyt, Ph.D.
Health.mil



U.S. Air Force Master Sgt. Kathleen A. Myhre, 446th Airman and Family Readiness Center noncommissioned officer in charge, meditates outside the 446th Airlift Wing Headquarters building on Joint Base Lewis-McChord, Washington. Myhre traveled to India in 2016 to study to become an internationally certified yoga instructor. She now shares her holistic training with the Reserve Citizen Airmen of her unit. (U.S. Air Force photo by Staff Sgt. Mary A. Andom)

While in graduate school, I was involved with some interesting research that examined students' reactions to media coverage on the potential threat of a disease pandemic such as coronavirus. The study showed several interesting findings, including high rates of worry that family members would contract the disease or that treatment might not be available. We also found that negative emotions associated with an outbreak (such as worry, fear, or hostility) might result in ignoring precautions rather than taking positive actions to decrease risk of infection.

With mounting worry and fear about the current outbreak of coronavirus, it's worth taking a pause to look at how to mitigate some of the emotional and behavioral effects that might come from media coverage and the threat of coronavirus.

Stay home if you're sick – and even if you're not. If you're feeling sick, be responsible and isolate yourself at home. This will be a great opportunity to binge watch your favorite series. We all want to preserve our paid time off, but a few unproductive hours being sick at work likely won't be worth potentially sharing a virus with your coworkers. Even if you're feeling healthy, medical professionals recommend staying home and limiting social contact as much as possible since avoiding those who are sick is the best way to decrease transmission of viruses.

Coping with Isolation. In most of the country, school has

been cancelled, religious services have been curtailed, and recreational venues have been closed. The result for many has been a sense of isolation and feeling cut off from friends, family, and coworkers. The most important way to cope with this type of isolation is to re-establish and stick to a regular routine. Even if you are "stuck" at home, you can establish a regular schedule for activities, such as routine chores, reading a book, or exercise. Kids in particular benefit from a consistent schedule, to include time set aside for learning activities and a regular bedtime.

Limit media exposure. During events such as natural disasters, terrorist attacks, and pandemics, the 24-hour news cycle can create significant anxiety and pull attention away from consistent day-to-day tasks. The best option for news updates is to find a reliable source, and check it on a limited schedule.

Control what you can. Consistently practicing good habits is one of the best ways to deal with worry and anxiety. The most effective ways to decrease coronavirus risk are the things you learned as a child: 1) Wash your hands regularly with hot water and soap (if you sing the "happy birthday" song while you do it, then you are washing long enough); 2) Prevent spreading viruses by coughing into the crook of your elbow; 3) Decrease likelihood of contracting a virus by not touching your face. Focusing on these basics will give you a better sense of control over your risk of infection.

Decreasing anxiety in others. During the 2009 H1N1 swine flu pandemic, I had small children who had risk of infection. Rather than anxiously chasing them around with a bottle of hand sanitizer, my wife and I made a game of making pig noises with the kids while practicing good hand washing. This ensured that we were creating good habits without focusing on the anxiety of our kids getting sick.

What's with the facemask? One of the interesting effects of anxiety about coronavirus has been buying and wearing surgical masks. Although these might seem like a tangible and visible step to decrease risk, these masks won't actually prevent you from catching the disease. The intent of a surgical mask is to keep the person wearing the mask (such as your surgeon or dentist) from infecting other people. The only time you should wear a mask is if you are already sick and you want to decrease the likelihood that you will get other people sick. You also can increase your risk of infection if you are frequently touching your face to adjust an ill-fitting mask.

Get your info from reputable sources. Seeking information is a common way to cope with fearful situations. However, anxiety about the coronavirus has led to a lot of absurd myths being per-

petuated from less-reputable sources. Any promises of a miracle cure for coronavirus involving essential oils, household chemicals, or herbal concoctions are inaccurate and frequently harmful. If you are worried about coronavirus and need more information, stick to these reputable sources with a scientific basis:

- Centers for Disease Control and Prevention
- World Health Organization
- Center for the Study of Traumatic Stress
- Occupational Safety and Health Administration
- Military Health System

Manage your anxiety symptoms. If after taking the steps above anxiety is still interfering with your daily activities, practice these tips from the Real Warriors Campaign to help manage symptoms:

- Prioritize sleep and aim to get seven to eight hours each night.
- Get active to boost your mood, reduce stress, and help improve your quality of sleep.
- Limit caffeine and alcohol which can reduce feelings of anxiety in the moment but increase fatigue and anxiety the next day.
- Reflect and relax by practicing breathing and relaxation techniques, such as meditation and yoga, or writing down your thoughts in a journal.



U.S. Army Soldiers from the Oregon National Guard discuss security patrol operations during a security patrol stop in Somalia. (U.S. Air Force phot by Tech. Sgt. Nick Kibbey)

Some U.S. Soldiers Now Authorized to Wear Combat Patch for Somalia Deployments

By Matthew Cox, Military.com

The U.S. Army has authorized the combat patch for some soldiers who have served in Somalia, according to a U.S. Central Command news release.

The shoulder sleeve insignia for former wartime service is authorized for soldiers who have been "deployed, temporarily stationed or permanently assigned to Somalia since 2004 and who received combat zone tax exclusion plus hostile fire pay and/or imminent danger pay," the March 6 release states.

"The shoulder sleeve insignia is a unique Army tradition that distinguishes soldiers who have served in areas of combat, and our soldiers in Somalia have certainly earned this recognition," Army Chief of Staff Gen. James McConville said in the release.

Soldiers who have deployed to Somalia can begin wearing the combat patch immediately, as long as they have the proper documentation to support their eligibility, according to the release.

The combat patch has been a symbol of military ser-

vice during combat operations since World War I. The unit patch is worn on the right sleeve of the uniform, just below the American flag.

Last October, al-Shabaab terrorists attacked Baledogle Military Airfield in Somalia with a car bomb, leaving one U.S. service member injured. U.S. service members train foreign troops to operate military drones out of the base, which is located about 60 miles from the capital of Mogadishu.

In June 2018, a U.S. special operations soldier was killed in a terrorist attack. Four other American service members were wounded when the group of U.S., Somali and Kenyan forces came under mortar and small-arms fire in Jubaland, Somalia.

The U.S. currently has roughly 6,000 troops based in Africa.

This authorization adds Somalia to the list of current combat zones -- including Afghanistan, Pakistan, Yemen, Iraq, Jordan, Syria and Djibouti -- where soldiers are receiving combat zone tax exclusion and imminent danger pay, according to the release.

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 <p>Mid-size SUV</p> <p>HYUNDAI TUCSON ₩85,000~</p>	 <p>Full-size SUV</p> <p>HYUNDAI PALISADE ₩160,000~</p>	
 <p>9 Passenger Minivan</p> <p>KIA CARNIVAL ₩110,000~</p>	 <p>12 Passenger Van</p> <p>HYUNDAI STAREX ₩100,000~</p>	

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031-618-6112

Customer Center
010-7676-8233

- Best Price Guarantee
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NAVIGATING KOREAN HOSPITALS

Many cultural differences exist between Military Treatment Facility and Purchased Care Sector Providers; such as language, food, medication management and many others. While you remain an in-patient, the Korean families traditionally help hospital staff with the care of their patients. Because families take care of their ill patients, you may notice less nursing care than if you were in a U.S. hospital. The food will be different, even the western menu, if offered will not be what you expect.

Medical staff do not always wears gloves during every procedure like they do in the U.S. Child birth and delivery is very different. For example, most hospitals will not allow the father to be in the room during delivery, and none allow the father in the room during a C-section. If you are not accompanied by a family member, most hospitals recognize the need for additional assistance you may require and may try to accommodate your needs. This will help alleviate stress and confusion, and gives you the opportunity to be better prepared for a more pleasant stay at one of our Korean network hospitals. You may experience a longer stay at a Korean network hospital than a western hospital as their approach to medicine and the healing process is different.

Although many hospitals have relaxed visiting hours, 8 p.m. is considered the traditional time to conclude a visit so that patients can get needed rest. If you happen to share a room with another patient, it is best to refrain from playing loud music (use earphones) and if you need to make a call using your cell phone or if you are capable of walking, we recommend using the common area. Avoiding the use of strong aftershave, lotion, cologne, or perfume is also recommended as some patients may have allergies or sensitivities to strong smells. We thank you in advance for your cooperation in making each individual's hospital stay as comfortable as possible.

Korean medical practice is different than western medicine. In western medicine the patient is involved in

the planning of their care, always questioning the care received to comprehend a better understanding of their health state. However, in Korean medicine the patient relies on the health professional's medical opinion and care administered without questioning or the desire to know the process. All of the clinical decisions are made by the doctor, who then gives guidance and direction to the staff (nurses and administrators). It may seem at times that the staff maybe not listening to you or ignoring your needs, but please know that this is not the case. They do understand your needs, but require the doctor to provide direction/approval before they can act upon your requests.

Nurses, in particular, do not act as independent professionals as American nurses. If you are an in-patient and you need something to help you sleep or you are having pain, do not hesitate to advise the nurse as early as possible so that they may get the required order from your doctor.

Unlike American doctors, Korean doctors are more paternalistic and tend to engage their patients less in the management of their cases. Often, the discussions with patients and family are limited with the Korean doctor and may seem to be directive or uncommunicative due to limited English-speaking ability or the reluctance to use their English. Again, be patient and try to develop a positive working relationship with your Korean doctor. Increasingly, many physicians in Korea have been trained abroad or understand the special needs of their American patients for information about their care. Keep in mind that the goal is the same for all healthcare professionals and that is to deliver the best quality of care and return you to an optimal state of health.

The Brian D. Allgood Army Community Hospital staff continuously works with the network Korean hospitals to make sure they follow appropriate standards of care for infection control and pain management. Next month's highlight will feature more cultural differences that exist between MTF care and the Purchased Care Sector Providers care.

WE ARE LOOKING FOR YOU!



Be part of a community!



UNITED CLUB MAKE FRIENDS, GIVE BACK GET INVOLVED!

JOIN US

[HTTPS://WWW.HUMPHREYSUNITEDSPOUSES.COM](https://www.humphreysunitedspouses.com)

The purpose of the spouses club is to provide social and philanthropic needs within Humphreys and the surrounding community.

To promote friendship and goodwill, to provide community grants and educational scholarships while supporting the community Thrift Shop, monthly socials or volunteering at community events.



NCSC Releases Advisory on Securing Internet-Connected Cameras

Courtesy of US-cert.gov



The United Kingdom (UK) National Cyber Security Centre (NCSC) has released an advisory on securing internet-connected cameras such as smart security cameras and baby monitors. An attacker could gain access to unsecured, or poorly secured, internet-connected cameras to obtain live feeds or images.

The following steps can help consumers secure their devices.

- Change your device's default password, if applicable, and create a strong password.
- Keep software up to date.
- Disable the remote access feature, if unused.

The Cybersecurity and Infrastructure Security Agency (CISA) encourages administrators to review the NCSC advisory for more information and refer to CISA's Tips on Securing the Internet of Things and Home Network Security for additional ways to secure internet-connected devices.

Army Announces Voluntary Recall of Retired Soldiers for COVID-19 Response

Courtesy of U.S. Army Fort Knox Human Resources Command

The U.S. Army is reaching out to gauge the interest of our retired officers, noncommissioned officers and Soldiers who would be willing to assist with the COVID-19 Coronavirus pandemic response effort should their skills and expertise be required.

These extraordinary challenges require equally extraordinary solutions and that's why we're turning to you -- trusted professionals capable of operating under constantly changing conditions. When the Nation called -- you answered, and now, that call may come again.

If interested and you remain qualified to serve in any of the following health care specialties: 60F: Critical Care Officer; 60N: Anesthesiologist; 66F: Nurse Anesthetist; 66S: Critical Care Nurse; 66P: Nurse Practitioner; 66T: ER Nurse; 68V: Respiratory Specialist; 68W: Medic - we need to hear from you STAT!

If you are working in a civilian hospital or medical facility, please let us know. We do not want to detract from the current care and treatment you are providing to the Nation.

While this is targeted at medical specialties, if you are interested in re-joining the team and were in a different specialty, let us know your interest.

If interested please contact Human Resources Command, Reserve Personnel Management Directorate, at usarmy.knox.hrc.mbx.rpmd-ord-hq@mail.mil and provide your phone number, address, email, and MOS/Branch.

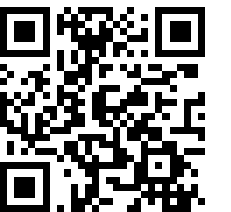
O S A N A B E X C H A N G E

BUY ONLINE



PICKUP IN-STORE

shopmyexchange.com



FREE IN-STORE PICK UP

Select Items Delivered **FREE** to Participating Stores

While You're Shopping

Look for the **FREE IN-STORE PICK UP** logo associated with eligible items



When You're Ready to Check Out

In the Shopping Cart choose **FREE IN-STORE PICK UP LOGO** under the Ship To for the item. Proceed to Checkout.

On the Shipping & Pickup screen, select the **region, state** and the **Exchange** from the drop down menus.



Date of Arrival

A local store associate will contact you when your order is ready for pickup.



Pick Up Your Order

Your order can be picked up during regular store hours at the customer service desk.

You will need to bring:

- **A valid photo ID** with Exchange privileges (ID should match the customer name on the order).
- **A copy of the email** you received stating the order was ready for pickup.
- **If you are unable to print the email**, please copy down **your order number** to give to the associate. You will be required to sign for your order when you pick it up.

Note: Transshipment items going to **OCONUS** stores typically take **8-12 weeks** from the date the online order was placed.



Behavioral Health Treatment

Behavioral health clinics offer individual appointments, and walk-in services for emergent situations. They are provided through the Brian D. Allgood Army Community Hospital System, 549th Hospital Center, and the unit's organic behavioral health assets. Call the clinic aligned to your unit for more information or to schedule an intake appointment.

If you are in crisis and having thoughts of suicide, come directly to the clinic and let the front desk staff know. The Military Crisis line is also available by phone in Korea at 0808 555 118 or DSN 118, or online at <https://www.veteranscrisisline.net>

Area I/II – Camp Casey/Yongsan
Camp Casey, Building S-802, 4th Floor (Across from Troop Medical Clinic)
Local Phone 050-3337-3708/3711 (DSN 737-3708/3711)
M-W & F: 0800-1700, Th: 1300-1700

After Hours Emergencies Report to the Camp Casey TMC Triage & Transport Center (TTC), Bldg. 807.

Area III – Camp Humphries
Warrior BH Clinic, Building 7315
Local Phone 0503-337-5177 (DSN 737-5177)
M-W & F: 0800-1700, Th: 1300-1700
Population: 2ID HHBN, 2SBDE, Rotational ABCT Soldiers

Jenkins BH Clinic, Building 555
Local Phone 0503-337-5791 (DSN 737-5791)
M-W & F: 0730-1700, Th: 1300-1700
Population: 2CAB Soldiers, 1SIG BDE

Multi-D BH Clinic, Brian D. Allgood Army Community Hospital 5th Floor
Local Phone 0503-337-5668 (DSN 737-5668)
M-W & F: 0730-1700
Population: All other Soldiers and eligible civilians at Camp Humphries

After hours behavioral health go to the Brian D. Allgood Army Community Hospital Emergency Room.

Area IV Camp Walker / Camp Carroll
Camp Walker, Building 226
Local Phone 0503337-4784 (DSN 737-4784)
M-F: 0800-1700
Population: Active Duty

Camp Carroll, Building S-180
Local Phone 0503337-4236 (DSN 737-4236)
M-F: 0800-1700
Population: Active Duty, and Command Sponsored dependents on a space-available basis
After Hour Emergencies Report to Troop Medical Clinic on either post

Pharmacy Hours

Brian D. Allgood Army Community Hospital Pharmacy

Operating Hours: Mon-Fri: 0730-1930, Sunday: 1230-1630, Saturday/Minimal Manning Days/Federal Holidays: 0930-1830.
Closed for lunch during Saturday/Minimal Manning Days/Federal Holidays: 1230-1330.

Camp Casey Pharmacy

Operating Hours: Mon-Wed, Fri: 0830-1700, Thursday: 1300-1700, Lunch closed: 1200-1300.
Closed on Federal Holidays, Training Holidays and Weekends.

K16 Pharmacy

Operating Hours: Mon-Wed, Fri: 0800-1700, Thursday: 1230-1700, Lunch closed: Mon-Wed, Fri: 1200-1300, and closed for lunch Thursday: 1130-1230. Closed on Federal Holidays and Weekends.

MSG Jenkins Clinic Pharmacy

Operating Hours: Mon-Fri: 0800-1700. Closed on Federal Holidays, Training Holidays and Weekends.

Midtown Pharmacy Kim Clinic

Operating Hours: Mon-Wed, and Fri: 0830-1700, Thursday: 1300-1700. Closed Federal Holidays, Training Holidays and Weekends.

Camp Carroll Pharmacy

Operating Hours: Mon-Wed, Fri: 0900-1700, Thursday: 1300-1700, Lunch closed: Mon, Tue, Wed, Fri: 1300-1400, Thursday: 1200-1300. Closed on Federal Holidays, Training Holidays and Weekends.

Camp Walker Pharmacy

Operating Hours: Mon-Wed, Fri (including Training Holiday): 0830-1700, Thursday: 1300-1700, Lunch closed: 1200-1300. Closed on Weekends and Federal Holidays.



Quarantine Requirements / Definitions

Quarters

Quarters (Q0): Defined as when the patient is directed to his or her barracks or home for self-treatment and is not to perform military duties. Quarters status will normally exceed 72 hours

KATUSA-MND Restricted (Q1): MND Restrictions for ROK Soldiers (KATUSA) any ROK Soldier/KATUSA that have been directed to remain in quarters.

Quarantine

Contact (Q2): Anyone who recently (within the previous 14 days) traveled to China, Hong Kong, or Macao; recently visited an identified COVID at-risk location (aka Hot Spot); or had close contact with a confirmed COVID positive individual. Travel locations may change as the global COVID-19 situation evolves.

Patients Under investigation (PUI) (Q3): Any individual evaluated by healthcare personnel for symptoms consistent with COVID-19 (fever, cough, fatigue, shortness of breath, muscle aches, sore throat, headache, abdominal pain, diarrhea, etc.). PUI's will generally require a COVID-19 laboratory test to confirm or rule-out the diagnosis.

Isolation

Case (Q4): Laboratory confirmed COVID-19 individual. This individual requires isolation.

*Quarantine Approval Authorities: COL (DR) Alan Davis, 65th MED Chief Medical Officer, Alternate: LTC Joseph Hudak, Dep Commander Clinical Services





Access to Care

Services provided during COVID-19 response:

Health Certificates
Limited Sick Call



Appointment lines:

-Camp Humphreys: DSN 315-737-9720; Commercial 0503-337-9720
-Osan: 315-784-6614; Commercial 031-661-6614
-Walker: 315-764-9832/4708; Commercial 0503-364-9832/4708

Hours of Operation:

Camp Humphreys
Osan Air Base
Camp Walker
Monday – Friday 0900-1600
Lunch break 1200-1300



- Last business day each month:
- Open 0900-1200
- Closed 1300-1600 for inventory



Helpful Pet Travel and Airline Websites

PET TRAVEL WEBSITES

CONUS (and Alaska):
<https://www.aphis.usda.gov/aphis/pet-travel/bring-pet-into-the-united-states>
Hawaii: <http://hdoa.hawaii.gov/ai/aqs/aqs-info/>
Guam: <https://www.pettravel.com/immigration/Guam.cfm>

European Union:

- https://ec.europa.eu/food/animals/pet-movement/eu-legislation/non-eu-imports_en
- <https://www.usarj.army.mil/units/vet/import/>
- <https://www.maff.go.jp/aqs/english/index.html>



Websites subject to change. This information is a guide for common destinations from Korea. Veterinary clinic staff members are here to assist, but pet owners are responsible for researching pet import requirements. Please begin the planning process as soon as you know where you are going since some destinations require long quarantines and airline pet reservations may be limited.

AIRLINE WEBSITES

Patriot Express Military Rotator:

- <https://8tharmy.korea.army.mil/site/assets/doc/newcomers/AMC-Pet-Brochure-2019.pdf>
- <https://www.amc.af.mil/Home/AMC-Travel-Site/AMC-Pet-Travel-Page/>

Commercial Airlines

- Korean Air: https://www.pettravel.com/airline_pet_rules/koreanair.cfm
- KLM: https://www.klm.com/travel/us_en/prepare_for_travel/travel_planning/pets/index.htm
- Lufthansa: <https://www.lufthansa.com/us/en/travelling-with-animals>
- Delta: <https://www.delta.com/us/en/pet-travel/overview>
- American: <https://www.aa.com/i18n/travel-info/special-assistance/pets.jsp>
- United: <https://www.united.com/ual/en/kr/fly/travel/animals.html>
<https://www.united.com/ual/en/US/fly/travel/animals/exceptions.html>



PET TRANSPORTER INFORMATION

Shindogs Air
Leo Mendoza
+82 10 5119-8073
Shindogsair@gmail.com
<http://shindogsair.com/>



The First Class Pet
Gina Nam
+82 10 9794 1125
gina@thefirstclasspet.com; <http://thefirstclasspet.com>



High Pet Relocation Services
+82 2 795 2604
asia.yoon@highpetrelo.com

International Pet and Animal Transportation Association (IPATA) assists customers in finding reputable pet shippers
<https://www.ipata.org/>



<https://www.expatguidekorea.com/seoul/pet-travel-services/korea>

HPCON

Health Protection Condition Levels Coronavirus Disease 2019 (COVID-19)

Department of Defense Public Health Emergency Management policy assigns health protection condition (HPCON) levels to disease outbreaks, such as the spread of COVID-19, based on the severity of the disease and the level of transmission occurring in the local community.

HPCON levels outline specific actions you can take in response to a health threat. While it's always important to prevent the spread of germs, there are additional steps you can take if COVID-19 transmission becomes more widespread in your community. Regardless of the current HPCON level, always follow the guidance from your installation and local public health agencies.

Take the following actions to protect the health and safety of your Family and your community.

0 ROUTINE No community transmission

Take everyday actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- Wash your hands often and for at least 20 seconds with soap and water.
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable.
- Avoid touching your eyes, nose, and mouth.
- Ensure all immunizations are up to date, including your seasonal flu shot.
- Stay home if you are sick, and avoid close contact with Family members and pets.
- Create an emergency preparedness kit.

ALPHA LIMITED Community transmission beginning

Continue all previous actions and:

- Routinely clean and disinfect frequently touched objects and surfaces.
- If you are sick, call your medical provider for instructions on receiving care before going to the clinic.
- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands and hugging.
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
- Ensure supplies of food, medication, and other items needed for babies and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.
- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CHARLIE SUBSTANTIAL Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

DELTA SEVERE Widespread community transmission

Continue taking all previous actions and:

- Expect to remain at home for extended periods of time as movement in the community may be restricted, and at-home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and Federal authorities; these actions are to protect the health and safety of you and your Family.

Facilities Directory

HEALTH CARE/TMC

AREA I

Camp Casey Health Clinic

M,T,W,F 0800-1700
Thurs 1300-1630

Camp Casey Front Desk: 737-2762/2763

CRC TMC Front Desk: 732-7776/6011

APPOINTMENT LINE: 737-2273

(Mon-Fri 0700-1600)

Public Health Nurse:

737-3557
Mon-Fri 0830-1730

Audiology: 737-3590

Mon-Fri 0830-1130 & 1300-1630

Behavioral Health (Bldg. 802):

730-4304
Mon-Fri 0830-1730

Immunizations: 737-3577

Mon-Fri 0830 -1200 & 1300-1700

Lab: 737-3580

Mon-Fri 0830-1700

Optometry: 737-3594

Mon-Fri 0900-1200 & 1300-1700

PHAs: Call Appointment Line

737-2273

*APPTs ONLY

*MUST COMPLETE PART 1 FIRST

Pharmacy: 737-3598

Mon-Fri 0830-1700

Physical Therapy: 737-3588

Mon-Fri 0800-1200 & 1300-1700

Radiology: 737-3585

Mon-Fri 0800-1130 & 1230-1700

Triage & Transport Center (TTC): 737-3582

Open 24/7

AREA II

K-16 Medical Clinic

741-6300

Mon – Wed, Fri 0900 - 1530 (closed 1130 - 1300)

(Soldiers only)

AREA III

Sgt. Shin Woo Kim Soldier Center Medical Home

(Bldg. 6370): 737-2273

Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

(Soldiers only)

Master Sgt. Henry L. Jenkins Soldier Centered Medical Home

(Bldg. 555): 737-2273

Mon – Fri 0810 - 2100; Sat, Sun, Holiday 0830 - 1900

(closed 1200-1300)

(Soldiers Only)

Suwon Aid Station

788-5107

(Soldiers only)

AREA IV

Camp Carroll Clinic

737-4300

Mon – Wed, Fri 0900-1700 (closed 1200-1300)

(Soldiers only)

Camp Walker (Wood Clinic)

737-2273 (Press 2-5-1)

Mon – Wed, Fri 0900-1700 (closed 1200-1300)

(Soldiers/family members/retirees/DOD Employees)

AREA V

Osan Air Base

0505-784-DOCS (3627)

BHC Chinhae

762-5415

on – Fri 0830-1630

DENTAL CLINIC

AREA I

Camp Casey DC

(Bldg. 808)

737-9011 / 737-9012

Mon – Fri 0730 - 1630

In/Out Processing (Mon - Fri): 0730 - 1600

(Lunch 1130-1230)

AREA III

Sgt. Shin Woo Kim Dental Clinic

(Bldg. 6370)

737-5129 / 5130

Mon – Wed, Fri 0830 - 1700; Thurs 1300 - 1700

Carius Dental Treatment Facility

(Bldg. 3020)

737-9206/9207

Mon – Fri 0730 - 1630

AREA IV

Bodine Dental Clinic

(Bldg. 220)

737-9452 / 737-4791

Mon – Fri 0730 - 1630

Dental Exams: Activity Duty: Mon – Wed & Fri (Walk in only)

0900 - 1100, Thurs 1300 - 1500

*LIMITATIONS DUE TO SERGEANTS TRAINING

Activity Duty Family appointment only:

(Call 1230 - 1530 Mon – Fri) Space Available appointments

Camp Carroll Dental Clinic

(Bldg. 180)

737-4201/4202

Mon – Fri 0930 - 1630

Call to make appointments for all dental treatment

AREA V

Osan Air Base Dental Clinic

(Bldg. 777)

784-2108

Mon – Wed Fri 0700 - 1700 / Thurs 0900 - 1700

VET CLINIC

AREA III

USAG Humphreys

(Bldg. 2260)

737-9720

AREA IV

USAG Walker

(Bldg. 341)

737-9831

AREA V

Osan Air Base

(Bldg. 766)

784-6614

There has been a lot of questions from the communities regarding Veterinary Services:

Surgery appointments are first come first serve basis via phone appointments. There is no benefit in scheduling in person. If someone calls in for a surgery before a client is seen in person, the client on the phone will get the surgery slot.

Here are the hours of operation:

M,T,W,F: 0900-1200; 1300-1600

Thursday: 1300-1600

Last business day each month:

-Open 0900-1200

-Closed 1300-1600 for inventory

Closed for Lunch: 1200-1300

Closed on Federal Holidays

Wellness/Sick call: M-F (by appt)

Surgeries: Tue. & Wed. (by appt call Monday morning; schedule opens up 4 weeks in advance; no need or benefit to scheduling in person)

Dentals: Friday (by appointment)

Closed in observance of all Federal holidays.



Your Family.
Your Orthodontist.

PURCHASED CARE SECTOR PROVIDERS

AREA I

- Dongducheon Jooang St. Mary's Hospital 031-863-0550 (ext.104)
- Inje University Ilsan Paik Hospital 031-910-7777
- Uijeongbu St. Mary's Hospital 031-820-3636

AREA III

- Good Morning Hospital 031-659-7736
- Pyeongtaek St. Mary's Hospital 070-5012-3420
- Hwain Metro Hospital 041-622-1300
- Dankook University Hospital 041-550-7640
- Hallym University Dongtan Hospital 031-8086-2300
- South Seoul Hospital 031-218-0761
- Ajou University Hospital 031-219-4010
- St. Vincent's Hospital 031-249-8016
- Seoul National University Bundang Hospital 031-787-2038
- Cha University Bundang Medical Center 031-780-5168

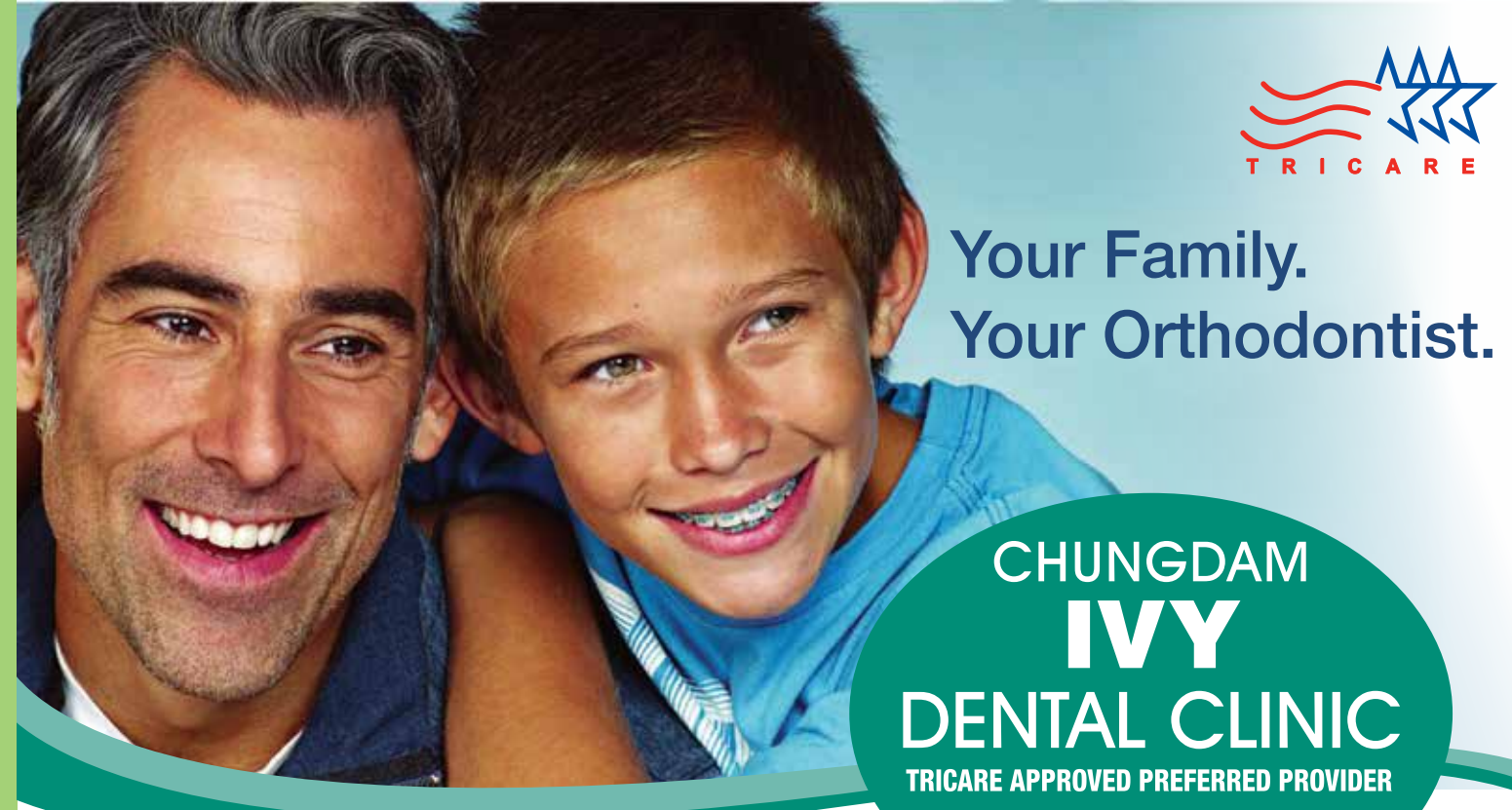
AREA II

- AHS Korea 02-749-7915
- Yeouido St. Mary's Hospital 02-3779-2212
- Seoul St. Mary's Hospital 02-2258-6818
- Drs. Woo&Hann's Skin and Laser Clinic 02-777-2991
- The Mindcare Institute 070-8888-8277
- Hangang Sacred Haert Hospital 02-2639-5025
- Severance Hospital 02-2228-5819
- Cha Gangnam Medical Center, Cha University 02-3468-3127
- Seoul National University Hospital 02-2072-4100
- Tong Il Medical (DME only) 02-766-2433
- Ewha Womens University Mokdong Hospital (West) 02-2650-5890
- EZPAP Care (DME only) 10-3106-0414
- Asan Medical Center 02-3010-5001
- Samsung Medical Center 02-3410-0203
- Withmed (Southwest;DME only) 031-395-4397
- Inha University Hospital (West) 032-890-2080

AREA IV

- Hyosung Hospital 053-766-7073
- Yeungnam University Hospital 053-640-6645
- Keimyung University Dongsan Medical Center 053-250-7997
- Daegu Fatima Hospital 053-940-7520
- Women Medi Park Hospital 054-450-9870
- Gumi Cha Hospital 031-219-4010
- Samsung Changwon Hospital 055-290-6229
- Pohang St. Mary's Hospital 054-260-8105
- Busan St. Mary's Hospital 051-933-7061
- Donggeui Medical Center 051-850-8523
- Ilsin Christian Hospital 051-630-0411

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Baby McFall examines his surroundings prior to being transloaded onto a C-17 Globemaster III, March 30, at Osan Air Base. The U.S. Army's 65th Medical Brigade, Hawaii Air National Guard's 154th Wing, Osan's 51st Medical Group and 18th Aeromedical Evacuation Squadron, Kadena Air Base at Okinawa, Japan unified to transload Parker and Laine McFall, children of Spec. Cody McFall and Pvt. 1st Class Cheyenne Evans from Camp Walker's 188th Military Police Company, enroute to Maryland's Walter Reed National Military Medical Center for advanced care. For more on this aeromedical evacuation mission see story inside on pages 40-44. (Photo by Staff Sgt. James Miller, 51st Fighter Wing Public Affairs Office)



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Osan Air Force Base (K-55): Exchange Mall (Unit 2038, Bldg. #965) Pyongtaek, Gyeonggi-do, Korea | 070-7597-0132
Camp Walker: Exchange Mall (Unit 15497, Bldg. #310) Daegu, Korea | 070-7725-9887
Kadena Air Force Base: Kadena Shopping Mall, Bldg. 412 Kadena Air Force Base, Okinawa, Japan | 036-868-2278
Camp Foster: Concession Mall, Bldg. 1002, Camp Foster, Okinawa, Japan | 098-971-9307
Yokosuka Naval Base: NEX Home Gallery Bldg. 1559, Yokosuka Naval Base, Yokosuka, Japan | 046-896-5070

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