

Women's Readiness

Attention female Soldiers! As you know, MEDPROS has new women's readiness requirements to include PAP, Chlamydia screening, and mammograms (only women over 40 are required, however all are recommended). All female Soldiers are encouraged to check their MEDPROS on AKO, and stop by the Force Health Protection office in the clinic to get their record updated and/or make appropriate appointments.

Health and Wellness

Be active participants in your health care. Males 51 and older should be screened for early detection of colon cancer. And we recommend females get an annual mammogram starting at age of 40. Mammograms are a vital tool to screen for breast cancer. Please call Ms. Mittag, our Population Health and Wellness Nurse, for more information @ DSN 466-3630 or off post- 09472-83-3630.

Did You Know...

...that in the last year we had a total of 791 appointment "No-Shows". This resulted in a loss of \$56,952, but more importantly it robbed you of available primary care appointments! A 5% loss to you, our beneficiaries. The US Army Health Clinic-Hohenfels is dedicated to improving your access to our facility and the services that they provide. By decreasing "No-Shows" and using established programs, we as a team can win in the battle to increase your access to health care! Please call the appointments line as soon as possible if you want to cancel your appointment.

Nurse Advice Line

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

Tri-Care Online

Log on to www.TricareOnline.com to make appointments right from your home.

HOHENFELS HEALTH CLINIC

Quality Health Care is our Mission!

May Updates

FRONT DESK

DSN 466-4565

CIVILIAN 09472-83-4565

Clinic Hours

Monday-Thursday	0700-0730 AD Sick Call
	0800-1700 Full Service
Friday	0700-0730 AD Sick Call
	0800-1200 Full Service
	1300-1700 Staff Training Time
Training Holidays	0700-1200 Ancillary on recall service
Federal Holidays and Weekends	Closed

H1N1 FAQ's

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.?



In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and

near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to

7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.