

Munson Notes



MUNSON ARMY HEALTH CENTER

Volume 5, Issue 6

New Campaigns, Events and Health News

June 2021

Munson Training Day Information

Mark your Calendars ***NEW***

Wednesday, June 9, 2021

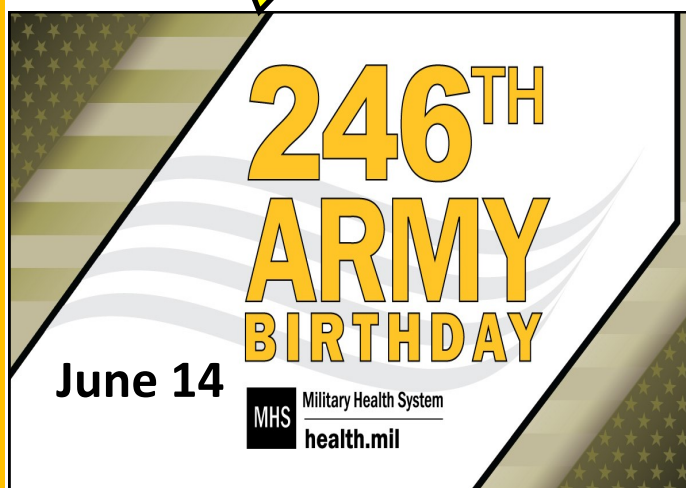
Munson has limited services from 11:30 a.m. through the rest of the day.

Medical Records Closed at 12 p.m. and
Multiservice Specialty Clinic Closed at 11:30
through the rest of the day.

Radiology is Closed from 12:30-1:30 p.m., but
open the rest of the day.

Pharmacy is Open until 3 p.m. and then
closes for the rest of the day. This includes
the Drive-Thru services.

Mark your Calendar!



COVID-19 Vaccines are available.
Visit our Facebook Page or website
at:

<https://munson.tricare.mil>
for the most updated information.
See page 2.

Check out the Java Café
drink of the month! Say you
saw it in our Newsletter and
receive 10% off. See page 8.

HAPPY FIRST DAY OF
SUMMER!

June 20



COVID-19 Vaccinations

COVID-19 VACCINE APPROVED for Adolescents Ages 12 and Older

— TRICARE —
COVID-19 VACCINATION
GET THE FACTS



Adolescents can get sick from COVID-19 as more contagious strains of the virus spread.

The Food and Drug Administration (FDA) expanded the emergency use authorization (EUA) for Pfizer's COVID-19 vaccine to include children and teens ages 12-15.

Pfizer—BioNTech clinical trials involving 12-15 year olds showed 100% efficacy, robust antibody responses, and no serious side effects.

Vaccinating children against COVID-19 helps protect them from getting sick and helps reduce the spread of the COVID-19 virus to others, including parents and grandparents, who are more at risk of severe illness.

Contact your local DOD vaccination site to confirm that they have the Pfizer—BioNTech vaccine available, even if it's not where you normally get routine care.

Visit www.TRICARE.mil/VaccineAppointments to make an appointment today.

You can also get the vaccine in your local community. Visit www.Vaccines.gov to find clinics, pharmacies, and other locations near you that offer the Pfizer—BioNTech COVID-19 vaccine.

Munson continues to offer Moderna for 18+! We have weekly events for both Moderna and Pfizer. Please visit our Facebook page and website for the most current information!

We are distributing the Moderna vaccine 18+ Thursday June 3, from 8-11 a.m. at the Frontier Conference Center. This is a first and second dose event. Walk-in only. Please bring ID.

We are distributing the Pfizer vaccine to ages 12-17, Thursday June 3, from 12-2:30 p.m. at the Frontier Conference Center. Walk-in only. Please bring ID

COVID-19 Vaccines
Wednesday June 9. We will be distributing 1st and 2nd dose Pfizer vaccines for ages 12-17 from 8a.m. -3:30 at the Frontier Conference Center.



Thursday June 10. We will be distributing 1st and 2nd dose Moderna Vaccines for 18+ from 8a.m.-3:30p.m. At the Frontier Conference Center. Please bring ID.



Did You Know?



Mosquitos are more than an itchy pest! They are more deadly to humans than any other animal, with more than 750,000 deaths attributed to the bloodsuckers each year. Take precautions to protect yourself: <https://www.health.mil/Military-Health-Topics/Health-Readiness/Bug-Borne-Illnesses/Mosquito-Borne-Illnesses>

Mask Policy for Military Treatment Facilities



Please wear a mask in Munson Army Health Center, Gentry Clinic, Veterinary Treatment Facility, and Dental Clinic.

Masks are still required for ages 2 and up in both Munson and Gentry. This policy is DoD wide and when they policy changes, we will also change. Until then, please wear a mask when coming into our buildings and getting care.

Heat Acclimatization to Prevent Heat Illness

HEAT ACCLIMATIZATION to Prevent Heat Illness



WHAT IS HEAT ACCLIMATIZATION?

Heat acclimatization is the process of adjusting to the outside environment to improve your heat tolerance and help prevent heat illness.



WHY IS IT IMPORTANT?

- Reduces the risk of serious heat illness.
- Reduces physiological strain (e.g., lowered heart rate and body temperatures).
- Improves sweating, fluid balance, comfort, and exercise capacities.

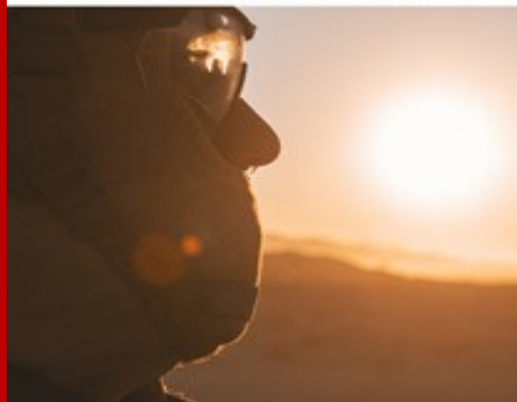


ACCLIMATIZATION STRATEGIES

- 1 Start early! Full acclimatization can take up to one month to develop.
- 2 Mimic the hot environment. Use a climate controlled room or outdoor heat.
- 3 Aim for 90-120 minutes of daily exercise for 10-14 days. Increase intensity and duration of exercise as tolerance permits.
- 4 Fluid replacement needs will increase with heat acclimatization. Make sure you're consuming enough water!
- 5 One day of exercise in the heat per week is enough to maintain full acclimatization.



EDUCATIONAL TOOLS | PROVIDER RESOURCES | RESEARCH



- Exertional heat illness
- Exertional rhabdomyolysis
- Exercise-associated hyponatremia
- Exercise collapse associated with sickle cell trait
- Exertional sudden cardiac arrest

hprc-online.org/resources-partners/whec



Summer is upon us and with so many sun-filled fun activities to look forward to, don't let safety take a backseat. Safety should be a priority while taking advantage of the warmer temperatures, participating in water sports, and enjoying other outdoor activities, and employing additional precautions during the current pandemic environment.



The Warrior Heat- and Exertion-Related Events Collaborative (WHEC) is the go-to source for information on the prevention and management of heat illness and related disorders. Visit @hprconline to learn more. <https://www.hprc-online.org/> #SummerSafety

Monthly Observances

NATIONAL SAFETY MONTH

MHS Military Health System
health.mil

In June we recognize National Safety Month, highlighting the importance of eliminating preventable injuries, illnesses, and deaths in the workplace. Take time to assess your work environment to make sure it's as safe as possible for you and your colleagues. <https://www.health.mil/Training-Center/OSHA>

June is #Pride month, when the #DOD and the #MHS celebrate and recognize the diversity within our active duty and civilian workforce!



MEN'S HEALTH month

This Men's Health Month, get back to your doctor for routine care, tests, and screenings!



Many people have skipped trips to the doctor or dentist this year.

Now is the time to get back in the habit of regular health care visits.

MHS Military Health System
health.mil

Men's Health Month This Men's Health Month, get back to your doctor for routine care, tests, and screenings! Many people have skipped trips to the doctor or dentist this year. Now is the time to get back in the habit of regular health visits.

Not all wounds are visible.
PTSD Awareness Day June 27

NOT ALL
WOUNDS
ARE VISIBLE

PTSD Awareness Day
— June 27 —

MHS Military Health System
health.mil



Monthly Observances

Firework Safety

TIPS

- 1 Read and follow the directions.
- 2 Keep a bucket of water or hose nearby.
- 3 Maintain adult supervision.
- 4 Only have one person shoot the fireworks.
- 5 Don't drink alcohol while shooting fireworks.
- 6 Use eye protection when shooting fireworks.
- 7 Outdoor use only.
- 8 Never throw or point fireworks at anyone.
- 9 Don't handle or relight duds. Wait 30 minutes, soak them in water and dispose properly.



MHS Military Health System
health.mil



Don't
forget Dad!
Sunday,
June 20

Army Wellness Center

Army Wellness Center Classes for June:

June 1st – Fueling for Health

June 8th – Performance Optimization

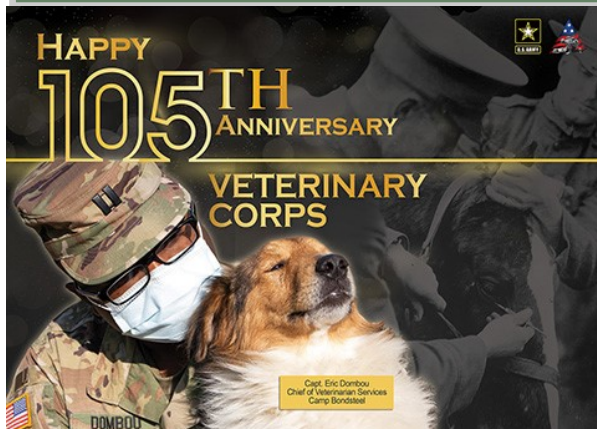
June 15th – Healthy Sleep Habits

June 22nd – Stress Management

Call (913) 758-3403 for more information or
to schedule your appointment.



Fort Leavenworth Veterinary Treatment Facility



Happy birthday @armyvetcorpschief! The #USArmy Veterinary Corps has provided animal care and food safety for missions of #Soldiers

FTLV Veterinary Treatment Facility

Hours of Operation

7 a.m.-4 p.m. Monday-Friday

The Fort Leavenworth Veterinary Treatment Facility will be experiencing some delays and mild limited capabilities for international health certificates and teeth cleaning. We recommend that you call the clinic and speak to a staff member, as they can better advise individuals based on their situation and travel needs. This is **ONLY** from 2 June to 22 June.

Call (913) 684-6510 for questions on pet care during this time.

Constant Dedicated Care

MUNSON ARMY HEALTH CENTER

Information about Munson Army Health Center is available on the Web.

Visit our **website** at <https://www.munson.tricare.mil/>.

Become a **Facebook** fan and follow our page by visiting

<https://www.facebook.com/munsonhealth/>

Munson Address
550 Pope Ave,
Fort Leavenworth , KS 66027

Information: (913) 684-6000
Call Center: (913) 684-6250

**Thank you for
choosing Munson for
your Healthcare needs!**

Mission:

Generate readiness through patient-focused care to those we serve.

Vision:

A dedicated Family caring for Family.

Munson Notes are created by the Public Affairs Officer (684-6343) at Munson Army Health Center. If you know anyone who would like to receive the monthly Munson Notes, e-mail the PAO at: usarmy.leavenworth.medcom-mahc.mbx.pao@mail.mil with the word 'subscribe' in the subject line. The Munson Notes are usually published the last or first working day of the month depending on holidays. Our events and closures are also published in the local LAMP.



**Starbucks Mango
Smoothie!**
Delicious and
refreshing! Perfect for
June!

Say you saw this advertisement in the
Munson Notes Newsletter and receive
10% off the month of June!.

**The Java Café is
located on the
first floor of
Munson Army
Health Center.
The Java Café is
open from
7 a.m.-2 p.m.
Monday through
Friday.**