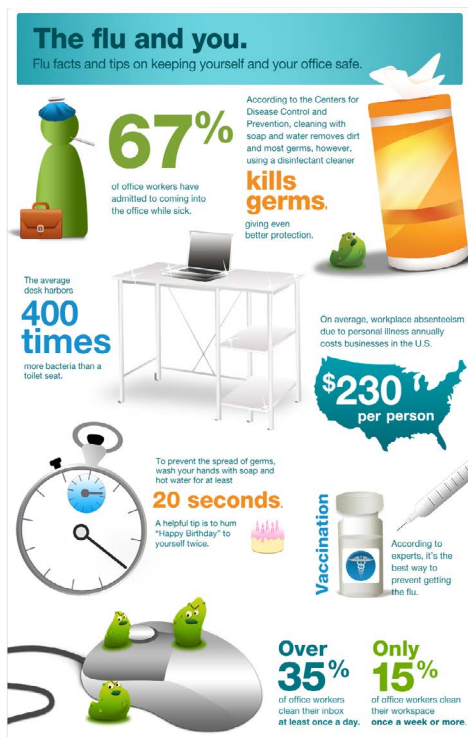




HEALTHCONNECT

connecting patients for better health

DECEMBER 2017



Prevent the Spread of the Flu

Influenza levels in the local area are high for this time of year. To reduce the spread of the flu, everyone should get a flu vaccine, keep hands clean by washing or using hand sanitizer frequently and stay home while exhibiting symptoms.

Those who are sick with the flu – who think they need to be seen by a doctor – should schedule an appointment with their primary care physician or call the Nurse Advice Line instead of automatically reporting to the emergency room for care.

Flu symptoms: Individuals displaying symptoms of influenza-like illness are asked not to visit inpatients. Symptoms of flu include fever and respiratory illness symptoms such as cough, sore throat, runny or stuffy nose, muscle aches and chills, and sometimes vomiting and diarrhea.

Masking stations: Effective immediately, NMCP is strongly recommending all patients and visitors, including those seeking outpatient services, wear a mask inside the medical center to protect the community from the spread of flu. Masks and hand sanitizer stations are available at all entrances as well as throughout the facility.

The recommendation to wear a mask when entering healthcare facilities will remain in effect during the flu season while the disease is at widespread levels.

Get a flu vaccine: Contrary to some media reports, the effectiveness of the flu vaccine is similar to last year's flu season. Experts are advising that everyone should receive a flu vaccine and sooner rather than later, since it can take up to 14 days for the body to build immunity to the virus.

Sanitize hands: In addition to getting a flu vaccine, thoroughly washing or sanitizing hands – especially before eating or touching any part of the face – is the most effective way to avoid getting sick and to prevent the flu virus from spreading.

Expect ER visits to increase: Based on historic trends, Naval Medical Center Portsmouth is expecting that during the peak of the flu season, patients with flu-like symptoms will seek care through the Emergency Room in large numbers. While about 200 patients report to the ER on a typical day, that number could double with the additional flu patients, a volume that will lead to much longer wait times because the ER will be over capacity.

In most cases, a visit to the Emergency Room for flu-like symptoms is not necessary. Most people with the flu do not need medical care or antiviral drugs, but should STAY HOME to prevent spread to those with risk of complications. NMCP patients can see their primary care physicians or contact the Nurse Advice Line when experiencing flu-like symptoms.

Please refer to the infographic on page 4 to help determine if seeking care through the Emergency Room is appropriate, or call the Nurse Advice Line at (800) TRICARE (1-800-874-2273) and select Option 1.

Need More Information? The Centers for Disease Control and Prevention (CDC) has more advice for what to do for those who get sick: www.cdc.gov/flu/takingcare.htm.

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
www.RelayHealth.com



43% of fatally-injured drivers with a known test result tested positively for drugs, more frequently than alcohol was present.



Source: 2015 Fatality Analysis Reporting System (FARS)



RESPONSIBILITY.ORG

HEALTHY WEIGHT

ShipShape Weight Management Program - 8-week intensive program for adults. To register, call the HRAC at (866) 645-4584

Right Weigh - 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday of every month 1-3 p.m.

One on One Counseling

Call today to schedule!

For more information, call (757) 953-1927 or 953-1934



December is National Drunk and Drugged Driving Prevention Month

For many Americans holiday cheer involves consuming alcohol at parties and holiday events. It's no surprise there's a spike in drunk driving crashes in December.

During a typical holiday period (Dec. 12 - 31), more than 1,500 people are killed in crashes throughout the country, and about a third of those fatalities are in drunk-driving crashes. On Christmas Day alone, about two dozen people are killed by drunk drivers.

Drunk-driving fatalities happen around the holidays year after year. In crash fatalities in December from 2008 - 2012, there were a total of 3,994 people killed in crashes that involved drivers with blood alcohol concentrations (BAC) of .08 grams or higher. More than one in five crash fatalities in 2012 occurred in a crash that involved a drunk driver with a BAC at or above .15 - almost double the legal limit.

You're not above the law

In every state, it's illegal to drive with a BAC or .08 or higher, but some people seem to think they're above the law. So law enforcement nationwide is cracking down on drunk driving and the risks are not worth it. Those who are caught driving over the limit will be arrested.

Some drivers think they can just refuse a breathalyzer test and avoid the consequences of a DUI. Not true. In many jurisdictions, refusal to take a breath test results in their immediate arrest, the loss of their driver's license, and the impoundment of their vehicle.

Consider the legal and financial costs of driving while impaired: face jail time, loss driver's license, higher insurance rates, and dozens of other unanticipated expenses ranging from attorney fees, court costs, car towing and repairs, and lost wages due to time off from work - there's also the added humiliation and consequences of telling family, friends and employers of the arrest.

Plan a sober ride home for the holidays.

Before attending that office party or holiday open house, make a plan to get home safely. Designate a sober driver ahead of time and leave keys at home. Program the phone number of a friend or local taxi service into cell phones. Active-duty Sailors should take advantage of their command's Safe Ride Program.

Make the plan before taking that first sip of alcohol. Alcohol affects judgment, so those who started drinking without a plan may think they are "okay to drive" when they are not.

Even one drink can impair judgment and reaction time and increase the risk of getting arrested or having a crash.

national **SAFE**
toy and gift month



Holiday Fitness Survival Guide

The holiday season has arrived! This is the time for family and friends to get together for festive gatherings and celebrations. For many, these festivities may include traveling, shopping and multiple opportunities to partake in savory comfort foods and high-calorie beverages. The busy and sometimes stressful holiday schedule can wreak havoc on exercise and healthy meal routines. These negative effects can be prevented or minimized with a few simple steps.

The holidays are meant for some splurging and enjoying good times, not denying any holiday treats. Planning ahead will keep the holiday splurges under control for minimal damage control in January.

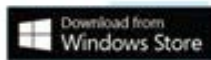
Holiday Survival Guide Tips:

1. Stay active: Set exercise schedules and increase activity.
 - a. Pack exercise gear when traveling.
 - b. Plan active get-togethers with friends

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Safe Ride
 - Relay Health
 - ICE feedback
- and so much more!**



and family.

c. Get in steps around the airport during long layovers.

d. Take the stairs to burn more calories.

2. Hydrate: Everyone should drink enough water for their weight.

a. Limit drinking calories from sodas, alcoholic drinks and juices.

b. Try to space alcohol and other high-calorie drinks (for those who drink) with a glass of water in between.

c. Bring a water bottle while shopping and traveling to remember to sip regularly.

3. Eat regularly throughout the day: Going long periods without eating to splurge at a party will backfire with “binge-level hunger.”

a. Eat light, with quality protein choices before the party.

b. Don’t shop hungry.

c. Pack some healthy snacks when doing errands and for traveling.

4. Pre-Plan: Plan to eat breakfast, then small snacks or meal every four to five hours. This will give the control needed to keep appetite and portion control in check.

5. Commit to health: Make the conscious choice to choose most of the time healthier foods over the high-fat, high-sugar and high-salt choices. Decide to be active on

most days of the week.

6. Be happy: Enjoy the company of family and friends.

a. Choose to be surrounded by positive-thinking people.

b. Practice relaxation breathing and meditation breaks.

c. Get enough sleep.

d. Start a gratitude journal or calendar. Each day, write down three things to be grateful for or happy about.

e. Don’t stress the small stuff.

Realistically, holidays are not the ideal time to lose weight. Instead, set goals to maintain weight and health. Enjoy the holidays without the guilt!

NMCP offers support for health and fitness through the Health Promotion and Wellness Department, Nutrition Department and MWR Fitness. Check the [Wellness page](#) on the NMCP website or speak with a primary care manager for more information.

Happy Holidays from NMCP Health Promotion and Wellness Department!

For additional information, visit the [Navy Marine Corps Public Health Center \(NMCPHC\) Relax website](#), [My Plate](#) or the [CDC Healthy Weight website](#).



118,000

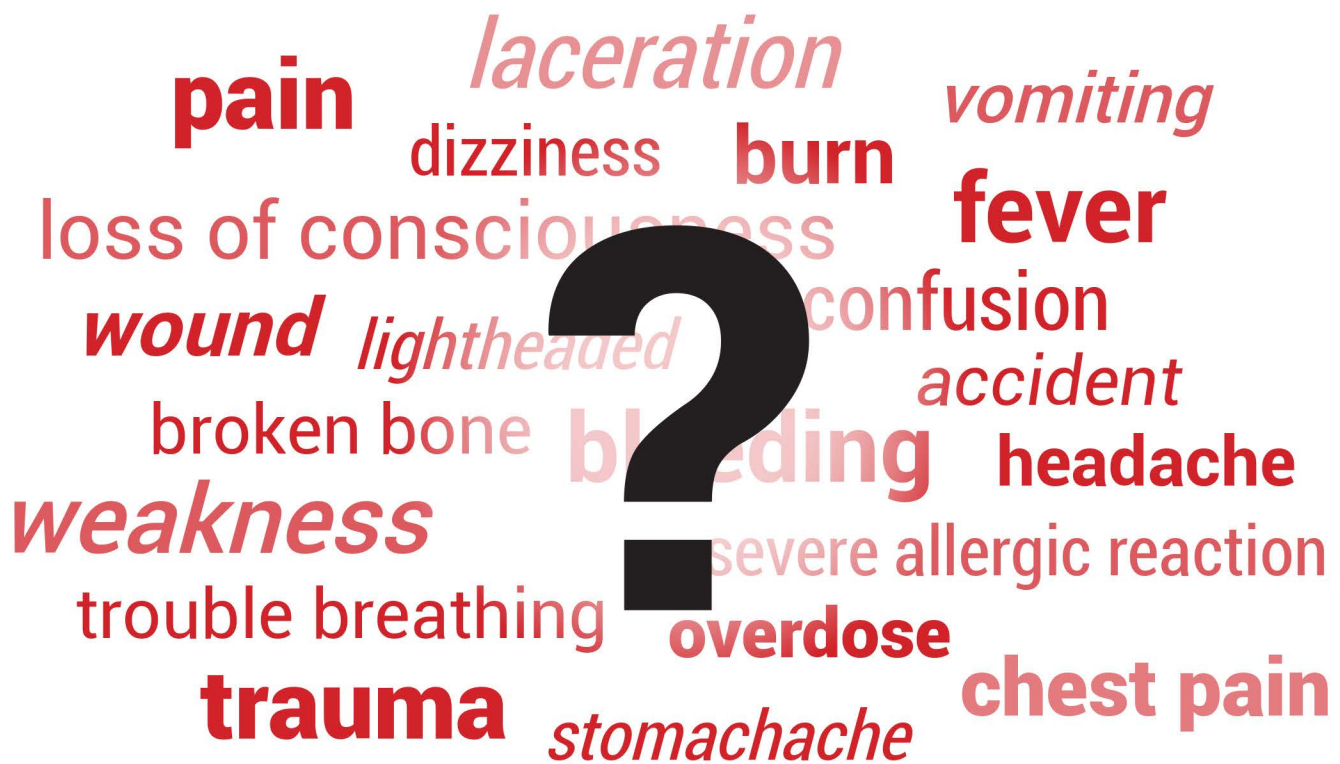
patients with a PCM at one of our ten facilities

22

Medical Home Port teams

440,000

patients we serve - active duty, retired and families



Do you know when to go to an emergency room (ER)?

According to the American College of Emergency Physicians, you should visit the ER if you have any of the following warning signs or conditions:

- Chest pain or pressure
- Uncontrolled bleeding
- Sudden or severe pain
- Coughing or vomiting blood
- Severe allergic reaction
- Difficulty breathing or shortness of breath
- Sudden dizziness, weakness, or changes in vision
- Severe or persistent vomiting or diarrhea
- Changes in mental status, such as confusion

ER waiting room times can be as long as 4 hours

If you are not experiencing any of the above symptoms, consider these options:

Call the Tricare Nurse Advice Line, 1-800-TRICARE, Option 1; available 24/7

or call the Hampton Roads Appointment Center to see if there are any available appointments; 1-866-MIL-HLTH (1-866-645-4584)

