



**U.S. Army Medical Department Activity - Bavaria  
Public Affairs Office**

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Grafenwoehr Military Community,

Our goal as Health Clinic commander is to keep our community as healthy as possible. This includes not only bringing health risks to your attention, but also educating you about how to minimize those risks.

I think it's important you know that we recently had a confirmed case of Novel H1N1 Influenza in the community. This is not a reason to be alarmed. This is simply a reason to be aware.

I'm asking all of you to follow a few easy steps to help prevent the spread of the virus.

- 1) Cover your nose and mouth when you sneeze or cough.
- 2) Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- 3) Avoid touching your eyes, nose or mouth. Germs spread this way.
- 4) Avoid close contact with people who are sick.
- 5) Check for updates on Web sites like the World Health Organization ([www.who.int](http://www.who.int)), Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), Flu.gov ([www.pandemicflu.gov](http://www.pandemicflu.gov)), and the DoD Watch Board (<http://fhp.osd.mil/aiWatchboard/>).

Symptoms of H1N1 include: a high fever greater than or equal to 100.5 degrees F, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and sometimes diarrhea and vomiting.

If you are experiencing these symptoms, stay home and contact the East Camp Clinic (Graf) at DSN 475-7152 or civilian 09641-83-7152 or South Camp Clinic (Vilseck) at DSN 476-2936 or civilian 09662-83-2936. A health care professional will help take care of your medical needs.

You can also contact the Nurse Advice Line 24 hours a day, seven days a week to talk with a registered nurse. The nurse can answer any of your health-related questions and set up an appointment at the clinic for you if needed. Contact the NAL at DSN 99-0800-825-1600 or civilian 00800-4759-2330.

I have attached two fact sheets about H1N1 for your use. One fact sheet gives you more information about the virus. The other gives you information on steps you should take if someone in your home has H1N1.

Your health is important to us. Follow these guidelines and help us prevent the spread of the virus. If you have additional questions, contact the clinic or the Nurse Advice Line using the information above.

V/r,

LTC Glenda Lock, Commander Vilseck Health Clinic  
LTC Kendra P. Whyatt, Commander Grafenwoehr Health Clinic