

FAQS

Can I just show up to the clinic for testing? *No, you must call ahead for a telephone appointment with a provider to decide if testing is required.*

How is testing prioritized? *Your healthcare provider will make that decision based on your exposure, risk, symptoms, and guidance from the Centers for Disease Control.*

How safe is it to come to the clinic right now? **Your safety is our #1 priority.** *We have a separate entrance for patients with COVID-19 symptoms and have formed an Infection Control team to actively monitor areas to disinfect and continue to keep you safe. We request that you call ahead if you have COVID-19 symptoms.*

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

ADDRESSING EMOTIONAL RESPONSE



If told to isolate, establish a regular schedule for activities, such as reading a book or exercise

Continue to connect with family and friends using technology

Limit media exposure

Get info from reputable sources



Reflect and relax by practicing breathing techniques, such as meditation or yoga



Prioritize sleep and aim to get 7-8 hours each night

https://tricare.mil/CoveredServices/BenefitUpdates/Archives/3_19_2020_addressing_emotional_response_coronavirus

KEY PHONE NUMBERS

470 MTF (*Appointment Line*)
+49 (0) 2451 99 3200

24/7 *Global Nurse Advice Line*
+49 (0) 800 071 3516

Patient Liaison Officer
+49 (0) 2451 99 3423

TRICARE/*Int'l SOS*
+49 (0) 800 589 1599

ADDITIONAL RESOURCES

www.facebook.com/GKClinic

Disinfecting Your Facility if someone is Sick
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html>

Pregnancy Q & A
<https://www.whattoexpect.com/news/family/pregnancy-newborns-coronavirus-cdc-q-and-a>

10 ways to manage respiratory symptoms at home
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

Caring for someone at home
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

People with Asthma and COVID-19
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/asthma.html>

Older Adults
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications/older-adults.html>

470th Military Treatment Facility COVID-19 Handout

APPLICABLE TO PATIENTS
ENROLLED TO THE U.S. CLINIC (470
MTF) AT NATO AIR BASE
GEILENKIRCHEN



Mission: Support NATO and the Tri-Border Community by providing outstanding medical services to the DoD and their families while maintaining mission readiness.

Vision: Deliver outstanding Trusted Care in a unique international environment.

470 MTF APPOINTMENT LINE

+49 (0) 2451 99 3200

WWW.FACEBOOK.COM/GKCLINIC

CURRENT AS OF 2 APRIL 2020

PREVENT THE SPREAD OF GERMS



Wash your hands frequently with soap & water or an alcohol-based hand sanitizer for at least 20 seconds



Avoid touching your eyes, mouth, & nose



Cover your mouth & nose with your bent elbow or tissue when you cough or sneeze



Avoid crowded places



Stay at home if you feel unwell – even with a slight fever or cough



If you have a fever, cough, or difficulty breathing, seek medical care early – but call by phone first

470 MTF CURRENT GUIDANCE

Common COVID-19 Symptoms

Fever Cough Shortness of Breath

*COVID-19 Scenarios **for patients enrolled to the U.S. Clinic**, which may differ from general GK or other national guidance*

If you have any **symptoms**, you should stay away from the base, remain at home, minimize your contact with others, and call your healthcare team for further instructions.

If you have been in contact with a suspected or confirmed case of COVID-19, but it **does not meet the U.S. medical criteria for close contact**, and you have **NO symptoms**, continue practicing **social distancing**, monitor yourself daily for symptoms and call your healthcare team if symptoms develop.

If you **meet the U.S. medical criteria for close contact** with a suspected or confirmed case of COVID-19 and you have **NO symptoms**, continue practicing **social distancing** and call your healthcare team, as increased precautions may be needed.

If you **meet the U.S. medical criteria for close contact** with a suspected or confirmed case of COVID-19, and you have **symptoms**, you should stay away from the base, remain at home, minimize your contact with others, and call your healthcare team for further instructions.

Local Healthcare Team (470 MTF)
+49 (0) 2451 99 3200
24/7 Global Nurse Advice Line
+49 (0) 800 071 3516

DEFINITIONS

470 MTF follows the definitions from the Centers for Disease Control and Prevention (CDC) and U.S. Department of Health & Human Services.

*The use of these definitions are **for patients enrolled to the U.S. Clinic**, as definitions may differ from other general GK or national guidance.*

Close Contact

Having face-to-face contact for more than 15 minutes, sharing a closed space for more than two hours, or having direct contact of bodily fluids with someone who has a confirmed case of COVID-19.

Social Distancing

Remaining out of congregate settings, avoiding mass gatherings (restaurants/bars, markets, religious services), and maintaining distance (approximately 6 feet or 2 meters) from others when possible. Teleworking and closing daycares and schools are examples of social distancing. This is our most effective tool, together with hand hygiene, in slowing down the spread of COVID-19. **This is currently required of all personnel at GK.**

Isolation

Medical directive to stay away from base, remain at home, and minimize contact with others in order to prevent the spread of a communicable disease.

Personnel are reminded that they are responsible for informing their U.S. and NATO chains of command about changes in their status. This allows 470 MTF staff to focus on providing the advice and care we all need.