



Spangdahlem Newcomers

Essential Newcomers Information

*Consolidated Information for Newcomers during COVID-19 stop movement.

12 JUNE 20

Deterrence | Combat Forces | Forward-Deployed Forces | Intertheater Airlift | Partnership Capacity



Virtual Services

Below is a consolidated list of agencies offering virtual in-processing services which can be completed or accessed during quarantine. Detailed information on each process can be found on subsequent slides of this document.

- **TRICARE Enrollment**
 - Single & Accompanied DD2876 forms found here:
- **Local Conditions Safety Brief**
 - Virtual Option for mandatory Driver's License Requirement
- **Financial Customer Service**
 - Travel Vouchers and additional services
- **A&FRC Individual Newcomer Orientation**
 - Cultural adaptation & Installation resource review



Information and Agency Agenda

- Medical Emergency Services
- Local Hospitals with Emergency Care
- Host Nation Hospital Locations
- 52d Medical Group information
- Dental Appointments
- **TRICARE Enrollment**
- Public Health – COVID-19
- **Installation Access (IACS)**
- **USAREUR Driver's License**
- **Local Conditions Safety Briefing**
- **Vehicle Registration**
- POV Safety Inspection
- Finance Customer Service
- Housing
- Chapel Services
- Military and Family Life Counselors
- Finance Customer Service
- Airman & Family Readiness Center
- Air Force Aid Society (AFAS)
- Antiterrorism Office/AFOSI Det 518
- Foreign Travel Requirements
- US Customs Agency Europe
- Base Emergency Preparedness
- Staying in Touch on Spangdahlem



Medical Emergency Services

What to do in the event of an Emergency....

- **NO** Emergency Room on Spangdahlem AB
- Host Nation Hospitals are listed on the next slide
- **On-base**: dial 911 from a DSN phone or 06565.61.911 from landline or cell phone
- **Off-base (throughout Europe)**: dial 112
- For ambulance, emergency medical support, and to coordinate transfers with German Ambulance Services (DRK)



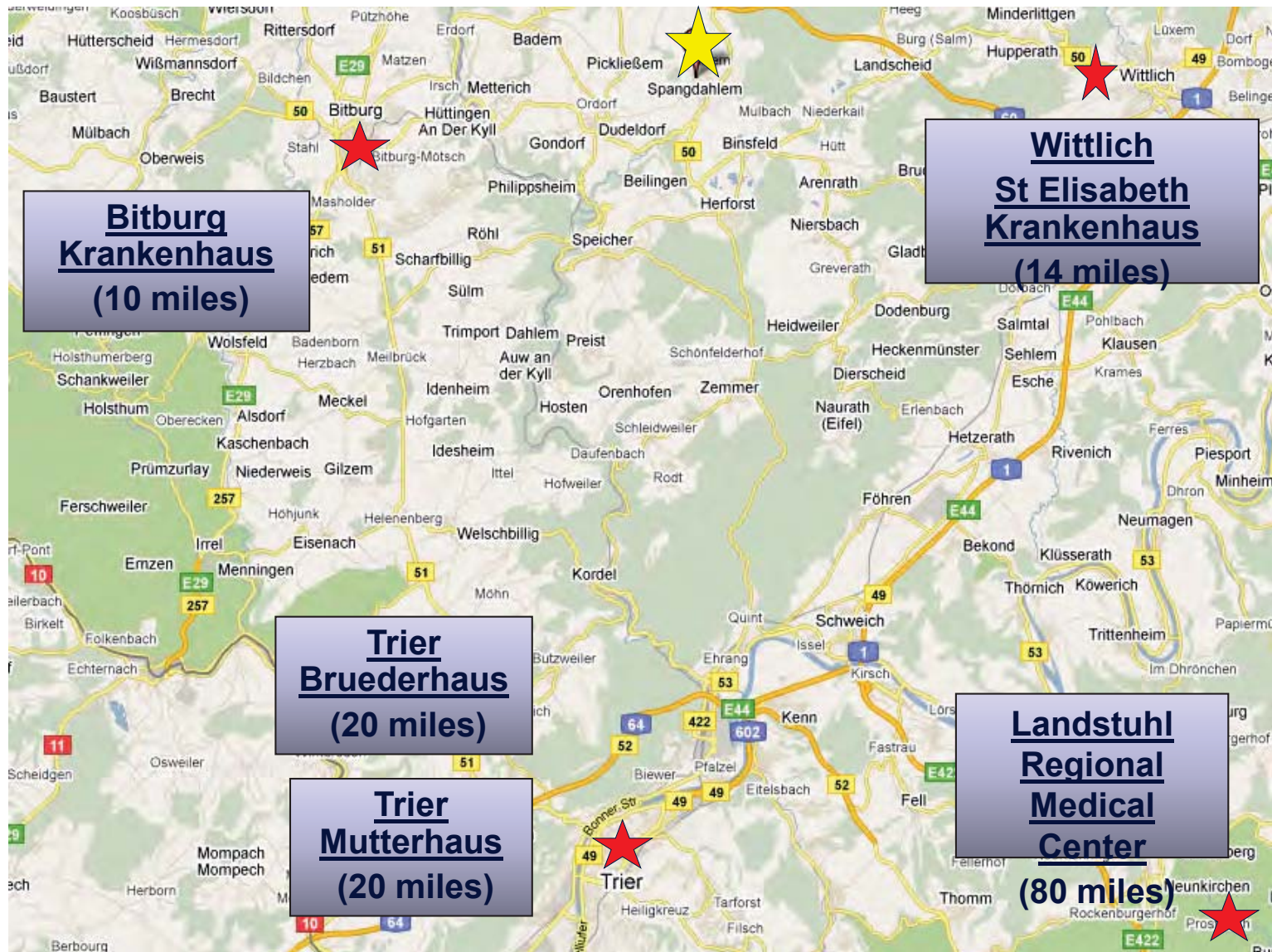
Local Hospitals with Emergency Care

- **Bitburg Krankenhaus** (10 mi) – Adults
ER, OB/GYN, General surgery, Pulmonary Neurology, Urology, Internal Medicine
- **Wittlich St. Elisabeth Krankenhaus** (14 mi) – Adults & children
ER (trauma) / peds, OB/GYN, General surgery Dermatology, Neurology, Urology, Internal Medicine
- **Trier Mutterhaus** (20 mi) – Adults & children
ER, ICU, OB/GYN, Pediatric specialty care / General surgery, ENT, Psychiatry, Internal Medicine
- **Trier Brueder Krankenhaus** (20 mi) – Adults
ER (trauma), general surgery, ICU, Urology, Orthopedics, Neurology, Ophthalmology

*NOTE: Referral required for Non-Emergency Care



Host Nation Hospital Locations





52d Medical Group Information

For acute, recurring, and deployment-related care, contact the Appointment Hotline:

- **Central Appointment Line**
 - DSN: 452-8333 or COMM: 06565.61.8333
 - Open: 0700-1600
- **Nurse Advice Line**
 - <https://mhsnurseadvice.com>
 - DSN: 452-8333 option 3, Toll free Germany number: 0800-071-3516
 - Assistance and advice by Registered Nurse
 - Available 24/7
- **Telephone Consult**
 - Reached through appointment line
 - Message relayed to PCM team
- **After hours- care 24/7 call Nurse Advice Line**



Dental Appointments

- **Central Appointment Line**
 - DSN: 452-8193 or COMM: 06565.61.8193
 - Open M-F: 0730-1630
 - Currently, dental services are limited to acute care or members deploying within the next 60 days. Please call the above number to speak to a dental representative.
 - **The clinic is asking that only members w/appointments visit the clinic in person.**

52d Medical Group Patrons:

All patients arriving to the Spangdahlem main clinic building, regardless of the reason for their visit, will undergo a screening process in the parking lot. Following their screening, patients should be ready to wait in their vehicle until the clinic is ready to receive them. Further details and contact information is available on the “AFMS – Spangdahlem – 52 Medical Group” Facebook page



TRICARE Enrollment

- **Fill out DD Form 2876 (attached)**
 - Blue highlighted version: Single, unaccompanied members
 - Yellow highlighted version: Members w/dependents (family members must physically be in Germany)
 - Note: If service members are here by themselves for now, but family will join them later, they fill out the flue form and should be aware that they need to follow up with enrollments for family members when they join them at a later date.
 - Dual military must fill out their own forms as single service members (blue version)
- **Email completed DD Form 2876 + Orders (Mandatory) to both TRICARE Beneficiary Service Representatives listed below:**
 - suzy.han.ctr@mail.mil
 - jacqueline.jalomo.ctr@us.af.mil
- **Important Notes:**
 - PCS orders must be attached and form filled completely for processing. Missing info and documents will result in processing delays.
 - Please encrypt your emails or documents themselves – it will be your responsibility if there is any breach of information.
 - **The TRICARE office is currently open and would prefer newcomers bring in DD Form 2876 w/orders in-person. However, if still in quarantine, forms/orders can be submitted to the above email.**



TRICARE Enrollment (cont)

TRICARE Overseas Program Spangdahlem

Building 550, Room C401

Phone: (DSN) 452-8122, 06565.61.8122

Fax: (DSN) 452-8168, 06565.61.8168

The TRICARE office is open to walk-ins.

Tricare Benefit Advisors are available during normal duty hours, M-F, 0730-1630.



Public Health

Questions and/or concerns contact
Public Health at DSN: 452-8308 or
Comm: (+49)6565-61-8308
2nd floor of the MDG Bldg 550.





COVID-19 Symptoms & Prevention

■ Symptoms:

- For confirmed cases of COVID-19 infections so far, reported illnesses have ranged from people being mildly sick to severe and even fatal respiratory diseases.
- Symptoms may appear 2-14 days after exposure
 - Fever (100.4°F or 38°C)
 - Cough
 - Shortness of breath

■ Prevention:

- There is currently no vaccine to prevent COVID-19 infection.
- The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:
 - Washing your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available
 - Avoid touching your eyes, nose, and mouth with unwashed hands
 - Avoid close contact with people who are sick
 - Stay at home when you are sick
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash
 - Clean and disinfect frequently touched objects and surfaces



Terminology

- Quarantine - a person that has been *exposed* to the virus and is waiting to see if symptoms develop. Quarantines typically last the duration of the incubation period (14 days for COVID-19)
- Isolation - a person that has the *illness* and is separated from others to avoid exposing them to their illness. The isolation period will continue until the patient is no longer symptomatic or no longer a concern for transmission.
- Quarters - a medical recommendation for an AD member by a PCM given 24-72 hrs off duty time



COVID-19 Resources

CDC - Coronavirus Disease 2019-2020

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

<https://cdc.gov/coronavirus/2019-ncov/travlers/communication-resources.html>

Spangdahlem Web Page: <https://www.Spangdahlem.af.mil/Coronavirus>

52nd MDG Public Health Call Center Screening

- Mon-Fri: 07:30 – 16:30
- DSN:452-8308/COMM:06565.61.8308

24hr Nurse Advice Line: 800-877-660



Current Disease Trends

- Vector-borne Disease
 - Tick-borne Encephalitis and Lyme Disease
 - Tick Surveillance (April to September)
 - If you find ticks:
 - Remove with tweezers as close to the skin's surface
 - Clean bite area and wash hands w/soap and water or rubbing alcohol
 - If you develop a rash or fever within the next 2-4 weeks of removing a tick, call apt line 452-8333 to make an appointment with your PCM
- If you remove ticks (dead or alive), please bring to the Public Health office, 2nd Floor, Bldg. 550





Animal Bites

- Potential exposure to rabies virus includes: any bite, scratch or other situation in which saliva or central nervous system (CNS) tissue of a potentially rabid animal enters an open wound, fresh wound, or comes in contact with a mucous membrane by entering the eye, mouth or nose. **Inadvertent bat contact will also be considered a potential rabies exposure event.**
- All bites and scratches need to be evaluated, regardless if it is your OWN animal.
- Rabies is low risk in Germany, but it is present in bats.
- If exposed, immediately wash site and seek medical attention as soon as possible.





Public Health Alert

Oak Processionary Caterpillar

- Barbed hair contains a toxin (i.e. itching, skin/eye irritation, etc.)
- If breathed in, it can cause respiratory difficulties (i.e. pharyngitis, anaphylactic reaction)
- Prevention:
 - Do not touch the caterpillars
 - Contact Pest Management
 - Wear long sleeved clothing when engaging in outdoor activity
 - If you come into contact with the barbed hairs:
 - Shower or wash off the affected area(s)
 - All articles of clothing must be washed
 - Seek medical care if reactions become severe





Travel Medicine

- Planning a trip to somewhere exotic or going to an unfamiliar location? Call Public Health to schedule a Travel Medicine appointment (452-8308)
- Public Health provides:
 - Pre-travel vaccinations
 - Adequate supply of routine and/or anti-malaria medication
 - Education on the location (i.e. disease prevalence, preventive measures, etc.)





Food Safety and Water Safety

- Be cautious of street vendors/festivals

- Contact Public Health @452-8308 if you plan to do the following:
 - Fundraiser involving food
 - Base event where food will be served (Even if the food is free)
 - Bake Sales
 - Fall Bazar Booths
 - Starting a Home Business



Sickle Cell Trait (SCT)

- Recent changes to Fitness Assessment (FA) policy
 - New FA Screening Questionnaire (ALL personnel will have to answer that they know their SCT status)
 - Those w/SCT must complete the following w/in the past year prior to FA:
 - TWO visits w/your healthcare provider
 - Watch an educational video (<https://www.hprc-online.org/articles/sickle-cell-trait-awareness>)
 - For those without SCT: N/A
- If you are uncertain about your SCT status contact your healthcare provider at 452-8333



Occupational Health

- Purpose: The Occupational Health program is designed to prevent injury and long- term illness among working populations exposed to hazardous chemicals, noises, and radiation.
- Action: Upon arrival to a new shop ask your supervisor to enroll you in the Occupational Health program, if applicable
- If you are in the following squadrons, you are probably on the Occupational Health program:
 - CES
 - MXS
 - AMXS
 - LRS
 - 726 AMS
- For any questions or concerns contact Public Health at 452-8308



Installation Access (IACS)

- Upon arrival to Spangdahlem, you will need to register your CAC/ID card at the Spangdahlem Visitors Center (Front Gate). **This is a mandatory requirement and a base safety measure.**
 - Location: Bldg 505
 - Hours of Operation: Mon-Fri 0700-1700
 - Phone: DSN: 452-7414 Comm: 06565.61.7414