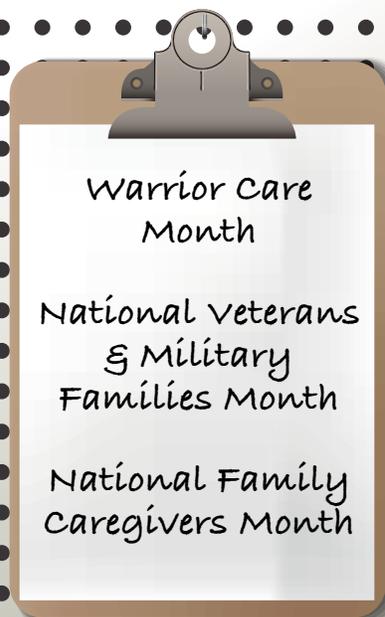


Military Health System Communications Toolkit

Monthly Topics November 2020

Topics and Resources For Communicators



TOOLKIT

Monthly Topics November 2020

CALENDAR	OVERVIEW	WARRIOR CARE MONTH	NATIONAL VETERANS & MILITARY FAMILIES MONTH	NATIONAL FAMILY CAREGIVERS MONTH	COVID-19	INFOGRAPHICS
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<p>Warrior Care Month</p> <p>National Veterans & Military Families Month</p> <p>National Family Caregivers Month</p> <p>American Diabetes Month</p> <p>COPD Awareness Month</p> <p>Diabetic Eye Disease Awareness Month</p>	<h2>NOVEMBER 2020</h2>	<p>Lung Cancer Awareness Month</p> <p>National Healthy Skin Month</p> <p>National Hospice and Palliative Care Month</p> <p>Stomach Cancer Awareness Month</p> <p>Native American Heritage Month</p>
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1	2	3	4	5	6	7
National Family Literacy Day						
8	9	10	11	12	13	14
		Marine Corps Birthday	Veterans Day			World Diabetes Day
National Nurse Practitioner Week						
15	16	17	18	19	20	21
				Great American Smokeout		International Survivors of Suicide Loss Day
U.S. Antibiotic Awareness Week						
Gastroesophageal Reflux Disease Awareness Week						
22	23	24	25	26	27	28
U.S. Antibiotic Awareness Week				Thanksgiving		
Gastroesophageal Reflux Disease Awareness Week				National Family Health History Day		
29	30					

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Warrior Care Month

Key Messages

- The Military Services' Warrior Care Programs provide command, medical management, and non-medical assistance to wounded, ill, and injured service members navigating the recovery and rehabilitation phases of the military medical treatment system.
- Caring for the wounded, ill, and injured service members who have sacrificed so much is a top priority for the Department of Defense.
- DoD continuously evaluates the needs of the warrior care programs to ensure an exceptional level of care is provided to the current and future population of wounded, ill and injured service members, their families, and caregivers.
- Proactive coordination of non-medical care, in concert with unparalleled medical care, ensures wounded, ill and injured service members are best positioned to embrace their new normal. Medical and non-medical care must closely align for the benefit of service members and their families.
- Warrior care encompasses a full spectrum of support through recovery, rehabilitation, and reintegration back to duty or transition into the community.



Total Force Fitness and Warrior Care

Service members can incur an illness or injury at any time while in the line of duty. With the aid of medical care, programs like Warrior Care, Total Force Fitness's eight dimensions of health, and adequate time to heal, service members will recover and can return to full and unrestricted duty. Visit the Total Force Fitness spotlight page for more details. #MHSTFF <https://go.usa.gov/xfcEf>



Additional Resources for Warrior Care

- The Compensation and Benefits Handbook provides Service members and their support network with a reference guide to answer some of the most pressing questions that arise for wounded, ill, and/or injured Service members. Visit <https://go.usa.gov/xGMwJ> to download.
- The National Resource Directory provides access to resources to support recovery, rehabilitation and reintegration can be found at <https://nrd.gov/>
- Each Military Department and Special Operations Command have dedicated Warrior Care Programs that provide non-medical assistance to wounded, ill and injured service members navigating the recovery and rehabilitation phases of the military's medical treatment system. For more information about each service program, visit their respective websites:
 - U.S. Army Warrior Care and Transition Program (WCT) <https://wct.army.mil/>
 - U.S. Navy Wounded Warrior – Safe Harbor (NWW) <https://www.navywoundedwarrior.com/>
 - U.S. Air Force Wounded Warrior Program (AFW2) <https://www.woundedwarrior.af.mil/>
 - U.S. Marine Corps Wounded Warrior Regiment (USMC WWR) <https://www.woundedwarrior.marines.mil/>
 - U.S. Special Operations Command (USSOCOM) Warrior Care Program <https://www.socom.mil/care-coalition/>

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National Veterans & Military Families Month

Key Messages

- The Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen who fight to defend our liberty embody courage, patriotism, and loyalty. These patriots safeguard the values that keep our great Nation strong.
- America's military men and women and their families are vital to the security and prosperity of our Nation. We have a responsibility to protect and serve those who have made countless sacrifices for love of country.
- We recognize the integral role our more than 2.6 million military family members play in supporting our Armed Forces and contributing to their mission. While our military men and women are serving at home or overseas, it is our duty to provide their families with the resources they need to thrive in our communities.
- Our obligation to our military men and women does not end after their time in uniform. We are a Nation that leaves no American behind, and that includes our veterans and their family members. Together, we remain committed to fostering a national community of support for these brave heroes and their families.
- Military families serve right along with their military member and it is very important to empower families with access to support programs and services, when they need them. This is especially important during the COVID-19 crisis.



Total Force Fitness and Veterans & Military Families

Total Force Fitness recognizes how important it is to stop and honor the sacrifices and contributions of veterans and military families. Taking the time to reflect on these achievements can help strengthen your Ideological and Spiritual Fitness. For more details about the Ideological and Spiritual fitness domain, visit the Total Force Fitness spotlight page. #MHSTFF <https://go.usa.gov/xfEf>



Additional Resources for Veterans & Military Families

- Military OneSource is a 24/7 call center and website that provides information and resources on every aspect of military life using a holistic approach. <https://go.usa.gov/xGMxr>
- [inTransition](#) is a free, confidential program that offers specialized coaching and assistance for active-duty service members, National Guard members, reservists, veterans and retirees who need access to mental health care when relocating to another assignment, returning from deployment, preparing to leave military service, or transitioning from active duty to reserve component or reserve component to active duty.
- The Building Healthy Military Communities pilot program seeks to support the readiness and well-being of service members and families who live off base. This pilot is active in Florida, Indiana, Maryland, Minnesota, Mississippi, New Mexico and Oklahoma. <https://go.usa.gov/xGMcm>

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National Family Caregivers Month

Key Messages

- Almost half of family caregivers are adult children caring for their parents. About 1 in 5 are wives or husbands caring for their spouses.
- Knowledge is power and no one advocates for your loved one the way you will. Plus, the more you learn about your loved one's condition, the more comfortable, prepared, and capable you'll become in handling any unexpected circumstances you may encounter.
- You'll discover, if you haven't already, that you're a part of a larger community of caregivers and caregiver supporters who have made themselves available for contact, interaction, and networking. You are truly not alone.
- It's imperative that we support our caregivers to bolster their strength, provide opportunities to connect with peers, and offer guidance and resources to help them care for their service member and themselves.
- Family members and caregivers plan an important role in the care and rehabilitation of individuals with traumatic brain injuries (TBIs). The social support friends and family give plays an important role in the recovery of those with TBI.
- Caregivers are a significant part of the healthcare team and we've seen many instances of caregivers being integral to positive outcomes for their service member.
- Milder symptoms may require family members to adapt only to a few changes in their loved ones. More severe symptoms may require family members to take on the role of caregiver, or share that responsibility with others temporarily or on a continual basis.



Total Force Fitness and National Family Caregivers Month

Caregivers dedicate much of their lives and resources to caring for their wounded, ill, or injured loved one. Engaging in productive personal relationships that promote overall well-being is key to maintaining Social Fitness. For more details about the Social Fitness domain, visit the Total Force Fitness spotlight page. #MHSTFF <https://go.usa.gov/xfcEf>



Additional Resources for National Family Caregivers Month

- Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans is a source of information and support for caregivers of service members and veterans who have sustained a moderate, severe or penetrating TBI. <https://go.usa.gov/xGMfD>
- Addressing Family Needs Booklet provides loved ones with the tools, techniques and guidance to understand the changes their loved one may experience. <https://go.usa.gov/xGMfB>
- The Caregiver Resource Directory topics include: helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others. <https://go.usa.gov/xGMfK>

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COVID-19 Response

COVID-19, the disease caused by the novel coronavirus, is a force health protection threat in areas where DoD personnel live and work. The Centers for Disease Control and Prevention is the leading federal public health agency responding to COVID-19. This toolkit provides communicators at military hospitals and clinics with important CDC and TRICARE-specific information to share with patients and beneficiaries. <https://go.usa.gov/xfcmm>

Key Messages

- We continue to combat the spread of COVID-19 and take measures to minimize the impact on the health of personnel and communities.
- Ensuring a Ready Medical Force and a Medically Ready Force includes mitigating the spread of the virus by following CDC-recommended preventive measures.
- MHS remains committed to working with interagency partners to provide support in protecting the American people.
- Follow CDC guidance to stem the spread of the disease.
- If you believe you have been exposed to someone with COVID-19, stay at home and speak to an MHS nurse either using the MHS Nurse Advice Line at www.mhsnurseadvice.com or by calling 1-800-TRICARE, Option 1. The MHS Nurse Advice Line is not for emergencies.
- If you reasonably think you have an emergency, go to the nearest emergency room or call 911 immediately. Let the emergency room or 911 dispatcher know beforehand if you have COVID-19 symptoms. This will help them take care of you, limit their own exposure, and protect other patients.



Additional Resources for COVID-19

DoD is following guidance from the White House and coordinating with our interagency partners to provide a comprehensive, government-approved list of resources.

- MHS/DHA COVID-19 Communication Toolkit <https://go.usa.gov/xfcmm>
- DoD Coronavirus Response <https://go.usa.gov/xfcmv>
- Centers for Disease Control and Prevention <https://go.usa.gov/xfcms>

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Approved Graphics

Graphics to Use on Your Platforms

Go to www.health.mil/NovemberToolkit to download these graphics to use on your social media platforms in support of some of the November themes and observances.

COVID-19 Graphics

<https://go.usa.gov/xfcmn>



Week 1: Warrior Care Month: Military Caregiver Support Military Caregiver Support (Nov 2- 6)

Suggested Social Media Message: Warrior Care’s Military Caregiver Support provides resources and information exclusively for military caregivers who assist wounded, ill and/or injured Service members with activities of daily living.

<https://warriorcare.dodlive.mil/caregiver-resources/>
#WarriorCareMonth #MilitaryCaregiver
#VirtualShowofStrength



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Week 2: Warrior Care Month: Operation Warfighter / Education and Employment Initiative (Nov 9-13)

Suggested Social Media Message: Operation Warfighter (OWF) is an internship program that matches qualified wounded, ill and injured Service members with non-funded federal internships in order for them to gain valuable work experience during their recovery and rehabilitation.

<https://warriorcare.dodlive.mil/carecoordination/operation-warfighter/>

#WarriorCareMonth #OWF #VirtualShowofStrength

Suggested Social Media Message: The Education and Employment Initiative (E2I) is a program that assists wounded, ill and injured Service members early in their recovery process to identify their skills and match them with the education and career opportunities that will help them successfully transition to civilian life. <https://warriorcare.dodlive.mil/carecoordination/e2i/>

#WarriorCareMonth #E2I #VirtualShowofStrength

Week 4: Warrior Care Month: Military Adaptive Sports (Nov 23-27)

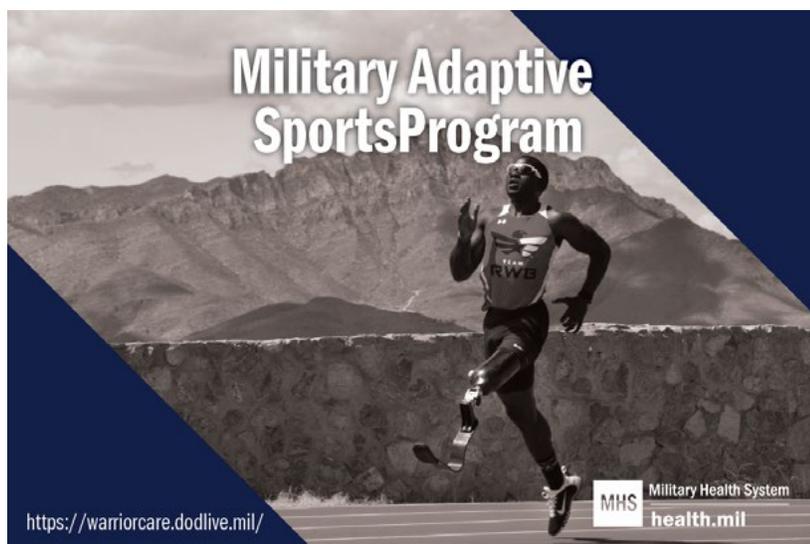
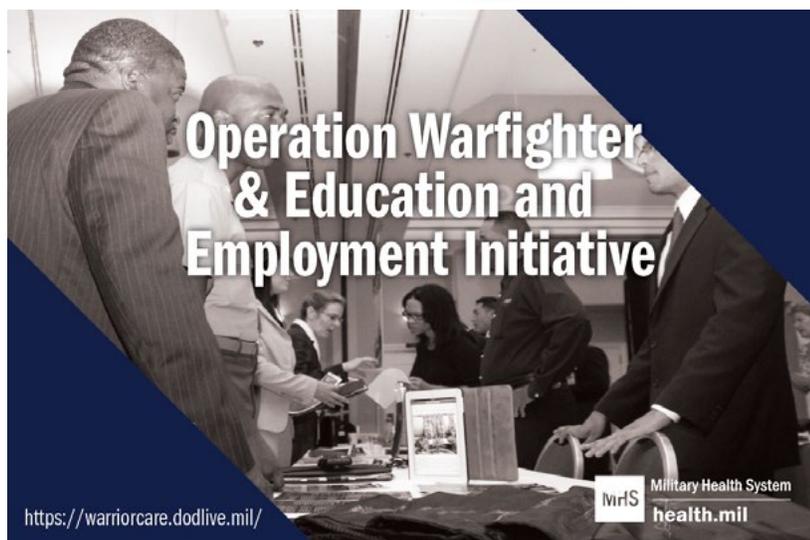
Suggested Social Media Message: Week 4: Warrior Care Month: Military Adaptive Sports (Nov 23-27)

Suggested Social Media Message: The Military Adaptive Sports Program provides reconditioning activities and competitive athletic opportunities to all wounded, ill and injured Service members to improve their physical and mental quality of life throughout the continuum of recovery and transition. <https://warriorcare.dodlive.mil/carecoordination/masp/>

#WarriorCareMonth

#MilitaryAdaptiveSports #MASP

#VirtualShowofStrength



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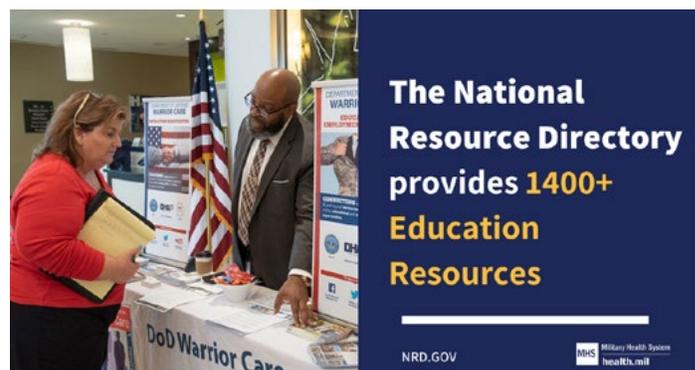
Warrior Care Month

Suggested Message: The National Resource Directory provides access to services and resources at the national, state and local levels to support recovery, rehabilitation and community reintegration. <https://nrd.gov/>



Warrior Care Month

Suggested Message: Are you a recovering service member looking for education and employment opportunities? Check out the resources from the NRD. <https://nrd.gov/>



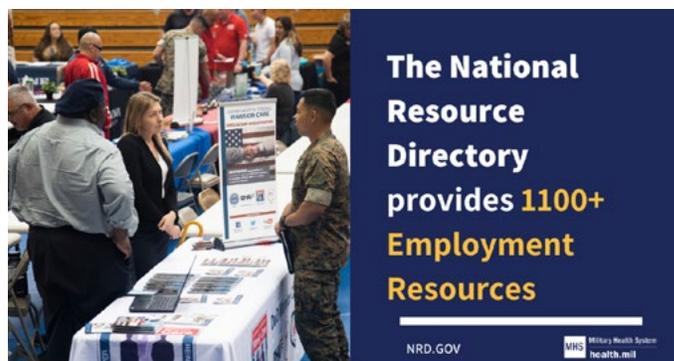
Warrior Care Month

Suggested Message: Adaptive Sports can inspire recovery and physical fitness and encourage new opportunities for growth and achievement. The NRD provides access to over 1,800 resources for adaptive sports. <https://nrd.gov/>



Warrior Care Month

Suggested Message: Are you a recovering service member looking for education and employment opportunities? Check out the resources from the NRD. <https://nrd.gov/>



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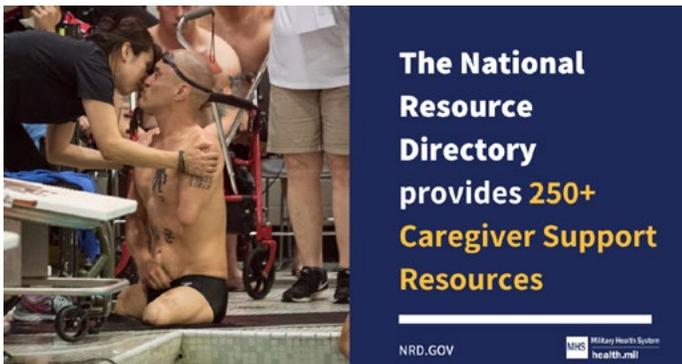
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Warrior Care Month

Suggested Social Media Message: Military Caregivers can find over 250 resources on the NRD for caregiver support.

<https://nrd.gov/>



Warrior Care Month

Suggested Social Media Message: November is Warrior Care Month! An annual effort to increase awareness of programs and resources available to wounded, ill and injured service members, as well as their families, caregivers and others who support them. <https://warriorcare.dodlive.mil/> #WarriorCareMonth #MilitaryCaregiver #VirtualShowofStrength



Warrior Care Month

Social Media Banner Image



National Family Caregivers Month

Suggested Social Media Message: #MHS supports Family Caregivers with resources to help care for their loved ones. Visit <https://go.usa.gov/xGfr2> for more information.



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National Family Caregivers Month

Suggested Social Media Message: Warrior Care's Caregiver Resource Directory is a must-have for all family caregivers. Check it out at

<https://go.usa.gov/xETsp>

#WarriorCareMonth #FamilyCaregiversMonth

NATIONAL FAMILY CAREGIVERS MONTH

THE CAREGIVER RESOURCE DIRECTORY

The Caregiver Resource Directory gives military caregivers info about national-level resources and programs.

Check it out: <https://go.usa.gov/xETsp>
#NationalCaregiversMonth

MHS Military Health System
health.mil

National Family Caregivers Month

Suggested Social Media Message: Check out the Military Caregiver PEER Forum Initiative for non-medical counseling opportunities that can help you connect with other caregivers. <https://go.usa.gov/xETs6>

NATIONAL FAMILY CAREGIVERS MONTH

MILITARY CAREGIVER PEER FORUMS

Are you a military caregiver looking for non-medical resources? The Military Caregiver PEER Forum Initiative organizes and conducts forums that provide non-medical counseling opportunities.

- Connect with other caregivers
- Gain emotional support
- Learn skills to embrace and overcome daily challenges
- Share stories and resources

Find one near you: <https://go.usa.gov/xETs6>
#NationalCaregiversMonth

MHS Military Health System
health.mil

National Family Caregivers Month

Suggested Social Media Message: Podcasts are a great resource to gather information. Listen to the TBI Family Podcast for more information about being a family caregiver. <https://go.usa.gov/xEWaj>

#WarriorCareMonth #FamilyCaregiversMonth

NATIONAL FAMILY CAREGIVERS MONTH

TBI FAMILY PODCAST

The TBI Family Podcast is a series for caregivers of service members and veterans with traumatic brain injury.

Check it out: <https://go.usa.gov/xEWaj>
#NationalCaregiversMonth

MHS Military Health System
health.mil

National Family Caregivers Month

Suggested Social Media Message: Primary Caregivers should check TRICARE for coverage of services that may help their loved one. <https://go.usa.gov/xETsX>

#WarriorCareMonth #FamilyCaregiversMonth

NATIONAL FAMILY CAREGIVERS MONTH

RESPIRE CARE FOR PRIMARY CAREGIVERS

TRICARE covers respite care for primary caregivers of active duty, Guard and Reserve service members who are injured in the line of duty.

Learn more: <https://go.usa.gov/xETsX>
#NationalCaregiversMonth

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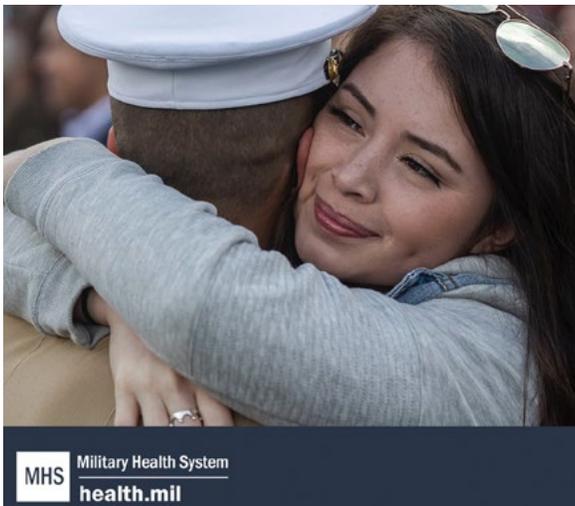
NATIONAL FAMILY CAREGIVERS MONTH

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National Family Caregivers Month

Suggested Message: Military family caregivers can only help others if they take care of themselves. Learn how caregivers can manage their own physical and mental health in #DVBIC's "Caring For Yourself While Caring For Others" and "Addressing Family Needs" booklets at <https://dvbic.dcoe.mil/resources>. #FamilyCaregiverMonth



MHS Military Health System
health.mil

National Family Caregivers Month

Video Link: <https://youtu.be/sHuOJFGGP-E>

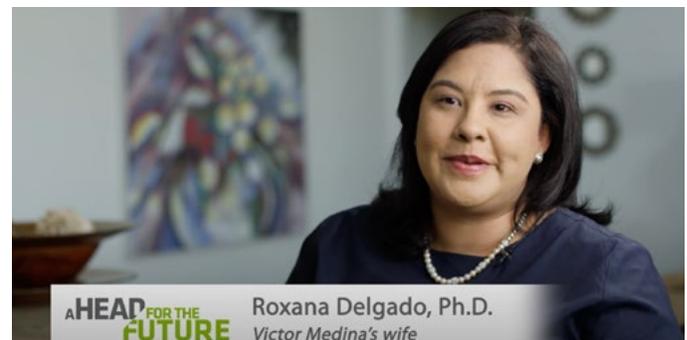
Jasmin Blair, a @marines spouse, doesn't really consider herself a caregiver. Instead, she feels like a partner who just wants to help her husband, Wally, cope with #TBI. Learn how spouses like Jasmin manage their own physical and mental health in @DVBICpage's "Caring For Yourself While Caring For Others" and "Addressing Family Needs" booklets: <https://dvbic.dcoe.mil/resources> #FamilyCaregiverMonth

National Family Caregivers Month

Video Link: <https://youtu.be/i9f0uYzsXRc>

Tweet: Roxana Delgado took on the role of caregiver after her @USArmy husband sustained a #TBI while deployed. Now her marriage is a new kind of partnership. #FamilyCaregiverMonth

Reply tweet: Caregivers like Roxana must manage their own health to support #TBI recovery & warfighter resilience. Get #DVBIC's "Caring For Yourself While Caring For Others" & "Addressing Family Needs" booklets. <https://dvbic.dcoe.mil/resources>



A HEAD FOR THE FUTURE
Roxana Delgado, Ph.D.
Victor Medina's wife



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National Family Caregivers Month

Video Link: <https://youtu.be/GKv1KMrUcY>

When her son @us-army Spc. Dalton Mask sustained a #TBI right before starting Army Ranger School, Michelle took on a new role: caregiver.

Medical providers can help family members like Michelle by directing them to the Defense and Veterans Brain Injury Center's "Caring For Yourself While Caring For Others" and "Addressing Family Needs" booklets for tools on maintaining balance while caregiving.

#FamilyCaregiverMonth <https://dvbic.dcoe.mil/resources>



Veterans and Military Families Month

Suggested Message: Serving alongside our men and women in uniform are spouses, siblings, parents, and children who personify the ideals of patriotism, pride, resilience, service above self, and honor.

<https://militarykidsconnect.health.mil/>



Veterans and Military Families Month

Suggested Message: Our Nation's veterans represent the best of America. Generation after generation, men and women have answered the call to defend our country and our freedom, facing danger and uncertainty with uncommon courage. <https://health.mil/I-Am-A/Veteran>



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Veterans and Military Families Month

Suggested Message: During National Veterans and Military Families Month, we salute the brave and dedicated patriots who have worn the uniform of the United States, and we celebrate the extraordinary military families whose selfless service and sacrifice make our military the finest in the world. <https://go.usa.gov/xGtXQ>



Thanksgiving

Suggested Message: Wishing you a very Happy Thanksgiving



Food Safety

Suggested Message: Take command in the kitchen by following these holiday food safety tips.

<https://go.usa.gov/xGt9s> #FoodSafety

TAKE COMMAND IN THE KITCHEN:
Holiday Food Safety Tips

As you prepare your holiday meals, follow these food safety tips so you don't get sick.

- Wash your hands, kitchen surfaces, and utensils with soap and warm water before and after handling food (hot water for kitchen surfaces and utensils)
- Keep raw food separate from cooked food
- Cook food to recommended temperatures
- Throw away spoiled food
- Be on alert for food recalls

REMEMBER:

- Before eating, wash your hands with soap and water for 20 seconds (that's enough time to sing "Happy Birthday" twice)
- Separate raw food. It can spread germs quickly to anything touching it.
- Refrigerate leftovers right away! They may spoil if left on the counter for more than 1-2 hours.
- Cook food thoroughly. Throw it away if it changes in color, texture, or smell.

You can get the latest food recalls at www.foodsafety.gov/

FEELING SICK?
If you have an emergency, please call 911.
Call the Nurse Advice Line at 1-800-TRICARE, Option 1, for help in deciding what type of care you need.

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Food Safety Tips

Suggested Message: Meat is best marinated in the fridge.
<https://go.usa.gov/xGt9s> #FoodSafety



Marinate meat safely

Marinate your food in the refrigerator, and keep it there until you're ready to cook it. If you want to use the marinade as a sauce, set aside a portion before adding your raw meat or poultry, and don't reuse marinade.

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health.mil

Food Safety Tips

Suggested Message: Washing your hands often is one of the best ways to prevent the spread of bacteria.
<https://go.usa.gov/xGt9s> #FoodSafety



Wash your hands

Washing your hands often is one of the best ways to prevent the spread of bacteria.

Remember:

- Use warm water and soap
- Wash your hands for at least 20 seconds.

MHS Military Health System
health.mil

Food Safety Tips

Suggested Message: Invest in a good food thermometer to ensure your food is cooked to the right temperature.
<https://go.usa.gov/xGt9s> #FoodSafety



Cook food thoroughly

Use a thermometer to ensure your food is cooked to the right minimum internal temperature:

- Steaks and pork: 145°F
- Hamburgers and sausages: 160°F
- Poultry: 165°F

MHS Military Health System
health.mil

Food Safety Tips

Suggested Message: DIY cold food has a 2-hour time limit before it gets too warm?
<https://go.usa.gov/xGt9s> #FoodSafety



Keep cold food cold

Don't let your cold dishes sit out on a counter for more than 2 hours. Keep it chilled at 40°F or less in a cooler or place directly on ice.

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The Great American Smokeout

Suggested Message: Today is the Great American Smokeout. If you or someone you know struggles with tobacco use, read more about our resources for tobacco-free living <https://go.usa.gov/xGfCe>



MHS Military Health System
health.mil

Veterans Day

Suggested Message: Veterans Day – Nov 11

Thanking all those who served. #VeteransDay



Daylight Saving Time

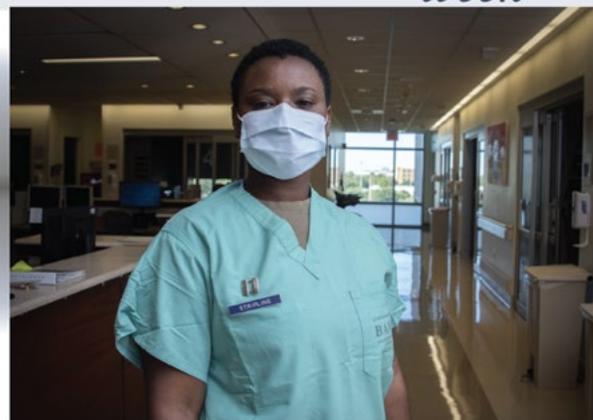
Suggested Message: Fall back on Sunday, November 1



National Nurse Practitioner Week

Suggested Message: This week we celebrate Nurse Practitioners and recognize their contributions to healthcare.

It's NATIONAL
NURSE PRACTITIONER
week



MHS Military Health System
health.mil