

Military Health System Communications Toolkit

Monthly Topics December 2020

Topics and Resources For Communicators



TOOLKIT

Monthly Topics December 2020

CALENDAR	YEAR IN MILITARY HEALTH	HEROES BEHIND THE MASK	HEALTH INNOVATIONS	COVID-19 CONVALESCENT PLASMA	PROTECTING THE FORCE	STRENGTHENING MHS	TOTAL FORCE FITNESS	GRAPHICS
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<p>AIDS Awareness Month</p> <p>National Drunk & Drugged Driving (3D) Prevention Month</p> <p>Root Vegetables and Exotic Fruits Month</p>	<h2>DECEMBER 2020</h2>	<p>Safe Toys and Gifts Month</p> <p>Spiritual Literacy Month</p> <p>Worldwide Food Service Safety Month</p>
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		1 World AIDS Day Giving Tuesday	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10 First Night of Hanukkah	11	12
		National Handwashing Awareness Week				
		National Influenza Vaccination Week				
		Crohn's & Colitis Awareness Week				
13	14	15	16	17	18	19 National Wreaths Across America Day
20	21	22	23	24	25 Christmas	26 First Day of Kwanzaa
27	28	29	30	31 New Year's Eve		

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Overview

Heroes Behind the Mask – The people leading the MHS COVID-19 response

2020 has been a year of incredible challenges for our nation and the Military Health System. America's men and women in uniform – Active Duty, Reserve, and National Guard – worked day and night in communities across the country and around the world to confront the COVID-19 crisis. MHS personnel, whether they are doctors, nurses, technicians, administrators, custodial staff, or in any other role, have been on the frontlines treating patients, keeping our medical facilities clean, ensuring we have personal protective equipment and other medical supplies, and providing the guidance and administration to keep the MHS functioning during this crisis. The MHS salutes the brave service members, civilians, and contract employees who kept us going this year – you are all integral and valued contributors to our team and our mission.

Health Innovation – Sustain safe and accessible care during pandemic

The COVID-19 pandemic changed almost every aspect of how we do business. Whether it is adjusting to working from home, apart from our coworkers, or changing how we interact with patients, in 2020 the MHS was at the forefront of finding new ways to deliver healthcare safely during a pandemic.

Goal Achieved – COVID-19 Convalescent Plasma

The MHS collected more than 10,000 COVID-19 Convalescent Plasma units from late May through September 30, meeting the goal set by the Department. Plasma collected by the MHS from patients who recovered from COVID-19 supports the development of therapeutics to treat service members who contract COVID-19 in the future. This accomplishment contributed to the nationwide effort to find new treatments for COVID-19 patients.

COVID-19 Response – Protecting the Force

Even as the global pandemic raged through communities and stressed health systems to the limit, U.S. Military forces continued their mission to protect the homeland and U.S. interests around the world. COVID-19 posed a tremendous threat to the readiness of Soldiers, Sailors, Airmen, and Marines whether they were deployed in contingency operations, stationed overseas, on base in the U.S., or in their own personal and family lives. The MHS played a key role in crafting force health protection guidance that prevented COVID from having a major impact on the readiness of U.S. forces.

Continuing to strengthen the MHS during a crisis

The MHS mission to ensure the readiness and health of U.S. Forces and to build and sustain a ready medical force strengthened in 2020, beyond pandemic response. While some ongoing changes to the MHS were paused during the pandemic, others continued or resumed during 2020. Notably, this includes the transfer of the first four markets to the DHA and the first headquarters personnel from the services to the DHA, as well as ongoing MHS GENESIS deployment waves in California, Nevada, and Alaska.

Total Force Fitness

Total Force Fitness is a holistic framework for addressing the health of the Armed Forces and their communities to ensure the DoD can meet its mission. 2020 especially shows that readiness and force health protection should be viewed holistically. COVID-19 stressed every aspect of our health system, and every aspect of war fighter health, physically and mentally. Acknowledging and addressing how the pandemic threatens overall wellness helps sustain mission readiness and deliver a ready medical force to support contingency operations.



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Year in Military Health – Heroes Behind the Mask

Key Messages

MHS personnel were critical to the whole-of-nation response to COVID-19 in 2020. Looking back on the year’s challenges and accomplishments, every MHS success is due to our heroes behind the mask. They are skilled professionals who put their patients first and never let up in their commitment to keeping our warfighters ready to defend our nation.

- The MHS’s priority is to protect our people, sustain our ability to complete the mission, and support the whole of government effort to combat COVID-19.
 - Mitigating the spread of the virus, through adherence to Centers for Disease Control and Prevention-recommended measures and tireless work by MHS personnel, helped secure a Ready Medical Force and a Medically Ready Force despite the global crisis.
- Across the MHS, tens of thousands of Heroes Behind the Mask are agile, adaptable in a crisis, and dedicated to finding solutions to complex problems.
 - Every MHS member is an integral and valued contributor to our team and mission.
 - Notable deployments in support of COVID relief efforts include the Navy hospital ships Comfort and Mercy, deployed to New York City and Los Angeles respectively, to ease the strain on overwhelmed health systems.
 - Other units, like the 450-person Navy Expeditionary Medical Facility-M from Jacksonville Naval Hospital, augmented medical capabilities in the Dallas-Ft. Worth and New Orleans areas in early April.
 - These unusual deployments inside the U.S. were critical in helping local medical resources meet the needs of their patients, keep their own providers safe and healthy, and stem the tide of COVID-19 at critical times.
 - MHS personnel, especially members of the U.S. National Guard and Reserve, continue every day to combat the spread of COVID-19 and take measures to minimize the impact on the health of personnel and communities.
- Individually and collectively, we are prepared to accomplish the medical tasks the Department asks of us, supporting national COVID efforts, and operational missions around the world.
- No one has ever performed this kind of medical activity at this scale before, with such significant impact on daily work and personal lives – there is no “business as usual” in this pandemic.



Additional Resources for Heroes Behind the Mask

- Some MHS Heroes Behind the Mask were featured in [November’s edition of the “MHS Minute”](#)
- DoD “Taking Care of our People” [spotlight page](#)
- Health.mil Heroes Behind the Mask [spotlight page](#)

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Year in Military Health – Health Innovation

Key Messages

MHS personnel and organizations demonstrated ingenuity, audacity, and an innovative spirit in the face of the unprecedented crisis posed by the global pandemic.

- The MHS response to the COVID-19 pandemic reinforces our reputation for innovation, with practical applications beyond military medicine.
- Innovative military medical solutions to complex medical and logistical problems created by the pandemic took the form of experimental procedures to treat and test for the virus, processes to minimize risk of transmission to patients and staff, and new ways of creating personal protective equipment to ensure supplies in local health facilities.
 - Expanded use of telemedicine for specialties as diverse as dentistry and ABA therapy for autistic children.
 - New ways of triaging and isolating patients when they come in for treatment to minimize the spread of disease, like drive-through pharmacy, outdoor clinics and triage stations.
 - Expanded the TRICARE Nurse Advice Line capacity and implemented an over-the-phone screening tool to meet patient needs.
 - The 81st Medical Group at Keesler Air Force Base, Mississippi, prototyped a “pronating shelf” that attaches to an Intensive Care Unit bed to help patients with respiratory failure rest in a position to allow easier breathing.
 - Helped pioneer pooled testing of blood samples to speed up test results.
- The COVID Convalescent Blood Program contributed to groundbreaking research into developing new therapies and treatment regimens.
- Innovation also applied to operational medicine as well. This includes developing and deploying new capabilities like the Air Force Negatively Pressured CONEX, which allows for the safe air transport of patients exposed to COVID-19 without risking the aircrew.
- Expanded online access for patients to get their COVID-19 test results in TRICARE Online Patient Portal (TOL PP) and MHS GENESIS Patient Portal without requiring physician review and notification.
- Air Force Genetics Center of Excellence at Keesler Air Force Base participated in the scientific research effort to sequence the SARS-CoV-2 genome, the virus strain that causes COVID-19.
- Development of the COVID-19 Airwave Management Isolation Chamber, or CAMIC, developed by a team at Walter Reed National Military Medical Center, in collaboration with other agencies within the DoD. CAMIC is a barrier device constructed by draping a large clear plastic bag over a box-like frame that is placed over the head, neck and shoulders of the patient during surgery to isolate airborne particulates. To date, it has been used in 100+ medical procedures within MHS.



Additional Resources for Health Innovation:

- Health.mil Research and Innovation [topics page](#)
- Health.mil technology [feature page](#)
- [DHA J9 Research and Development Directorate](#)
- [Military Health System experts discuss COVID-19 innovations](#)

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Goal Achieved – COVID-19 Convalescent Plasma

Key Messages

The Defense Health Agency and the Armed Services Blood Program led Department of Defense efforts to collect COVID-19 Convalescent Blood Plasma. Collection of plasma from beneficiaries who have recovered from COVID-19 helps the Department develop therapeutics to support active duty service members deployed on the front lines, sustaining readiness.

- Hundreds of heroes from across the military community who had recovered from COVID-19 donated blood plasma to give hope to people still suffering from the disease.
 - As of October 28, 2020, 160 patients within the MHS received 250 units of plasma as a result of the campaign.
- In late May, the Secretary of Defense established a goal to obtain 8,000 to 10,000 units of COVID-19 convalescent blood plasma by September 30.
- Thanks to these efforts, the Department exceeded its goal, collecting 10,745 by September 30.
- This success was a team effort -- DHA, ASBP, and the Service blood programs drawing from the expertise of professionals across the MHS, working together to achieve a common goal to benefit everyone.
- Convalescent plasma collection efforts continue. If you have recovered from COVID-19, please [consider donating plasma](#) for this effort.



Additional Resource for COVID-19 Convalescent Plasma

- More information about ongoing COVID-19 Convalescent Blood Plasma collection efforts:
 - Health.mil [Convalescent Plasma Spotlight Page](#)
 - MHS/DHA [COVID-19 Communication Toolkit](#)
 - [DoD Coronavirus Response](#)
- The Deputy Secretary of Defense, the Hon. David Norquist, recognized members of the MHS who contributed to the success of COVID-19 Convalescent Blood Plasma collection efforts at a [ceremony in November](#).

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Year in Military Health – Protecting the Force

COVID-19 is a force health protection threat in every area 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

- DoD's top priorities during the COVID-19 pandemic are to protect our people, maintain readiness, and support the national COVID-19 response.
- DoD published 13 Force Health Protection Guidance documents throughout the year, covering: testing, travel, face coverings, how to integrate individuals who recovered from COVID into their units, protecting individuals in the workplace, PPE use and how to assess risks at military medical treatment facilities, and much more.
- In the early days of the pandemic, the MHS paused elective and non-essential procedures at MTF. This helped limit exposure risk at MTFs for providers and patients and preserve essential PPE for treating COVID patients.
- MTFs employed triage systems to separate patients with suspected COVID-19 exposures from other patients and providers.
- Department of Defense Public Health Emergency Management policy assigns health protection condition (HPCON) levels based on the severity of the disease and the level of transmission occurring in the local community.



Additional Resources for Protecting the Force

- DoD is following guidance from the White House and coordinating with our interagency partners to provide a comprehensive, government-approved list of resources.
 - [DoD relies on CDC guidance for how service members, staff and others on DoD installations should keep themselves safe](#)
 - [DoD HPCON levels](#)
 - [DoD Force Health Protection guidance and supplementals are available](#)
 - [Washington Headquarters Service HPCON guidance](#)

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Year in Military Health – Strengthening the MHS

Our entire enterprise is invested in making sure the future state of the MHS is the absolute best it can be. Our organization is committed to delivering the best clinical outcomes for America's service members, military retirees, and their families, ensuring readiness and finding the best possible ways to support our medical force.

- Throughout 2020, the MHS continued to standardize processes and the experience of care across all MTFs, to ensure the best clinical outcomes for the 9.6 million MHS beneficiaries.
- In January, the DHA achieved a significant milestone by standing up the “first 4” market offices to manage MTFs transitioning to DHA administration and management
 - The new markets include hospitals and clinics in the National Capital Region; Jacksonville, Florida; the Mississippi coast and Central North Carolina.
 - Markets share patients, staff, budgets, and other functions across facilities to standardize care and administrative functions to optimize readiness and the delivery and coordination of health services.
 - This process builds a more medically ready force by delivering safe, high-quality health care to service members and their families, and helps ensure the readiness of medical personnel.
- In February, the DHA took on staff from the military medical services in the first transfer of headquarters personnel to the DHA.
- The Department made the decision early in the pandemic to pause transition activities due to the unprecedented burden on the MHS.
 - These activities resumed in November with direction from the Secretary of Defense.
 - The MHS also paused deployment of the new DOD electronic health record, MHS GENESIS, in early 2020, due to the impact of COVID-19.
 - The Department resumed MHS GENESIS deployment in September, with Wave NELLIS, originally scheduled for June, deploying at sites in California and Nevada.
 - This was followed by Wave Pendleton in October, with further deployment waves planned for 2021.



Additional Resources for Strengthening the MHS

- MHS/DHA Strategic Communications maintains a [MilSuite site compiling MHS Reform communication materials](#)
- [Health.mil landing page for MHS Transformation](#)

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Year in Military Health – Total Force Fitness

Total Force Fitness focuses on seamlessly integrating fitness of the mind, body, and spirit. These areas of health have all been stressed by the COVID-19 pandemic, reinforcing the value of viewing health holistically.



- The goal of the Total Force Fitness concept is to help families and communities of military members achieve and sustain healthy fitness and performance while protecting their mental well-being.
- Tips for supporting mental health during the pandemic:
 - Breaks in routine can cause stress for people at any age, so establishing and maintaining new routines can be important to the wellbeing of everyone in your family. Control what you can.
 - Engage in self-care. Take time to safely do the things that help you destress. It can be taking walks, engaging in a hobby, making art, or anything else that lets you take your mind off the stress in your life.
 - Take a break from the news or social media. Staying informed is important, but can be a significant source of stress. Unplug for a day or a week – the world will keep turning – and you may be better for it.
 - Find a healthy environment – if you are working from home, make sure your area is well-lit and ventilated. Get up and walk around at least once an hour and stay hydrated while you work.
 - Avoid tobacco, alcohol, and drugs.
- Tips for supporting physical wellness during the pandemic:
 - Don't skip on preventive health. Many regular health appointments can be done virtually.
 - Stay active. Even if the gym is closed or doesn't feel safe, exercise in the home or outside.
 - Maintain a healthy diet and nutrition. Practice self-discipline and avoiding "emotional eating" due to pandemic stress.
 - Get enough sleep, at least seven hours a night for adults.
 - Make sure you stay current with any medications you take.
- Tips for supporting spiritual wellness during the pandemic:
 - Stay connected with friends and family, especially using virtual tools, and check in regularly for your good, and theirs.
 - Meditation, relaxation, quality time with family, and personal care of yourself promotes overall wellness.

Additional Resources for Total Force Fitness

- Health.mil [Total Force Fitness](#) landing page
- COVID-19 impacted everyone's mental and emotional well-being. The Health.mil [Mental Health Care](#) page has resources to help cope with stress, better understand its mental and physical effects, and develop skills to minimize its impact.
- A healthy body and a healthy mind are closely connected. If COVID-19 has kept you from the gym, check out this article on [lifestyle tips to stay healthy during the pandemic](#).
- Spiritual health is critical to overall wellness. [Hear from some military chaplains](#) on their advice for dealing with pandemic stress.

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HEALTH.MIL SPOTLIGHT PAGE

Visit the Year in Military Health – Heroes Behind the Mask Health.mil page throughout the month to read articles highlighting September’s national health observances and topics of interest to the MHS enterprise.

[Year in Military Health – Heroes Behind the Mask Health.mil page](#)



APPROVED GRAPHICS

Graphics to Use on Your Platforms

Use these graphics on your social media platforms in support of some of the December Year in Military Health theme and observances.

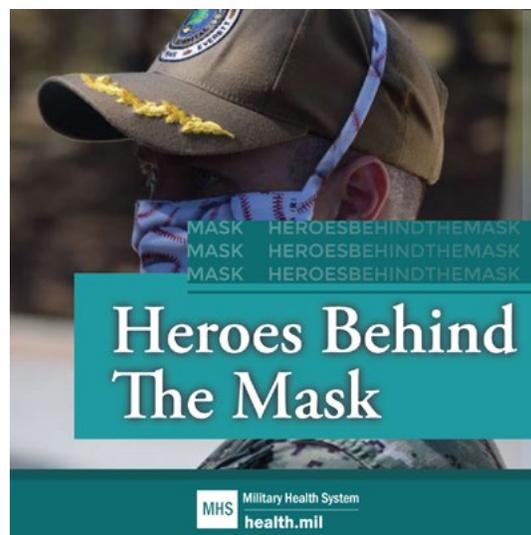
These graphics are in the December Toolkit on Health.mil:

www.health.mil/DecemberToolkit

Heroes Behind the Mask

Suggested Social Media Message: 2020 tested us like never before. MHS #HeroesBehindTheMask stepped up to help their fellow service members and Americans. This month we'll recognize some of them.

#YearinMilitaryHealth



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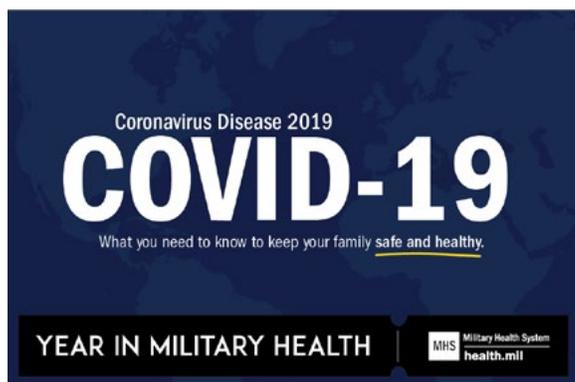
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Year in Military Health, COVID-19

Suggested Social Media Message: Responding to the COVID-19 pandemic defined much of the Year in Military Medicine. The MHS was a critical piece of the whole-of-nation response to the disease.

<https://health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus>

#YearinMilitaryHealth

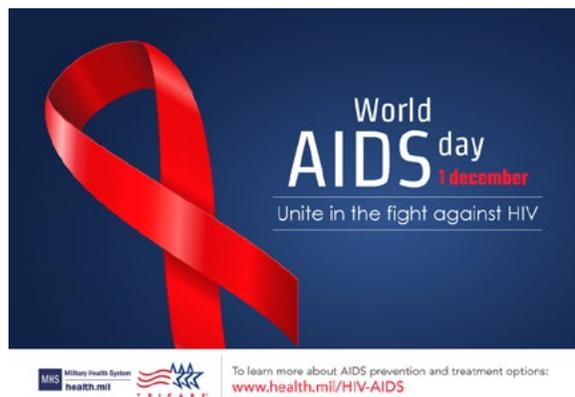


World Aids Day (December 1)

Suggested Social Media Message: Since 1988, World AIDS Day has been recognized to encourage people to get the facts, get tested, and get involved.

Learn more at: www.health.mil/HIV-AIDS

#WAD2019



Year in Military Health

Suggested Message: How to transport potentially COVID-positive patients by air? Air Force flight medicine specialists helped develop the Negatively Pressured CONEX, a biocontainment unit that limits exposure to the rest of aircraft.

<https://www.amc.af.mil/News/Article-Display/Article/2330193/379theaes-among-first-to-train-on-new-npc-l/>

#YearinMilitaryHealth #innovation



Year in Military Health

Suggested Message: The COVID-19 threat didn't make other health challenges go away. People still need medications, and MHS found new ways to get people their vital prescriptions while minimizing the risk of exposure.

<https://www.health.mil/News/Articles/2020/09/22/DoD-pharmacy-innovation-improves-patient-safety-and-convenience>

#YearinMilitaryHealth #innovation



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Year in Military Health

Suggested Message: As the pandemic made going to the doctor's office more risky, patients and providers got more familiar with #telehealth options.

<https://health.mil/News/Articles/2020/05/19/DHA-increases-access-to-telehealth-during-COVID-19-pandemic>



Year in Military Health

Suggested Message: Geneticists from the 81st Medical Operations Squadron at Keesler AFB in Mississippi contributed to efforts to sequence the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) genome, the virus strain that causes COVID-19.

<https://www.keesler.af.mil/News/Article-Display/Article/2179303/dha-collaborates-to-further-sequence-the-sars-cov-2-code/>

#YearinMilitaryHealth #innovation



Year in Military Health

Suggested Message: When PPE supplies were strained by the COVID pandemic, MHS personnel showed their innovative, DIY spirit and 3D printed face shields to ensure providers could safely interact with COVID-positive patients.

<https://www.keesler.af.mil/News/Article-Display/Article/2317799/fabricating-readiness-trainer-technology-flight/>

#YearinMilitaryHealth #innovation



MHS GENESIS Year in Review

Suggested Message: Deployment of the new MHS electronic health record, MHS GENESIS, resumed in September at sites across California and Nevada.

<https://www.health.mil/Military-Health-Topics/Technology/Military-Electronic-Health-Record/MHS-GENESIS>

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Suggested Message: MHS GENESIS continued to roll out to Wave PENDLETON sites in California this October.

<https://www.health.mil/News/Articles/2020/11/05/Wave-PENDLETON-sees-more-MTFs-deploy-new-electronic-health-record>

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Telehealth Expansion

Suggested Message: Expanded telehealth to new types of medicine maintained access to vital health services without risking exposure to COVID-19.

<https://www.health.mil/News/Articles/2020/07/14/Applying-COVID-19-innovations-to-the-future-of-MHS-medicine>

#YearinMilitaryHealth #innovation



Front-line workers

Suggested Message: National Guard and Reserve forces were critical to the national response to the COVID-19 pandemic. Whether they were activated to help stressed health systems, or continued their day jobs working in civilian hospitals, Guard and Reserve members were absolutely critical to fighting the disease.

<https://www.nationalguard.mil/coronavirus/>

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Front-line workers

Suggested Message: In April, hospital ships USNS Comfort and USNS Mercy deployed to New York City and Los Angeles respectively to help the over-stressed civilian healthcare systems address the COVID-19 pandemic. Comfort and Mercy treated non-COVID-19 patients, freeing up resources to treat COVID-19 patients.

<https://www.navy.mil/Resources/Blogs/Detail/Article/2268233/usns-mercy-usns-comfort-2020-covid-19-deployment/>

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Front-line workers

Suggested Message: Public health workers across the MHS were on the front lines of the fight against COVID-19, providing expertise and recommendations to their commanders on pandemic response.

<https://www.health.mil/News/Articles/2020/06/17/Public-Health-Emergency-Officers-balance-risk-and-mission-during-crisis>

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Protecting the Force

Suggested Message: Keeping our warfighters fit to fight is the MHS mission, even in the midst of a pandemic. The MHS played a critical role in keeping our forces ready and minimizing COVID-19 infections in the military.

<https://www.health.mil/News/Articles/2020/03/23/The-Air-Force-takes-steps-to-assure-unblinking-operations-readiness-and-capabilities-amid-pandemic>

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Protecting the Force

Suggested Message: The DoD's top priorities during the COVID-19 pandemic are to protect our people, maintain readiness, and support the national COVID-19 response. DoD issued 14 Force Health Protection Guidance documents in 2020, covering topics like travel, testing, workplace safety and face coverings.

<https://health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus>

#YearinMilitaryHealth



Nurses Week

Suggested Message: In the first full week of May, the MHS celebrated National Nurses Week, thanking nurses for the incredible work they do, especially on the front lines of a pandemic.

<https://www.health.mil/News/Articles/2020/05/11/Nurses-stay-ready-during-COVID-19-pandemic>

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#nurses



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CCP - Mission accomplished

Suggested Message: The MHS collected more than 10,000 CCP units between May and October, meeting the Department goal. Plasma collected from patients who recovered from COVID-19 supports the development of therapeutics to treat service members who contract COVID-19 in the future.

<https://www.health.mil/Military-Health-Topics/Combat-Support/Public-Health/Coronavirus/COVID-19-Convalescent-Plasma-Collection-Program>

Convalescent-Plasma-Collection-Program

#YearinMilitaryHealth

**COVID-19
CONVALESCENT PLASMA**

MISSION ACCOMPLISHED

You can help combat COVID-19 by donating blood plasma.

Give others a fighting chance today.

militaryblood.dod.mil

MHS Military Health System health.mil

ASBP

HEALTH INNOVATION

Flu Vaccine

Suggested Message: December 6-12 is National Influenza Vaccination Week. Have you gotten your flu shot yet? Get the facts: <https://www.cdc.gov/flu/resource-center/nivw/index.htm>

**FLU VACCINE
WEEK** DECEMBER 6-12

MHS Military Health System health.mil

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Flu Vaccine

Suggested Message: DYK... Active Duty Service Members are required to get the flu vaccine every year? If you haven't gotten vaccinated yet this flu season, now is the perfect time!

<https://health.mil/flu>

NATIONAL INFLUENZA VACCINATION WEEK
December 6-12

The flu is a contagious respiratory illness caused by influenza viruses.

Everyone is at risk of getting the flu, but some people have a higher risk of developing serious flu complications.

- Young children
- Pregnant women
- People with chronic health conditions
- People 65 years and older

To learn more about the flu vaccine.
www.health.mil/flu MHS Military Health System health.mil

Holidays – stay safe with COVID

Suggested Message: Celebrate smart this holiday season. Follow CDC guidelines on social distancing.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

BLOW YOUR KISSES in 2020
from at least **6 feet** apart!

MHS Military Health System
health.mil

Holidays – stay safe with COVID

Suggested Message: Happy New Year's Eve! Celebrate in style by wearing a mask, maintaining 6 feet of distance, and keeping holiday gatherings small to help protect yourself and others from #COVID19.

#NYE

CELEBRATE in Style

MHS Military Health System health.mil

Holidays – stay safe with COVID

Suggested Message: According to the #CDC, small family gatherings, even in your own home, are a significant vector of COVID-19 infection. If you decide to gather for the holidays, please be smart and stay safe!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

EVERYONE CAN MAKE CHRISTMAS SAFER

- Stay Home**
Celebrate at home - even small gatherings spread COVID. If you go out - keep it small, stay social and follow CDC guidelines.
- Stay Separate**
If you attend a gathering, maintain 6 feet of distance.
- Mask Up**
Even friends and family can spread the virus. Wearing a mask properly slows the spread of COVID-19.
- Don't Share Food**
No matter how good Grandma's cooking is, you won't like it with a side of COVID-19. Prepare your own good at family gatherings.
- Stay Outside**
If you have a gathering, hold it outside if weather permits. If you celebrate inside, open windows for ventilation.

Learn more from the CDC
<https://go.usa.gov/x7fad> MHS Military Health System health.mil

CALENDAR

YEAR IN MILITARY HEALTH

HEROES BEHIND THE MASK

HEALTH INNOVATIONS

COVID-19 CONVALESCENT PLASMA

PROTECTING THE FORCE

STRENGTHENING MHS

TOTAL FORCE FITNESS

GRAPHICS

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Suggested Message: From all of us in the Military Health System, have a safe and merry Christmas!



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Suggested Message: Today marks the first day of Hanukkah, an eight-day holiday commemorating the rededication of the Temple of Jerusalem. To all those celebrating, Happy Hanukkah!



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Suggested Message: Kwanzaa, an annual seven-day celebration of African American culture, begins today. Happy Kwanzaa!

