

## **COVID-19 Medical Resources for USSOUTHCOM Team**

**For those stationed at or visiting SOUTHCOM HQ:** If you think you are sick, stay home and notify your supervisor. Then **CALL** the appropriate healthcare provider.

- If you are enrolled to the SOUTHCOM Army Health Clinic, **CALL 305-437-3742 {Nurse Advisory Line} OR 305-437-1753 {COVID-19 Screening Trailer}** during duty hours. Limited staffing is available after-hours for urgent needs. The SOUTHCOM Army Health Clinic will evaluate you over the phone. If testing is indicated, the clinic can obtain a sample for COVID-19 testing which will be processed by a reference lab. The clinic can also evaluate non-enrolled USSOUTHCOM staff (including contractors) for occupational health related exposures (i.e. exposure to COVID-19 occurring at SOUTHCOM). The clinic cannot see children under 18 years of age.
- If you are enrolled to a civilian healthcare provider, **CALL** your office for advice and evaluation. Because this provider knows your medical history, this is the best way to seek medical care.
- Tricare beneficiaries – For further advice on your individual situation, **CALL** the Military Health System FREE Nurse Advice Line for medical advice at **1-800-TRICARE (874-2273)**, option 1.
- Most cases of COVID-19 can and should be handled by phone. **Visiting a waiting room without direction to do so can expose you and others to COVID-19.** Before you go, **CALL** your healthcare provider and follow their directions.
- Most cases can be treated at home with rest and over-the-counter medications. Please see below.
- A note from your physician is NOT required to stay home sick.

**For Tricare enrollees traveling or stationed OCONUS:** If you think you are sick, contact International SOS who will assist you with getting healthcare while overseas. Contact TRICARE Overseas Program, International SOS at **1-215-942-8393/1-877-451-8659** or the country-specific office (see links below).

**For Tricare enrollees stationed OCONUS & traveling in the US:** Go to the following site for specifics - <https://www.tricare-overseas.com/contact-us/traveling-in-the-us> Call the Nurse Advice Line listed above. To find an MTF or Clinic World-Wide select - <https://www.tricare.mil/FindDoctor/mtf>

### **International SOS Regional Links:**

To find the contact number for the Customer Service and Medical Assistance, go the site below:

- Latin America and Canada - <https://www.tricare-overseas.com/contact-us/latin-america-and-canada>
- Europe and Africa - <https://www.tricare-overseas.com/contact-us/eurasia-africa>
- Pacific - <https://www.tricare-overseas.com/contact-us/asia-pacific>

### **For Embassy COVID-19 Country Specific Information:**

<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>

**For the Florida Department of Health 24/7 hotline for COVID-19, call 1-866-779-6121.**

**The CDC has a useful self-checker:** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

**If you are home sick with symptoms of COVID-19 (fever, cough, congestion):** As with a cold or flu, drink fluids and get plenty of rest. Over the counter medications for congestion, cough, or fever can help the symptoms of COVID-19. Follow the CDC guidance attached on this form. Symptoms of a coronavirus usually go away on their own. If you are over age 60 or have chronic health conditions, you may be at increased risk for complications - consult your provider. If you are having trouble breathing or life-threatening symptoms, seek immediate medical care. For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**PROTECT YOURSELF AND PROTECT OTHERS. CALL FIRST.**