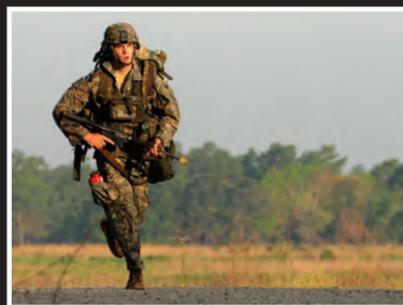


USAPHC

U.S. ARMY PUBLIC HEALTH COMMAND

2013

Preventive Medicine Wall Planner



* Use of trademarked names does not imply endorsement by the U.S. Army but is intended only to assist in the identification of specific products.

** Some images obtained through the U.S. Army Flickr® site - <http://creativecommons.org/licenses/by/2.0/deed.en>

MISSION STATEMENT

Promote health and prevent disease, injury, and disability of Soldiers and military retirees, their Families, and Department of the Army civilian employees; assure effective execution of full spectrum veterinary service for Army and Department of Defense Veterinary missions.

USAPHC

ARMY VALUES

LOYALTY
DUTY
RESPECT
SELFLESS-SERVICE
HONOR
INTEGRITY
PERSONAL COURAGE



Photo by Senior Master Sgt. David H. Lipp

JANUARY 2013

POWER UP! WITH THE PERFORMANCE TRIAD:
Activity, Nutrition, and Sleep.



S M T W T F S

		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31		

COMMEMORATIONS & OBSERVANCES

Cervical Health Awareness Month ♦
National Glaucoma Awareness Month ♦
Thyroid Awareness Month ♦ National
Birth Defects Month ♦ National
Radon Action Month ♦ 6-12 National
Folic Acid Awareness Week

ARMY OBSERVANCES

Martin Luther King Jr. Day



Look for information throughout 2013 on the Performance Triad and how to improve your activity, nutrition and sleep to enhance your wellbeing and performance in the upcoming year at the USAPHC website: <http://phc.amedd.army.mil/Pages/default.aspx>.

HEALTH TIPS

1 Aim for 7 to 9 hours of sleep each day for top physical and mental performance.

2 Regular physical activity is important for overall health and fitness.

3 Achieve and maintain a healthy weight with healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

4 Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats.



FEBRUARY 2013

ANIMAL PRECAUTIONS AND CARE
Keep yourself and pets safe.

S M T W T F S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Washington's Birthday

COMMEMORATIONS & OBSERVANCES

Patient Appreciation Month ♦
National Patient Recognition Month ♦
AMD/Low Vision Awareness Month ♦
International Prenatal Infection
Prevention Month ♦ National Wise
Health Consumer Month ♦ National
Dental Health Month ♦ 7-14 Congenital
Heart Defect Awareness Week ♦
10-16 Children of Alcoholics Week ♦
14-21 Sexual Health Awareness Week
♦ 17-23 Through with Chew Week ♦
1 National Wear Red Day ♦ 1 Give Kids
a Smile Day ♦ 2 Army Nurse Corps
Anniversary ♦ 14 National Donor Day

ARMY OBSERVANCES

Black History Month ♦ Washington's Day

USAPHC public website provides Animal
Care information at <http://phc.amedd.army.mil/topics/animed/vtfo/>.

HEALTH TIPS

1 Rabies is a fatal disease that poses a serious risk. Do not feed, handle, or keep wild or stray animals as pets or unit mascots.

2 Wash all animal bites or scratches thoroughly with soap and water and seek immediate medical attention.

3 Animal parasites can be transmitted to humans. Keep pets on monthly heartworm preventatives, check them regularly for external parasites, and keep children from putting soiled hands and toys into their mouths when playing outdoors.

4 Make sure your disaster preparedness plan includes your pets. Have a plan. Be informed. Be ready.



Photo by Airman 1st Class Matthew Bruch

MARCH 2013

BRAIN INJURY AWARENESS
Brain Injuries are Serious.
Know your ABC's



S M T W T F S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Daylight Saving Time begins	17	18	19	20	21	22
			Spring Equinox			
24	25	26	27	28	29	30
31						

COMMEMORATIONS & OBSERVANCES

National Nutrition Month® + National Professional Social Workers Month + Trisomy Awareness Month + Save Your Vision Month + National Endometriosis Awareness Month + Workplace Eye Wellness Month + 3-9 Patient Safety Awareness Week + 5-11 National Sleep Awareness Week® + 11-17 Brain Awareness Week + 17-23 National Poison Prevention Week + 18-24 Down's Syndrome Awareness Week + 24-30 National Tsunami Awareness Week + 1 Enlisted Medical Corps Anniversary + 3 Dental Corps Anniversary + 10 National Women and Girls HIV/AIDS Awareness Day + 14 World Kidney Day + 24 World Tuberculosis Day + 26 AMEDD Civilian Corps Anniversary

USAPHC Epidemiology & Disease Surveillance Injury Prevention Program provides injury prevention information on traumatic brain injury at <http://phc.amedd.army.mil/topics/discond/tbi/>

HIO SHOPPING CART

Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> for health information products.

HEALTH TIPS

1 A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

2 Most concussions occur without loss of consciousness. Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury or even death.

3 All concussions are serious. Know your concussion ABCs:
A - Assess the situation.
B - Be alert for signs and symptoms.
C - Contact a healthcare professional.

4 Young children and teens are more likely to get a concussion and take longer to recover than adults.



Photo by Sam Shore, U.S. Army

APRIL 2013

MONTH OF THE MILITARY CHILD
Protect our future. Keep kids healthy!

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30				

COMMEMORATIONS & OBSERVANCES

Sexually Transmitted Infection (STI) Awareness Month • Sexual Assault Awareness and Prevention Month • Alcohol Awareness Month • National Autism Awareness Month • National Donate Life Month • National Minority Health Month • National Distracted Driving Awareness Month • National Facial Protection Month • Sports Eye Safety Awareness Month • Women's Eye Health and Safety Month • 1-7 National Public Health Week • 21-28 National Infant Immunization Week • 21-27 National Infertility Awareness Week • 21-27 National Medical Laboratory Professionals Week • 5 National Alcohol Screening Day® • 7 World Health Day • 16 Medical Specialist Corps Anniversary • 24 World Meningitis Day •



FEATURED PRODUCT

Tips on Soothing a Crying Baby. Go to <https://usaphcapps.amedd.army.mil/hio-shoppingcart/> to find this product and more.

HEALTH TIPS

1 Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

2 Compliment your kids when they do something good. This may encourage good behavior and keep the communication lines open. Involved parents appear to be a protective factor against the lure of tobacco.

3 Covering up to protect the skin from the sun can lower the risk for sunburn and skin cancer. To protect your kids from too much sun exposure, be sure they wear a hat, shades, and sunscreen; seek shade; and cover up. A few serious sunburns can increase your child's risk of skin cancer later in life.

4 Unfortunately, only about 1/4 of children ages 5 to 14 wear helmets when riding bicycles. The percentage of teen cyclists who wear helmets is close to zero. Bicycle helmets reduce the risk of serious head injury by as much as 85% and the risk of brain injury by as much as 88%.



MAY 2013

NATIONAL MENTAL HEALTH MONTH
Battle stress and its effects!

S M T W T F S

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Mother's Day					Military Spouses Day	Armed Forces Day
19	20	21	22	23	24	25
26	27	28	29	30	31	
	Memorial Day					

COMMEMORATIONS & OBSERVANCES

Arthritis Awareness Month ♦ Better Hearing and Speech Month ♦ Women's Health Care Month ♦ Employee Health and Fitness Month ♦ Healthy Vision Month ♦ Hepatitis Awareness Month ♦ Lupus Awareness Month ♦ Melanoma/Skin Cancer Detection and Prevention Month ♦ National Celiac Disease Awareness Month ♦ National Osteoporosis Awareness and Prevention Month ♦ High Blood Pressure Education Month ♦ National Physical Fitness and Sports Month ♦ National Toxic Encephalopathy and Chemical Injury Awareness Month ♦ 5-11 Children's Mental Health Awareness Week ♦ 5-11 North American Occupational Safety and Health Week ♦ 5-11 National Nurses Week ♦ 12-18 National Alcohol- and Other Drug-Related Birth Defects Week ♦ 12-18 Food Allergy Awareness Week ♦ 12-18 National Women's Health Week ♦ 26-June 1 National Hurricane Preparedness Week ♦ 13 National Women's Check-up Day ♦ 18 HIV Vaccine Awareness Day ♦ 29 National Senior Health & Fitness Day® ♦ 27 Heat Safety Awareness Day ♦ 31 World No Tobacco Day

ARMY OBSERVANCES

Memorial Day ♦ Military Spouses Day ♦ Armed Forces Day

USAPHC Combat and Operational Stress Control Resources can be found at <http://phc.amedd.army.mil/topics/healthyliving/bh/Pages/CombatOperationalStressControl.aspx>

HEALTH TIPS

1 Soldiers face stress during day-to-day operations. Learn relaxation techniques, and practice the health tips in numbers 2, 3, and 4 to manage stress.

2 Remind yourself that the way you are feeling is normal given the situation; make certain that you get enough sleep, food, water and exercise; focus on the mission at hand.

3 Stay tied in with battle buddies in your unit. Maintain contact with friends and Family at home whenever you can. If something at home is bothering you, talk about it with your battle buddies, your leaders, anyone you trust.

4 If things start to feel out of control, contact your unit sergeant, chaplain, medic or commander immediately.



Photo by Senior Airman Staci Miller

JUNE 2013

FOOD SAFETY
Eat Smart — Stay Ready!

S M T W T F S

						1
2	3	4	5	6 D-Day	7	8
9	10	11	12	13	14 Army Birthday Flag Day	15
16 Father's Day	17	18	19	20	21 Summer Solstice	22
23 30	24	25	26	27	28	29

COMMEMORATIONS & OBSERVANCES

Fireworks Safety Month +
Cataract Awareness Month +
Home Safety Month + Men's Health
Month + National Congenital Cytomeg-
alovirus Awareness Month + National
Aphasia Awareness Month + National
Scleroderma Awareness Month +
Summer Safety + 10-16 Men's Health
Week + 3 Veterinary Corps Anniversary
+ 2 National Cancer Survivors Day +
19 World Sickle Cell Day +
27 National HIV Testing Day +
30 Medical Service Corps Anniversary

ARMY OBSERVANCES

Army Birthday + Flag Day + D-Day



FEATURED PRODUCT

Food Safety:
Deployment Food Risk Smart Card. Go to <https://usaphcapps.amedd.army.mil/hioshopping cart/> to find this product and more.

HEALTH TIPS

1 To prevent cross-contamination, thoroughly wash and sanitize all utensils that have been used to prepare raw meats before using them for other foods

2 Always cook food to the proper internal temperature for the particular product, i.e. minimum temperature of 145°F for steaks and pork, 155°F for hamburger, and 165°F for poultry.

3 Quickly cool leftovers to prevent the growth of microorganisms that survived the cooking process. Store them in the refrigerator (no more than 3-4 days) or freezer, and reheat to an internal temperature of greater than 165°F before eating.

4 Keep cold foods cold: Ensure your refrigerator keeps food colder than 41°F to prevent the growth of harmful microorganisms.



Photo by Lance Cpl Justin Davis

JULY 2013

DEPLOYMENT HEALTH
Stay on top of your game.
Stay healthy while deployed.



S	M	T	W	T	F	S
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

COMMEMORATIONS & OBSERVANCES

UV Safety Month ♦ Eye Injury Prevention Month ♦ International Group B Strep Awareness Month ♦ Juvenile Arthritis Awareness Month ♦ Cord Blood Awareness Month ♦ National Cleft & Craniofacial Awareness & Prevention Month ♦ 27 Medical Corps & AMEDD Anniversary ♦ 27 Army Chaplain Corps Anniversary ♦ 28 World Hepatitis Day

ARMY OBSERVANCES

Independence Day

Health Information Operations Program develops country-specific medical threat briefings and other health communication materials at <http://www.us.army.mil/suite/kc/13240170> (AKO).



FEATURED PRODUCT

Afghanistan Deployment Health Card.
Go to <https://usaphcapps.amedd.army.mil/hioshopping-cart/> to find this product and more.

HEALTH TIPS

1 Receive preventive medicine briefings prior to deployment.

2 Remain up-to-date on vaccine requirements.

3 Use the DOD Insect Repellent System.

4 Practice good personal hygiene in the field.



AUGUST 2013

NATIONAL IMMUNIZATION AWARENESS MONTH
 Stay in the fight!
 Make sure you are up-to-date!

S M T W T F S

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

COMMEMORATIONS & OBSERVANCES

- Children's Eye Health and Safety Month
- Anti-terrorism Awareness Month
- 1-7 World Breastfeeding Week

The Military Vaccine Agency (MILVAX) supports DOD vaccination programs protecting military Service members, their dependents and beneficiaries; and provides educational support and training resources for DOD healthcare providers and clinicians. The Vaccine Healthcare Centers Network enhances vaccine safety, efficacy and acceptability within the Military Health System through programs and services that provide expert clinical consultation, care, safety surveillance, education, and research. More information about vaccines and vaccine-preventable diseases can be found at <http://phc.amedd.army.mil/topics/discond/vvpd>



FEATURED PRODUCT

Flu: Back to Basics Poster
 Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

- 1 Immunization is one of modern medicine's most significant public health achievements. In medical history, vaccines have saved more lives than any other medical measure, including antibiotics and surgery.
- 2 It's important to keep our guard up by immunizing. According to the Centers for Disease Control and Prevention, tens of thousands of people in the United States still die from vaccine-preventable diseases every year.
- 3 Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines. Check with your health care provider to see whether you need the pneumococcal vaccine.
- 4 Make sure children stay up-to-date with vaccinations to prevent vaccine-preventable illnesses. Without vaccines, epidemics of many preventable diseases could return, resulting in increased - and unnecessary - illness, disability, and death among children.



Photo by Staff Sgt. Brian Ferguson

SEPTEMBER 2013

SUICIDE PREVENTION MONTH
 Never accept defeat.
 Getting help is a sign of strength.



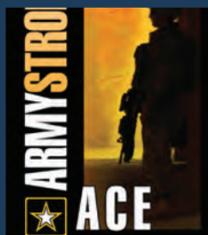
S	M	T	W	T	F	S
1	2 Labor Day	3	4	5	6	7
8	9	10	11 Patriot Day	12	13	14
15	16	17	18	19	20 POW/MIA Recognition Day	21
22 Fall Equinox	23	24	25	26	27	28
29	30					

COMMEMORATIONS & OBSERVANCES

Leukemia & Lymphoma Awareness Month ♦ National Alcohol and Drug Addiction Recovery Month ♦ National Atrial Fibrillation Awareness Month ♦ National Cholesterol Education Month ♦ National Sickle Cell Month ♦ Children's Eye Health and Safety Month ♦ National Preparedness Month ♦ Ovarian Cancer Awareness Month ♦ Prostate Cancer Awareness Month ♦ 15-21 National Farm Safety & Health Week ♦ 15-21 National Rehabilitation Awareness Celebration Week ♦ 18 National HIV/AIDS and Aging Awareness Day ♦ 21 World Alzheimer's Day ♦ 25 National Women's Health & Fitness Day™ ♦ 27 RAINN Day ♦ 27 National Gay Men's HIV/AIDS Awareness Day ♦ 28 World Rabies Day ♦ 28 Family Health & Fitness Day USA® ♦ 28 World Heart Day

ARMY OBSERVANCES

National Hispanic Heritage Month ♦ Patriot Day ♦ POW/MIA Recognition Day ♦ Gold Star Mothers Day



FEATURED PRODUCT

Suicide Prevention ACE Card. Go to <https://usaphcapps.amedd.army.mil/hio/shoppingcart/> to find this product and more.

HEALTH TIPS

- 1** If your battle buddy gives any hints or clues of thinking about suicide, remember your ACE suicide prevention training.
- 2** Ask your buddy. Have the courage to ask the question but stay calm. Ask the question directly: Are you thinking of killing yourself?
- 3** Care for your buddy. Calmly control the situation; do not use force; be safe. Actively listen to show understanding and produce relief. Remove any means that could be used for self-injury.
- 4** Escort your buddy. Never leave your buddy alone. Escort to chain of command, chaplain, behavioral health professional, or primary care provider. Call Suicide Prevention Lifeline: 1-800-273-TALK.



Photo by Staff Sgt. Liesl Marelli

OCTOBER 2013

CLIMATE-RELATED ILLNESSES AND INJURIES
 Defend against the elements.
 Prevent climate-related injuries and illnesses.



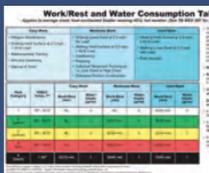
S M T W T F S

		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

COMMEMORATIONS & OBSERVANCES

National Depression Education & Awareness Month ♦ Eye Injury Prevention Month ♦ Home Eye Safety Month ♦ National Breast Cancer Awareness Month ♦ National Protect Your Hearing Month ♦ National Audiology Awareness Month ♦ National Disability Employment Awareness Month ♦ National Down Syndrome Awareness Month ♦ National Ergonomics Month ♦ National Physical Therapy Month ♦ Sudden Infant Death Syndrome Awareness Month ♦ 6–12 Mental Illness Awareness Week ♦ 6–12 Nuclear Medicine Week ♦ 23–31 Red Ribbon Week ♦ 2 MEDCOM Anniversary ♦ 7 Child Health Day ♦ 8 National Depression Screening Day® ♦ 10 World Mental Health Day ♦ 10 Stop America's Violence Everywhere "SAVE Today" ♦ 15 National Latino AIDS Awareness Day ♦ 16 World Food Day

ARMY OBSERVANCES
 Energy Awareness Month



FEATURED PRODUCT

Work/Rest and Water Consumption Table. Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

1 Cold-weather and altitude work increases energy needs. Maintain fluid and nutritional requirements.

2 Do not rest in tents or vehicles unless well ventilated.

3 Use Extended Cold Weather Clothing System (ECWCS).

4 Follow work/rest and water consumption guidelines.



Photo by Spc. Terrance Payton

NOVEMBER 2013

TOBACCO USE CESSATION
Defeat tobacco!

S M T W T F S

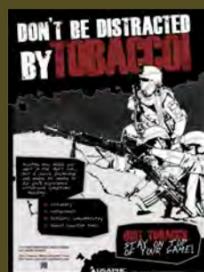
					1	2
3	4	5	6	7	8	9
Daylight Saving (End)						
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgiving Day		

COMMEMORATIONS & OBSERVANCES

Warrior Care Month ♦ American Diabetes Month ♦ Chronic Obstructive Pulmonary Disease (COPD) Awareness Month ♦ Diabetic Eye Disease Month ♦ Foot Health Issues Related to Diabetes Awareness Month ♦ Lung Cancer Awareness Month ♦ National Family Caregivers Month ♦ National Healthy Skin Month ♦ National Hospice Palliative Care Month ♦ National Stomach Cancer Awareness Month ♦ 17 Prematurity Awareness Day ♦ 14 Great American Smokeout ♦

ARMY OBSERVANCES

Veterans Day ♦ National Native American Indian Heritage Month ♦ Military Family Appreciation Month ♦ Warrior Care Month



FEATURED PRODUCT

Tobacco Cessation Poster. Go to <https://usaphcapps.amedd.army.mil/hioshopping-cart/> to find this product and more.

HEALTH TIPS

1 Tobacco use impairs physical endurance and performance, and causes injury.

2 Be tobacco-free and combat-ready. Tobacco use impairs visual performance and night vision.

3 Tobacco use increases risk of lower respiratory tract infections. Improve your health by quitting tobacco. Talk to a healthcare provider about quitting.

4 Tobacco use can cause fatigue, muscle weakness, and decreased readiness and physical performance by increasing your heart rate and blood pressure.



Photo by Graham Snodgrass

DECEMBER 2013

INFECTION CONTROL
Conquer infections with good hygiene.



S M T W T F S

1	2	3	4	5	6	7 <small>Pearl Harbor Remembrance Day</small>
8	9	10	11	12	13	14
15	16	17	18	19	20	21 <small>Winter Solstice</small>
22	23	24	25 <small>Christmas Day</small>	26	27	28
29	30	31				

COMMEMORATIONS & OBSERVANCES

- Safe Toys and Gifts Month ♦
- National Drunk and Drugged Driving Prevention Month ♦
- 1-7 National Handwashing Awareness Week ♦
- 1 World AIDS Day ♦

USAPHC Disease Epidemiology Program protects the combat readiness and Soldier health by addressing disease threats through: 1) timely and systematic surveillance of deployed and non-deployed population data; 2) rapid response to communicable disease outbreaks; and 3) in-depth analysis of selected epidemiologic data.



FEATURED PRODUCT
Handwashing Poster.
Go to <https://usaphcapps.amedd.army.mil/hioshoppingcart/> to find this product and more.

HEALTH TIPS

- 1** Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not into your hands.
- 2** Contact a healthcare provider as for flu-like or gastrointestinal symptoms. Ensure all wounds are properly cleaned, disinfected, and bandaged.
- 3** Wash hands for at least 20 seconds with soap and water before meals and after using latrine.
- 4** Maintain good hygiene in the barracks. Use 1/4 cup of household bleach per 1 gallon of cool water to disinfect surfaces, especially door handles and light switches.