Borne the Battle Bonus Episode: Coronavirus Update - 3/12/2020

[00:00:00] **Tanner Iskra:** Hey, good morning everyone, or afternoon, depending on when you get this, still has to go through, but podcast lands, iTunes and other approval processes.

It is Thursday. It's about 7:41 AM east coast time at the time of this recording on March 12th.

This is *Borne The Battle,* your host Marine Corps veteran Tanner Iskra here. So I woke up this morning and I noticed a new blog on blogs.va.gov about the VA's healthcare response to COVID-19 otherwise known as coronavirus.

And it has some info I think that you should know as soon as possible, especially if you have an upcoming appointment with the VA - life is gonna change for a bit. So after that, I typed in coronavirus in the search bar on blogs.va.gov and a couple more blogs popped up. So I just want to tell you everything that I know that the VA has out there on the response to the virus. First of all, there are three blogs on blogs.va.gov you can find them by going to the site again, blogs.va.gov [00:01:00] and typing in coronavirus. All one word into the search bar on the homepage. One has the CDC guidance that. I know that, that we've all heard. One, you know, get a flu shot.

If you're prescribed, take your flu antivirals.

Take your everyday precautions, like washing your hands, use sanitizer. Don't touch your eyes, ears, nose, throat with unwashed hands. Avoid close contact with people who are sick. Cover your mouth when you're coughing, sneezing throw your tissues, we've heard all of that. I know you've heard all of this, but I'm going to piggy back on all this because I know it behooves you to listen to it all again.

I can't believe I was able to get both of those in one sentence. Thank you. But seriously, adhere to the common sense tips like, don't travel while sick. Just don't do it right now. However, there are two other blogs on blogs.va.gov that caught my attention,

and I think they're in the carousel on the homepage on VAntage Point. one, talks about the steps you need to take

if you have the major symptoms which are coughing and shortness of breath and fever, if you have these symptoms, call your local VA medical center and [00:02:00] select the option to speak with a nurse before visiting a facility. Tell them about your symptoms, any recent travel. The blog also says, in addition to calling first consider using the VA's telehealth and virtual care options, which you can find at telehealth.va.gov/type/home. VA's telehealth care providers can evaluate your symptoms and provide a diagnosis and comprehensive care so you don't have to leave your home or office.

Again, this blog is on blogs.va.gov. And the one that was released last night talks about even some more recent changes. If you're a veteran that's going to be seeking medical care at a VA medical facility for any medical care, call before visiting, even if you already have an appointment. Or you can sign into my healthy vet and send a secure message. The blog, says you may able to get diagnosed and receive care through VAs tele-health without having to come in at all. So it's pretty much like the old one, like the other one. However, this is, this is pretty new. If you do visit a VA hospital [00:03:00] clinic, community live-in center, or other health care facility, you will be met at the entrance by a staff member.

They'll greet you, ask you some screening questions, and depending on your answers, a VA healthcare professional will assist you on the next steps of your visit. If you're a veteran coming in for appointment, plan to leave home earlier than usual to allow time for the screening.

The blog also stays that they are doing all they can to make sure everyone in VA, facilities, patients, families, visitors, staff, and everyone else stays as safe as possible during the situation.

And finally in addition to blogs.va.gov the VA, the VA has set up a website for coronavirus for the latest VA updates on coronavirus and common sense tips on preventing the spread of the disease.

In addition to blogs.va.gov go to www.publichealth - all one word -.va.gov forward slash N as in November, hyphen coronavirus. All one word. And it will take you right there. And in addition, for more information about coronavirus, you can always visit the [00:04:00] CDCs website. That's www.cdc.gov/coronavirus/2019 hyphen N C O V November Charlie, Oscar.

Victor. All one word forward slash index dot. H. T M L.

If you, if you take a look at all that information, there's a lot of good info there.

Subscribe to this podcast. Continue to visit blogs.va.gov and follow the VA on social media for many more updates on this and many more topics. Hope everyone has a great Thursday and we'll see you back at our regular scheduled programming. Take care.