

Borne the Battle Bonus Episode: Coronavirus Update - 3/18/2020

[00:00:00] **Tanner Iskra:** Hey, good morning. It's about 9:52 AM at the time of this recording on Wednesday, March 18th, 2020. This is another COVID-19 edition of *Borne the Battle*. I am your host, a Marine Corps veteran, Tanner Iskra. Hope everyone is practicing self distancing measures to protect you and your loved ones, especially for the sake of our elder statesman and women in our families.

Personally, I'm on day eight of this. My wife is telling me to please shave the vet beard that is all over my face, and I'm laughing through bites of my corn pops. Just keeping a light folks. And, a great thing for that is our veteran community. Seen a lot of us come together to share not only laughs, but information on how to effectively work from home, reminders on how to keep our spirits up and ways to encourage others to do buddy checks to our left and right.

There's a lot of great resources out there and it's awesome to see. I'm also receiving great stuff via VA channels as well. [00:01:00] I got a text message last night, I'm guessing because I'm in the VA healthcare system. Normally I don't click on stuff like that. But it had a .gov address on it, so I clicked and I'm glad I did because it directed me to the publichealth.va.gov/N as in November, hyphen coronavirus. Now, we briefly talked about that site on the last, special update of coronavirus last week, but I dug a little deeper on, on the site so I can let you know what's on it. It has a direct link to the CDC, information as it comes. Links to information on all measures VA is taking and

it has links to information on all the measures VA's taking and links to let you know some of the new standard operating procedures during this time. Basically all the COVID links that I read off to you in the last two episodes. There was a section that talks about you, what you as a veteran should do if you develop symptoms. In that section, there's a link to [00:02:00] a VA facility locator, the MyHealthyVet signup link, so you can send messages to your primary care provider and order your prescriptions from the comfort of your own home. And, a link to sign up or use telehealth options. There's also a section that has all the ways to properly protect yourself, includes all the CDC guidance there.

And it also has a link to learn how to use the VA video connect mobile app.

Finally, and interestingly, there's a section on the VA's running tally of COVID-19 or coronavirus cases. It has how many confirmed and awaiting confirmed cases that are in the VA healthcare system and the statuses of each case which is really interesting. Finally there are some additional CDC links to the current status of the outbreak. A link to some or frequently asked questions and a link for if you are still deciding to travel. Again, that site is public health All one word Dot va.gov forward slash N as in November hyphen [00:03:00] coronavirus. Gonna Say it one more time publichealth.va.gov/n-coronavirus visit there to find all the information that had just ran my suck about. Finally this morning I got an email from Chairman Cheryl Mason. You may remember her, she is the chairman of the Board of Veterans Appeals and it was featured in I want to say episode 180 I believe? She wanted to share the following statement. She would like to get the word out to you that the board is

still meeting their mission via virtual hearings and telework. In keeping with VA's primary mission to take care of our veterans The board of veterans appeals is suspending all traveling boards, video and central office hearings through at least May 1st, 2020. Veterans tend to be from higher risk populations. For example, advanced age, respiratory and menial and immunosuppressed conditions. Many of these veterans may have been unaware that there were other options to complete their hearings that would not compromise the health including rescheduling to a later date [00:04:00] or choosing a virtual hearing. The health and safety over veterans and families is VA's top priority. We understand that veterans have been waiting for these hearings and we don't want to delay any longer than necessary. The board will work with veterans and VSOs and representatives to provide virtual hearings where possible. We are asking veterans to work with their representatives on rescheduling hearings. Veterans who prefer to wait for travel board video or central office hearings to resume will recieve top priority in hearing rescheduling. So that's all I got for this special edition. For more episodes of *Borne the Battle* please feel free to follow us by subscribing to the podcast. In addition visit our blog which is blogs.va.gov. And, follow the via social media: Facebook, Twitter, Instagram, YouTube, RallyPoint - They've got everything from tips to information on this and many more topics. A lot of good stuff coming out of there right now. Deptvetaffairs, US Department of Veterans Affairs, you can always find this with a blue checkmark. Thank you and checked back in on [00:05:00] our regular scheduled programming Take