

Travis monitoring three cases of Covid-19



LLS Air Force photo/Senior Airman Jonathon Carnell

U.S. Air Force Staff Sgt. Cheryl Moore, 60th Medical Operations Squadron nuerodiagnostics technologist tests a patient March 18 for Covid-19 at Travis Air Force Base, California. In an effort to minimize the spread of Covid-19, David Grant USAF Medical Center personnel set up a screening site outside the hospital to screen Travis AFB personnel showing symptoms of Covid-19.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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Visit the Travis public web site at http://www.travis. af.mil. Read the Tailwind online at http://tailwind.dailv

60th Air Mobility Wing Public Affairs

As of March 25, Travis AFB is monitoring three confirmed positive cases for Covid-19.

Two of the previous cases have been resolved per base public health officials and in accordance with Centers for Disease Control and Prevention guidelines.

The individuals who are confirmed positive remain isolated off base. There are currently zero confirmed Covid-19 cases on the installation.

The base remains in Health Protection Condition Charlie.

In continued response to the current public health situation, the 60th Air Mobility Wing commander, Col. Jeffrey Nelson, has extended the public health emergency for the installation in accordance with DODI 6200.03 through April 30.

Additionally, the commander has extended his order for the base to operate with mission-essential personnel only: this order is effective through March 30.

These decisions were made to better protect the public health and safety of our Team Travis Airmen and families from the evolving Covid-19 health risk. Leadership will continue to employ appropriate measures to safeguard our entire community while we also work to execute our mission of rapidly projecting American power anytime ... anywhere.

Everyone is encouraged to follow state and county guidance to remain in their homes except for necessary movement as well as continue following strict hygiene and social distancing guidance. If you are exposed to the virus or begin developing symptoms, remember to selfisolate then contact your health care provider prior to visiting any clinic for care.

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On the cover

Air crew from Travis Air Force **Base and the 164th Airlift** Wing unload Covid-19 testing swabs March 19 at the **Memphis Air National Guard** Base in Memphis, Tennessee.

U.S. Air National Guard photo/Airman 1st Class Tra'Vonna Hawkins

U.S. Air Force photo/Senio Airman Christian Conrad Force Support cook, gathers ingredients for a lunch service **Travis Air Force** Base, California. worked at the base's dining facility for 31 years. 2) Miguel Santos, 60th FSS cook, prepares ahead of a lunch service March Santos works at the base's dining



Monarch adds flavor to dishes, life at Travis



1) Praxedes Miller, 60th Squadron March 11 at Miller has vegetables 11 at Travis. facility, the Monarch.



Elective procedures postponed 60 days

Military Health System Communications Office

WASHINGTON - As of March 31. all military treatment facilities and dental treatment facilities will postpone elective surgeries and procedures for 60 days, the Department of Defense announced March 25.

The policy applies to all beneficiaries: active-duty service members and their families, retirees, and Reserve and National Guard service members on active duty or a delayed effective date active-duty order.

The policy is designed to meet three main objectives during the Covid-19 pandemic. First, to enhance the safety of military medical staff: second, to prolong supplies of personal protective equipment and ensure its availability for emergency use; and finally, to ensure military medical staff are available to provide care related to the pandemic.

Exceptions to the policy will be made for procedures a service member needs in order to be ready to deploy, as well as procedures a provider has determined cannot be delayed without causing harm. For these cases, the hospital or dental facility commander will determine if there is adequate capacity to safely authorize the procedure.

The DoD announcement follows the presidential direction on the worldwide Covid-19 pandemic: apply critical medical resources, such as staff and equipment, where they are most needed; and reduce the risk of exposure to the virus to DoD medical staff and beneficiaries. The executive order can be found here.

Beneficiaries impacted by this announcement will be contacted individually. Each facility will address concerns and provide guidance on rescheduling.

AAFES provides shopping online

Lorraine Harris Ortega ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

For Travis Air Force Base service members and families, contending with the social distancing challenges of Covid-19, leveraging their Exchange benefit is made easier with the Army & Air Force Exchange Service's Buy Online, Pick Up in Store service.

Military shoppers can go to ShopMyExchange.com, click on what they need and select the "Pick Up in Store" option. The Travis Army and Air Force Exchange will contact shoppers when their order is ready to be picked up at the Customer Service desk.

"Buy Online, Pick Up in Store adds convenience and saves shoppers time at no extra cost," said Phonda Bishop, Travis' AAFES local manager. "While some products may be subject to rationing or temporarily unavailable during the Covid-19 pandemic, the ability to order online and pick up at the store helps reduce time spent shopping to better protect the community.'

ShopMyExchange.com offers more than 2 million items and military-exclusive pricing - tax free. One-hundred percent of Exchange earnings, including those from online purchases, support Warfighters and their families through military quality-of-life programs and improving the customer shopping experience.

Since 1895, the Exchange has gone where Soldiers, Airmen and their families go to improve the quality of their lives by providing valued goods and services at exclusive military pricing.

For more information, shoppers can visit https://bit. lv/3amnXdR.



U.S. Army Lt. Col. Elizabeth Martin conducts her final flight as battalion commander of the 2nd Battalion, 25th Aviation Regiment, June 7, 2019, over the island of Oahu. Hawaii, Martin is a student at the U.S. Army War College in Carlisle Barracks, Pennsylvania.

Exploit what you can control in crisis

Commentary by Army Col. Elizabeth A. Martin

U.S. ARMY WAR COLLEGE STUDENT

an't," "don't," "contain" and "restrict" are negative words present everywhere in the news, the media and conversation.

The threat of the Covid-19 coronavirus will undoubtedly remain a challenge for evervone for months to come. Significant abrupt restrictions and closures are making many within our communities feel very controlled and unhappy.

With so much heightened fear, paranoia and global concern due to Covid-19, stress and anxiety continue to skyrocket. While the containment strategy the United States is executing is difficult,

Commentary

it is vital to follow directed medical and public health expert precautions, mandates and guidelines to "flatten the curve" and control the rampant spread of this highly contagious and deadly illness.

As we all do our part to help, fear is natural. However when left unharnessed, fear can lead to panic and destructive behavior. We are already seeing this in grocery stores and other shops – just try looking for toilet paper.

Recent extended school closures and activity cancellations are already tearing apart the stability that children are accustomed to, need and enjoy. Parents are grappling with new daytime extended child care

requirements, unforecasted home school burdens and how to keep children productive.

Many of us feel like we can't control much in our lives right now due to the threat of this powerful virus, but what we absolutely can control is how we react and what we do.

Based on military experience as a battalion commander and 20-plus years of service in the Army dealing with intense uncertainty and high stress. I offer the following tips for how to turn this pandemic into a productive and positive experience while concurrently doing our part to maintain social distancing in support the nation's battle against Covid-19.

• Make lemonade out of lemons. Take the restrictions and challenges presented by Covid-19 to create incredible

opportunities. Continue to lead within your family and among your friends and colleagues. Be an example for vour children and others to follow.

• Turn uncertainty into certainty. This pandemic is plaguing society with heavy uncertainty, yet there is still so much we can control. Redirect your energy away from uncertainty and focus on those aspects of life that are certain.

• Community. What are you doing to help your community? What talents or resources can you share for the betterment of others within your area? Do your elderly neighbors need assistance in a manner that you can support them within

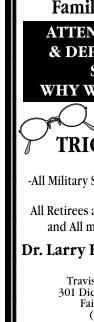
See MARTIN Page 18

U.S TRANSPORTATION COMMAND

3, 2020.

mation management systems.

As the Department of De-



the corner of N. Texas St. & Dickson Hill Rd.

Board to meet via video

Michael P. Kleiman

SCOTT AIR FORCE BASE, Ill - As a result of implementing Covid-19 force-protection measures, U.S. Transportation Command will host the annual **Global Patient Movement Joint** Advisory Board via video teleconference, March 31 to April

It is estimated more than 200 participants will convene through video teleconferencing to discuss and develop DOD, federal, state, and coalition recommendations for the USTRANSCOM commander concerning policy guidance, processes and procedures, equipment standardization, and enabling support such as infor-

fense's single manager for GPM, USTRANSCOM performs this lifesaving mission through the U.S. Air Force's aeromedical evacuation system. In 2019, USTRANS-COM conducted approximatelv 6.609 GPMs, providing in-transit aid for America's wounded warriors from the point of injury or illness to medical facilities with the lev-



Col. John Andrus. U.S. Transportation Command command surgeon at Scott Air Force Base, Illinois, poses for a photo. Due to the implementation of Covid-19 force-protection measures, USTRANSCOM will host the annual Global Patient Movement Joint Advisory Board via video conference from March 31 to April 3.

treat their health conditions.

"The GPMJAB brings all the GPM stakeholders together to compile a global requirements plan so as to understand the current gaps and vulnerabilities, as well as what we need to do to meet the requirements, which were initiated by the 2018 National Defense Strategy," said U.S. Air Force Col. el of care required to properly John Andrus, USTRANSCOM's

command surgeon. "Although the 15-20 core board members meet by virtual means quarterly, this annual event enables us to personally interact, collaborate, and network with each other and our interagency partners - the Federal Emergency Management Agency and the Departments of Health and Human Services, State, and

See VIDEO Page 15

Exchange, Unilever offer 10 \$2,000 scholarships

Lorraine Harris Ortega ARMY & AIR FORCE EXCHANGE SERVICE PUBLIC AFFAIRS

change Service and Unilever are recognizing excellence students at The Travis Army in community service among students in sixth through 12th grade.

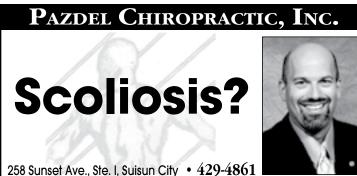
From March 27 to April 30, students with a gradepoint average of 2.5 or higher Unilever Rewards of Caring contest by submitting an essay in English detailing why their community and their involvement in community service projects are important to them.

"Members of the military

community, from the oldest to the youngest, have an attitude of service," said Phonda Bishop Exchange Gener-The Army & Air Force Ex- al Manager, Phonda Bishop. "There are a lot of wonderful and Air Force Exchange Service who serve the community, and we hope one of them will be among the winners of this contest."

Students can find an en-(on a 4.0 scale) can enter the try form on www.Operation-InTouch.com and should send their essay of 500 words or fewer via U.S. mail only to: Exchange Rewards of Caring Scholarship 2020 Spring Contest, P.O. Box 7778, Melville NY 11775-7778.

See SCHOLARSHIPS Page 15



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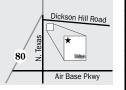
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Master sergeant promotion board moves to June

Angelina Casarez AIR FORCE'S PERSONNEL CENTER PUBLIC AFFAIR

JOINT BASE SAN ANTO-NIO-RANDOLPH, Texas — The Air Force Master Sergeant promotion board, originally set to convene at Joint Base San Antonio-Randolph March 23, is rescheduled to ensure personal disease can be maintained.

The 20E7 board is now scheduled to convene the first



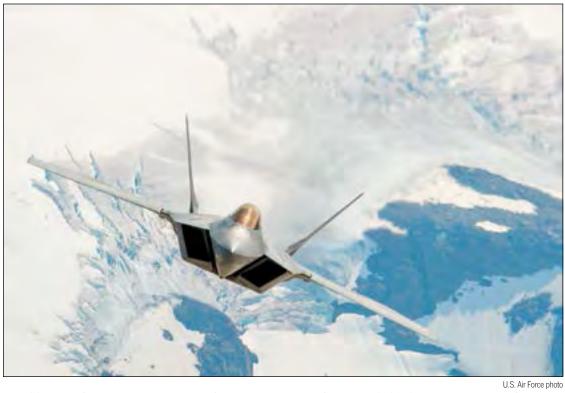


week of June, with a public promotion release projected for the end of July. The delay does not impact the currently planned first "sew-on" increment, which remains scheduled for Aug. 1.

March 27, 2020

"We realize the importance and impact promotion boards have on Airmen's careers, but for health and safety it's imporhealth and safety concerns as- tant we make these prudent adsociated with the coronavirus justments at this time," said Maj. Gen. Andrew J. Toth, Air

See BOARD Page 12



Range Complex.

U.S. AIR FORCE SURGEON GENERAL

a time of Covid-19? For the United States Air and Space Forces, and indeed the entire United States military. this is no small question.

tionwide, have been working nearly around the clock to answer it.

It's not hard to understand why.

and missions of our 685,000 Total Force active duty, Guard and Reserve Airmen do not fade even during a pandemic. Across a worldwide enterhealthy so they can maintain full readiness and the capability to protect our nation's security and interests. Achieving those goals often

March 27, 2020

An F-22 Raptor from Joint Base Elmendorf-Richardson, Alaska, flies July 18, 2019, over the Joint Pacific Alaska

Air Force protects Airmen while protecting America

Commentary by Lt. Gen. Dorothy Hogg

ASHINGTON — How do vou stand "shoulder to shoulder" in It is so pressing, in fact, that the Air Force's medical staff. in collaboration with experts na-

The critical responsibilities prise, our Airmen must remain

Commentary

demands Airmen work literally "shoulder to shoulder" in tight spaces over long hours. You can find it with crews aboard our aircraft, maintenance personnel on the ground, analysts at remote radar stations, recruits at training centers, and of course, at every Air Force barracks. Even within the sprawling Pentagon, thousands of active duty and civilian staff work in tightly bunched cubicles.

With the coronavirus's arrival, those arrangements must be modified to ensure not only the health and safety of all personnel but to assure the Air Force's unblinking ability to complete all missions.

Air Force medics and health personnel around the globe are resolutely following and ensuring compliance with guidelines issued by the Department of Defense and Centers for Disease Control and Prevention.

It's why leaders at each of our bases are working closely with local public health officials to actively monitor the health of Airmen and their families, as well as to monitor those who have been stricken by Covid-19. By now, most Americans know that safety demands maintaining a social distance beyond which the virus can spread. It means being alert to symptoms including low-grade fever, respiratory distress and body aches.

To slow the spread of the coronavirus, DoD has enacted travel restrictions, including the halt of domestic travel for service members. The goal is to "flatten the disease curve" by slowing the spread of the virus and preventing medical systems from being overwhelmed.

Within the Air Force, our medics are executing all avail able measures to mitigate the spread of Covid-19 in accordance with CDC and force health protection guidelines,

Puzzles

STR8TS

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Previous solution - Easy

How to beat Str8ts Like Sudoku, no single number ca repeat in any row or column. But ... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a se of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an optior in that row and column and are not par of any straight. Glance at the solution t see how 'straights' are formed.

SUDOKU

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	7						1	6
			7					5

Previous solution - Tough 3 7 5 2 9 1 8 6 4 8 4 1 6 7 3 5 2 9 6 9 2 8 4 5 7 1 2643897

To complete Sudoku, fill the boar by entering numbers 1 to 9 such that each row, column and 3x3 bo contains every number uniquel

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts. Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com



Basic trainee tests positive

Air Education and Training Command Public Affairs

JOINT BASE SAN AN-TONIO, Texas — Air Force Airmen in the training pipe- for limited exposure," said Lt. officials announced March 25 that a trainee in the Air Force's basic military training at Joint Base San Antonio-Lackland has tested positive for Covid-19.

The trainee, who is the first Covid-19-positive trainee at BMT, reported to BMT March 18, and as a precaution, had been placed in a restriction of movement, or ROM, status with 40 other new trainees.

Once the trainee showed

isolated from other ROM worked. The trainees were retrainees in order to protect stricted during the incubathe health and safety of all line. Contact tracing to de- Gen. Brad Webb, commander termine who they had close of Air Education and Training contact with is underway by public health officials. The confirmed positive trainee is receiving medical treatment and will remain in isolation can be infected. We take preuntil the virus is gone. The paring for worst case scenariother 40 ROM trainees from the trainee's bay have all been placed under quarantine.

"While a positive Covid-19 discovery is not desirable, the good news is we planned

Served, You Sa

symptoms, the trainee was for this and our preparations tion period and this allowed Command. "Practices put into place allow for the identification of Covid-19, while limiting the pool of individuals who os seriously and that planning has paid off."

All inbound ROM trainees are housed at the most geographically-separated training facilities.



Daily Republic

Travis Air Force Base expanded March 25.

Outbound traffic is now permitted from 4-6 p.m. Monday main unaffected.

WAPS testing delayed

Air Force Personnel Center Pub- testing center availability to lic Affairs

JOINT BASE SAN ANTOthe Weighted Airman Promo- through May 11. tion System testing is postponed the spread of Covid-19.

builds on access announced Access to the North Gate at March 20, which opened the gate from 6 to 8 a.m. Monday through Friday.

through Friday. The change

All other gate operations re-

medical professionals.

the virus.

cials in their local areas.



maintain health and safety. As a result of some centers not being available for testing due NIO-RANDOLPH, Texas — Air to the Covid-19 outbreak, cur-Force officials announced that rent WAPS testing is postponed Airmen can voluntarily elect through May 11 to help reduce to test before May 11 pending

testing center availability. Ad-Installation commanders ditionally, Airmen who have al-



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AIR FORCE

TAILWIND 9

Guard helps medical professionals combat virus

Sgt. 1st Class Jon Soucy NATIONAL GUARD BUREAU

ARLINGTON, Va. — From staffing informational phone banks to administering tests for Covid-19, many of the more than 9.000 National Guard members on duty in response to Covid-19are assisting state and local

"Medical providers are essential to the hospitals where they work," said Air Force Col. Martin Bain, a Nevada National Guard air surgeon, adding that Guard members aid the impact those civilian medical professionals can make in response to

For members of the Arkansas and West Virginia National Guard, that support has meant answering calls at medical information lines run by health offi-

Army Lt. Col. John Snedegar, the West Virginia National Guard's Office of the State Surgeon medical training officer, said a high influx of calls

members to step in and help.

"We help people who have concerns, who are nervous or scared and uncertain about particular things," Snedegar said. "So we give them solid advice and help answer questions if they have signs and symptoms of the (virus) or what to do if they are exposed."

Meanwhile, medics with the Arkansas Army National Guard's 39th Infantry Brigade Combat Team have been answering phones at the Arkansas

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crease in call volume.

Those medics have been answering close to 800 calls per day on average, said Arkansas Guard officials.

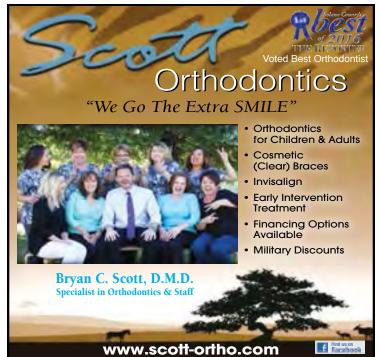
Guard units have also been working with civilian authorities to administer Covid-19screenings in numerous states. That includes Louisiana, where more than 100 Soldiers and Airmen with the Louisiana National Guard have been working at drive-through testing sites.

"Our goal is to become more

R

Tech. Sgt. Erich B. Smith and at a local poison control center Department of Health Call Cen- efficient to reduce wait times for 256th Infantry Brigade Combat prompted the need for Guard ter, which faced a similar in-people being tested," said Army Team commander. Col. Scott Desormeaux, the Louisiana Army National Guard's

See GUARD Page 12



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Travis helps deliver Covid-19 testing swabs to Memphis



U.S. Air National Guard photos/Airman 1st Class Tra'Vonna Hawkins

1) Air crew from Travis Air Force Base and the 164th Airlift Wing unload Covid-19 testing swabs March 19 at the Memphis Air National Guard Base in Memphis, Tennessee. Approximately 500,000 testing swabs and supplies were flown from Aviano Air Base, Italy, to the FedEx hub in Memphis, Tennessee, to be distributed to medical facilities across the U.S. 2) Air crew from Travis and the 164th AW unload swabs March 19 at Memphis Air National Guard Base. The mission follows the first Air Mobility Commanddirected mission on March 16-17, which also transported 500,000 testing swabs in support of a U.S. Department of Health & Human Services-led, multi-government-agency effort to combat the coronavirus pandemic. 3) Air crew from Travis and the 164th AW unload swabs March 19 at the Memphis Air National Guard Base. The swabs were produced by the Italian company Copan Diagnostics Inc., which continues to produce sufficient quantity to satisfy Italian and global requirements. 4) Air crew from Travis and the 164th AW unload swabs March 19 at the Memphis Air National Guard Base. As the U.S. continues to buy these swabs, AMC's active duty, Reserve and Air National Guard components are honored to help transport their Italian partners' generous support to help the American people.





12 TAILWIND













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Guard

From Page 9

In Westchester County, New York, which has seen the highest number of Covid-19 cases in the country, Soldiers with the New York Army National Guard have also been staffing testing centers in addition to setting up tents to augment area hospitals facing space shortages from Covid-19response efforts.

For Army Pvt. Cindy Ganesh, with the New York Army National Guard's Headquarters and Headquarters Company, 369th Sustainment Brigade, helping set up tents was one of several missions she's worked on in response to Covid-19.

"We're all in this together," Ganesh said, "so it's good to be working on different missions."

Soldiers with the Pennsylvania Army National Guard helped the Pennsylvania Emergencv Management Agency establish the first mass Covid-19testing site in that state. The Soldiers tested and set up medical equipment and organized personal protective gear to help get the tional supply of pharmaceuticals 175th Wing.



Tech. Sgt. Alex Morhead, 167th Aeromedical Evacuation Squadron, answers a call March 19 at the West Virginia Poison Center in Charleston, West Virginia.

test center up and running.

"The National Guard has skilled professionals who are trained and experienced in conducting operations under challenging conditions," said Army Col. Frank Montgomery, the care facilities, dialysis cen-Pennsylvania National Guard di- ters, nursing homes and emerrector of military support.

Members of the Maryland medical supplies from the Stra-

and medical equipment for use in public health emergencies.

"Today we are taking supplies, such as gowns and gloves and the things that health departments, hospitals, long-term gency medical services around the state (use) that are in short Air National Guard have been supply," said Air Force Master sorting and loading onto trucks Sgt. Richard Mallov, a ground transportation specialist with tegic National Stockpile, a na- the Maryland Air Guard's

Hogg

From Page 7

and remain aligned with state and local public health organizations.

It demands ingenuity and flexibility. In Europe and Asia, where the outbreak has been severe, we have adjusted health procedures to account for the threat and continue to safely fly fighter and bomber missions to deter aggression. And across the globe, our airlift forces have continued their missions apace, refueling U.S. aircraft and delivering vital cargo. It is in the best tradition of our service, echoing the work of those

who flew during the Berlin Airlift and other global crises.

We are reminding – and reminding, again – commanders and senior noncommissioned officers about best practices such as avoiding contact with those who are sick, washing your hands for at least 20 seconds, and disinfecting frequently touched objects and surfaces.

Our Airmen have always displayed such agility, adaptability and resiliency.

Although it is easy to forget the military's long history in the fight against infectious diseases, that history informs our actions and decisions today. The Office of Malaria Control in War Areas was established

in 1942 and charged with protecting soldiers from malaria and other vector-borne diseases, such as typhus. It is the direct forbearer of the Centers for Disease Control and Prevention.

It's worth remembering, especially now, that military physicians and researchers played important roles in developing vaccines against smallpox, yellow fever, influenza and typhoid.

We do not yet know how Covid-19 will evolve, how many Americans will be infected or die. What we do know is that the Air Force will take the actions necessary to protect our Airmen while also protecting the nation.

Board

From Page 6

Force's Personnel Center commander. "Given the importance of promotion boards, we are working on a number of process adjustments and facility mitigations allowing us to hold Airmen and their families the

future boards while complying with health and safety guidelines. Unfortunately, we were unable to get those measures in place for the 20E7 board, which is the largest board we conduct. This is a rapidly-changing situation and we're constantly coordinating with Headquarters

best way possible."

AFPC will closely monitor record updates for the 20E7 promotion cycle.

At this time, plans for modifications are in place allowing all other promotion boards to continue as scheduled.

For more information about Air Force to take care of our promotion boards, visit https:// www.afpc.af.mil/Promotion/.



Scholarships

From Page 5

Entries must be postmarked by May 1 and received by May 15. No purchase necessary to enter. Entrants must be

authorized Exchange shoppers as either members of the military or as a spouse or child of military personnel.

Unilever's Operation In Touch team will select the winners. Visit www.OperationIn-Touch.com for complete details.

Coordinating Center operations,

Video

From Page 5

Veterans Affairs - to enhance GPM operations."

To enhance mission assurance, three key initiatives comprise the GPMJAB's agenda. These include transitioning from the legacy USTRANS-**COM Regulating and Command** and Control Evacuation System, DOD's automated, electronic information tool to validate patients, to the next generation GPM information management hardware by 2026. The TRAC-2ES' replacement is being developed by the Defense Health Agency and the Joint Office of Medical Information Systems.

In addition, implementation of the Resilient and Agile Patient Distribution Concept of Operations will enable the mitigation of capacity gaps by doing more with the on-hand resources in a contingency environment. Incorporating crisis standards of care, this CONOPS will assist combat medics in executing their responsibilities in less than ideal circumstances.

And the in-development Contiguous United States Patient Distribution Plan will refine the capability to receive in the CO-NUS large numbers of injured from a conflict. For example, during the past two annual Ultimate Caduceus patient movement exercises, USTRANS-COM's ability to conduct GPM in a contingency in tandem with interagency-managed Federal

employing the hub and spoke system in CONUS-reception locations, was tested. This year's Ultimate Caduceus exercise, occurring at Wright-Patterson Air Force Base, Ohio, June 22-26, will challenge the host installation's ability as the FCC hub, which distributes patients to spoke medical treatment facilities located in nine nearby metropolitan areas.

"In keeping with the 2020 GPMJAB's theme, Global Integration of the Defense GPM System, we're finalizing, in tandem with USTRANSCOM's Joint Distribution Process Analysis Center, the TRANSCOM Patient Movement Analysis, which will combine data with the 2017 US-TRANSCOM-published Aeromedical Evacuation Requirement Analysis to identify even larger gaps in patient movement requirements versus capacity," stated U.S. Navy CAPT. Garland Andrews, deputy command surgeon, USTRANSCOM. "For the past three years, the Air Force has been engaged in closing those gaps identified in the initial study. The new analysis should be published in the May 2020 timeframe."

Representatives from the Joint Staff, six geographic combatant commands, the services, Defense Heath Agency, FEMA, HHS, VA, are scheduled to participate in this year's GPMJAB. USTRANSCOM Commander U.S. Army General Stephen Lyons will provide opening and closing remarks.

CENTURY 21

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Martin

From Page 4

local restriction guidelines? If vou are allowed to shop in your local community, remember that many small businesses are struggling during this crisis so wisely consider where you spend vour hard-earned money. • Immunity. Improve your immune system through diet and exercise. Eat well and enjoy Vitamin C – this starts at home. If you do get sick, you will conquer it faster and more successfully if your immunity is strong.



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done now. Knock them out. • "To do" list. Closets and

"to do" projects: now is the time. Tackle them.

• Leverage technology. Use Zoom, Skype, FaceTime, phone calls and letters to stay connected. We already have the tools and the means. Don't fret on how to pursue education or communicate: Keep living and learning. Cauton: Don't stare at your devices all day.

• Unplug. Communicate with family and friends. This is an invaluable time to do so.

· Opportunity. Focus on how to turn your Covid-19 prevention from a crisis into an unanticipated opportunity for growth, support, health, community and family

· Discounts and offerings. Many local and national companies are offering exceptional deals and special accommodations to maintain their customer base. Check them out.

• Invest. What financial investments can you make now to help later? Stocks are at record lows: consider buying.

• Don't hoard. So, where is all of the toilet paper for purchase across many stores nationwide, and why do people think they need it for Covid-19? This is a prime example of panic-induced purchases, and we shouldn't selfishly hoard products that create a lack of availability for others.

• Don't mentally suffocate; stay positive. Control your reactions to restrictive measures required to prevent and battle this pandemic. Positive, productive mental health is a huge component needed to fight this illness and will directly improve community response.

• Create. Challenge vourself and your family to be more creative with resources and time.

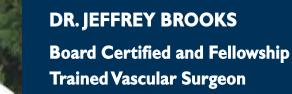
Expand your boundaries within your home. Paint a room, use a new recipe and rediscover your ingenuity.

• Focus. Turn your focus from what you can't do to what vou can do.

• Win. We cannot fall victim to feeling sorry for ourselves or become hindered during this difficult time. Don't let this virus win-mentally or physically.

We will come together as a nation if we all do our part to prevent and fight the spread of Covid-19. Turning the challenges of this pandemic into opportunities to positively exploit growth individually, within our families, and to protect our communities will bind us together. As we tackle this new, temporary normal, we can be more productive, stronger and happier if we focus on what we can do versus what we cannot.





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20 TAILWIND





6th Air Refueling Squadron maintains ...



U.S. Air Force photos by Tech. Sgt. Traci Keller



2) Staff Sgt. James Highsmith 660th Aircraft Maintenance Squadron crew chief, pulls chocks from a KC-10 Extended prior to takeoff March 11 at Travis Air Force Base, California. Crew chiefs are responsible for maintaining aircraft, support equipment forms and records. 3) Airman **1st Class Logan Butler, 660th** AMXS crew chief, stows a cable on a power cart on the flight line March 11 at Travis. Crew chiefs are responsible for maintaining aircraft, support equipment, forms and records.

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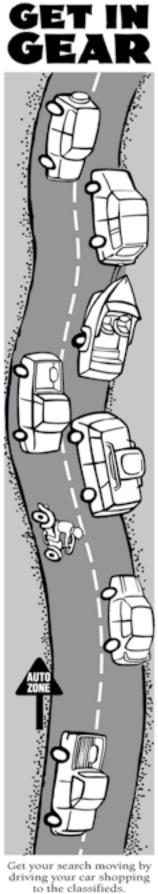
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