

## MENTAL HEALTH AND EXPOSURE

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The Red Hill fuel spill was a very stressful, traumatic experience for many people, and mental health services are available.

If you are experiencing symptoms of depression, anxiety, or Post Traumatic Stress Syndrome, please call the TRICARE Nurse Advice Line at **800-874-2273**, select **Option 1** to speak with a nurse, and request an appointment at the Red Hill Clinic.

Free, non-medical counseling services are also available through the Military Family Life Counselor program by calling 808-940-2337 Mon - Fri from 8 am - 5 pm. Non-medical counseling services are also available through Military OneSource by calling 800-342-9647 or visiting [www.militaryonesource.mil](http://www.militaryonesource.mil).

## LONG-TERM HEALTH EFFECTS OF EXPOSURE

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There are limited studies about exposure to petroleum products, so we are working closely with experts from the HHS Department of Health, DoD, CDC, and the Agency for Toxic Substances and Disease Registry to closely monitor long-term health effects due to the Red Hill fuel spill.

## WHEN AND WHERE TO SEEK CARE

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### RED HILL CLINIC

If you are experiencing chronic, non-emergency symptoms attributed to the Red Hill fuel spill: skin irritation, nausea, stress and anxiety, and other related symptoms.

To schedule an appointment at the Red Hill Clinic, please call the TRICARE Nurse Advice Line at **800-874-2273**, select **Option 1** to speak with a nurse, and ask for an appointment at the Red Hill Clinic.

### URGENT CARE CENTER (UCC)

If you are experiencing acute, non-emergency symptoms and cannot be seen by the Red Hill Clinic or your Primary Care Manager within 24 hours.

Desmond T. Doss Health Clinic offers a UCC on Schofield Barracks. Visit [doss.tricare.mil](http://doss.tricare.mil) for hours of operation. To find TRICARE in-network UCCs, visit <https://www.tricare.mil/CoveredServices/IsItCovered/UrgentCare>

Active Duty requires a referral to use non-MTF Urgent Care Centers. Military dependents do not require a referral to use non-MTF UCCs.

### EMERGENCY DEPARTMENT

If you feel you are experiencing a medical emergency, dial 911 or proceed to the nearest Emergency Department if able. Symptoms can include, but are not limited to, confusion, disorientation, changes in behavior, severe nausea and vomiting, or difficulty breathing.

## INFORMATION ON THE RED HILL FUEL SPILL

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### U.S. Navy Updates:

- <https://www.cpf.navy.mil/JBPHH-Water-Updates>

### U.S. Army Updates:

- <https://home.army.mil/hawaii/index.php/water>

### Hawaii Department of Health Updates:

- <https://health.hawaii.gov/about/red-hill-water-information/>

### Environmental Protection Agency (EPA) Updates:

- [www.epa.gov/redhill](http://www.epa.gov/redhill)

## ADDITIONAL QUESTIONS

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If you have additional questions about your health after exposure to fuel contaminated water, please schedule an appointment to speak with a provider at the Red Hill Clinic.