What Tribal Members need to know about COVID-19

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Fever, cough, and shortness of breath**

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- o **Elders and adults over 60 years of age,**
- o **People with heart disease, lung disease, or diabetes.**

How can I protect myself and my family?

Stay at home. "Social distancing" is recommended. This means keeping your family at home and away from others who may be sick.

- If you must go out, try to stay 6 feet away from others.
- Avoid gatherings with other people.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

Have there been cases of COVID-19 in our state?

Yes, there have been cases in all 50 states.

If someone gets sick, what can they do?

- **If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider or local Indian Health Service unit for medical advice.**

- In an emergency, call 911.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.

- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.

- Stay home and away from others for 14 days to avoid getting others sick.

- Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

Is there a vaccine or treatment?

There is no vaccine. The best way to reduce the risk of getting sick with COVID-19 is to practice social distancing and healthy habits like washing hands regularly.

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

For more information:
CDC.gov/coronavirus

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DEPARTMENT OF HEALTH & HUMAN SERVICES, USA · INDIAN HEALTH SERVICE · PHS · 1955

Effective March 26, 2020
Source: CDC

How to Prevent the Spread of Coronavirus (COVID-19) in the Home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a bandana or something else to cover their nose and mouth. When the mask or bandana gets moist or wet, it needs to be changed. The bandana can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.

Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed**.
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.

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For more information:
CDC.gov/coronavirus

How to Prevent the Spread of Germs Like Coronavirus (COVID-19) in the Home
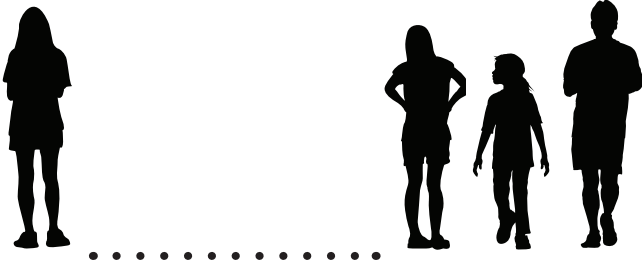
Separate the sick person from others.

Wash hands often with soap and water for at least 20 seconds.

Avoid sharing household items.

Clean and disinfect all "high-touch" surfaces multiple times each day.

Wear a bandana or facemask over nose and mouth.

Avoid touching eyes, nose, and mouth.

Wear gloves for cleaning. Wash hands immediately after gloves are removed.

Wash laundry thoroughly.

How to Care for Yourself at Home During COVID-19 (Coronavirus)

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Fever, cough, and shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

Is there a vaccine or treatment?

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest.

Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after **1-2 weeks**.

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For more information: CDC.gov/coronavirus

Effective March 27, 2020
Source: CDC

What should you do if you have COVID-19 or symptoms of COVID-19, like a cold?

Stay at home.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- If symptoms worsen, call your healthcare provider.
- In an emergency, call **911**.
- Stay home and away from others for 14 days to avoid getting others sick. Some people may have mild illness and feel well enough to go out. **DO NOT** do this because it will spread disease.
- Inform those you've come in contact with as they should stay at home to prevent the spread of germs.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Drink plenty of water.
- Stay in a specific room and away from other people in your home. Use a separate bathroom if possible.
- Do not shake hands, hug, or touch others.
- Avoid sharing items such as bedding, clothing, towels, and dishes with other people in your household.
- Every day, disinfect all "high touch" surfaces multiple times a day. These surfaces include: counters, tabletops, faucet handles, phones, and doorknobs. Common household cleaners and disinfectants are recommended. Wear gloves if possible.

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, avoid using any kind of public transportation or ridesharing.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.
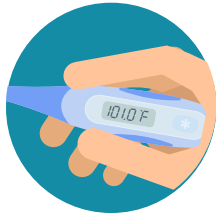
3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes.**

7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask or a bandana.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For more information: **CDC.gov/coronavirus**

How to Care for Someone at Home During COVID-19 (Coronavirus)

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Mild illness might include fever and cough. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

At-home care may not be appropriate for elders and people of any age with certain serious medical conditions like lung disease, heart disease, or diabetes. These groups are at higher risk for developing more serious effects from COVID-19 and should contact their healthcare provider as soon as symptoms start.

If you are caring for someone at home, prevent the spread of germs, watch them for emergency signs, treat symptoms, and end care only after following appropriate guidelines.

Prevent the spread of germs

COVID-19 spreads person-to-person by coughing, sneezing, or personal contact like touching or shaking hands. **Someone with mild symptoms may spread the disease without knowing they are sick. It is important for anyone showing even mild symptoms to stay inside and stay 6 feet away from others during their recovery.**

- If possible, have the sick person use another bathroom.
- Avoid sharing items like towels, dishes, and bedding.
- Have them wear a facemask or bandana over the mouth and nose when around others in the home. If the mask or bandana gets moist or wet, change it. Bandanas or homemade masks can be washed and reused.
- Wash hands with soap or use hand sanitizer often, especially after interacting with the sick person.
- Avoid touching eyes, hands, and mouth.
- Multiple times per day, clean flat surfaces that droplets can land on, such as tabletops or countertops, and surfaces that are touched often, such as doorknobs. Use household cleaners and disinfectants, and wear gloves if available. If the sick person is using a shared bathroom, that should be cleaned and disinfected after each use by the sick person.
- If possible, keep windows open to increase air flow.
- Wash laundry thoroughly. Wash hands after handling clothes.
- Avoid having visitors.
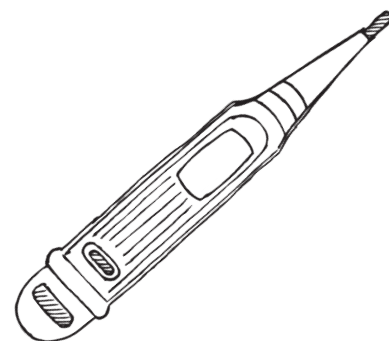
Know the emergency warning signs

People who develop **emergency warning signs** for COVID-19 should **call 911 and get medical attention immediately**. Emergency warning signs include:

- **Difficulty breathing or shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

Treating symptoms

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest. Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after 1-2 weeks. **Elders and those with serious medical conditions are at greater risk for severe symptoms that may last a long time. People in these groups should contact their healthcare provider as soon as they show symptoms.**

Guidelines for ending care

Those who no longer have symptoms can restart normal activties under the following circumstances:

- If they do not have access to a coronavirus test:
  - They have had no fever for at least 72 hours **AND** other symptoms like coughing have improved **AND** at least 7 days have passed since their symptoms first appeared.
- If they do have access to a coronavirus test:
  - They have had no fever for at least 72 hours **AND** other symptoms like coughing have improved **AND** they received two negative tests in a row, 24 hours apart.

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