



TUBA CITY REGIONAL HEALTH CARE CORPORATION

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What you need to know and do to prepare for a possible pandemic virus infection (Coronavirus 19/COVID 19, Influenza, etc)

The new coronavirus (COVID 19) could become a concerning infection in Arizona and on the Navajo Nation. There is not yet a vaccine to protect people from COVID19. There are not yet known anti-virus medications that can help people who have been infected.

For most people who have gotten the new coronavirus, there have been cold symptoms (fever, runny nose, dry cough, body aches) similar to influenza (the flu). Some people have gotten sicker and have required hospitalization and support for their breathing.

There are several things that all people can do to prevent disease in themselves and family members (or to prevent infection in others).

- Wash your hands often with soap and water or an alcohol-based hand cleaner. Wash your hands as soon as you get home and whenever you touch your mouth, nose, eyes or face. Scrub for at least 20 seconds (sing Happy Birthday song two times).
- Practice safe coughing (cough etiquette). Cough into your elbow, not your hands. If you blow your nose or cough into your hands, wash your hands afterward and help your children do the same.
- Throw away your tissues right after use and wash your hands.
- Stay at home if you are sick. Keep children home from school and daycare if they are sick. Avoid the hospital or clinic for mild illness-there is a higher chance of coming into contact with sick people at the hospital/clinic.
- Keep a good supply of healthy fluids at home (water, broths, Pedialyte/Oral Rehydration Solution for young children who may have vomiting or diarrhea) and drink well throughout your illness.
- Wipe down kitchen and bathroom counters, including faucets, with soap or diluted bleach solution or alcohol wipes several times a day.

If you are sick with a dry cough and fever:

- Stay at home and keep your distance from people who are well (social distancing).
- DO NOT go to school, work or public gatherings (churches, sporting events, weddings, parties, etc).
- If you are having trouble breathing, seek medical care and put on a mask as soon as you arrive.
- If you are wearing a mask to prevent others from getting sick or to keep yourself safe from others with proven or suspected COVID 19, do not touch the front of the mask. Virus can be on the outside of the mask. Remove from your ears and wash your hands for at least 20 minutes.

Prepare your home and have a plan:

- Keep plenty of liquids, soap and tissues in your home.
- Keep a good supply of fever reducers (acetaminophen and ibuprofen).
- If you are on chronic (long term) medications, make sure you have at least a month's supply.
- Make a plan for child-care if your children's school or day care is closed.
- Stock your home with non-perishable foods. You will not want to go to crowded stores or pharmacies if many in the community are sick.