

There are some very important things you can do to protect yourself, your family and your community from COVID19 infection:

Wear a mask:

- Wash your hands before and after handling your face mask.
- **DO NOT** touch the front of your face mask, it is "contaminated".
- **DO NOT** wear your mask partway off, always cover your mouth and nose.
- Only handle your mask by the ear loops and ties.
- Wear your mask as much as possible at home.
- If you need to ride in a car with others, wear your mask and open a window.
- Masks should be washed in warm/hot water with soap daily.



If you have questions, please call the TCRHCC at 1-866-976-5941 and ask for the COVID-19 HOTLINE.

IF YOU ARE EXPOSED

You should isolate for 14 days. If you get sick, refer to the steps inside this brochure and come to the hospital for an evaluation.

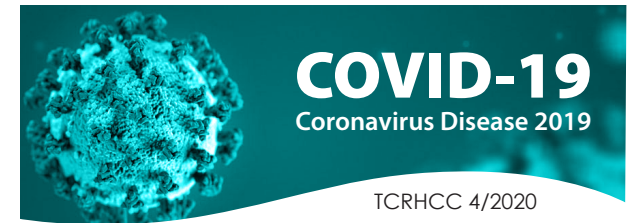
GREEN ZONE AT TCRHCC

If you have no COVID19 symptoms and need to be seen for other medical issues, we have a "GREEN" zone at TCRHCC (the outpatient 3-story building) in which we can see you safely.

Please call the hospital and talk to a provider or nurse in the clinic and we will help you get seen if you need care.



Tuba City
Regional Health Care Corporation



Ways you can protect yourself, your family and your community from COVID-19



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CORONAVIRUS GUIDELINES FOR TUBA CITY SERVICE UNIT

Even if you are young, or otherwise healthy, EVERYONE must take steps to protect themselves from coronavirus AND help reduce the risk for others most likely to suffer severe illness. Together, we can slow the spread of the coronavirus.

IF YOU ARE SICK- even just a cough or fever or body aches- ISOLATE YOURSELF FROM OTHERS. Most people who have COVID-19 do NOT need to come to the hospital and can recover at home AWAY FROM OTHER PEOPLE.

ISOLATE!

Stay home except to get medical care. Stay away from other people in your home.

- DO NOT go to work, school, parks, stores, ceremonies, or social gatherings of any kind. This applies to your household members as well.
- Have other family members or friends that live in other homes shop and cook for you. Have them leave items and meals at your doorway so you can stay isolated. DO NOT cook for your family.
- Do not share household items (cups, utensils, towels, bedding, or clothes) with ANYONE.
- If you can, stay in your own bedroom and use your own bathroom.
- Wear a face mask when you are around other people.
- Cover your coughs and sneezes with your elbow or a tissue. Throw your tissue away right after using. Wash your hands after you cough or sneeze.

CLEAN!

Wash your hands often.

- Wash your hands often with soap and water for 20 seconds. Alcohol-based hand gel is ok if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean doorknobs, toilets, faucets, phones, and light switches with a household cleaner with bleach.

MONITOR!

Pay attention to your symptoms.

- Come to the hospital right away if you get sicker, especially with difficulty breathing or shortness of breath.
- Come back (even if you were seen before) if you feel worse.
- If you have an emergency, call the Navajo Emergency Number (928-283-3111) and tell EMS that you may have COVID-19. Wear your face mask.

Fully recovered means:

1. It has been AT LEAST 7 days since you first got sick or since your test was positive.
2. You are feeling well with no cough and no fever for at least 3 full days (72 hours) -- without any fever medicine.

Remember, household family members need to stay isolated for 14 days AFTER you are FULLY RECOVERED.

- They may also have the illness but may not yet feel sick
- If they get sick (fever, cough, shortness of breath, diarrhea, etc), they should come to the hospital for an evaluation.

When you or household family members are isolated (quarantined), none of you should:

- leave the house.
- go to stores, gatherings, or ceremonies.
- meet with other family members.

**** Have a non-household family member (who has NO COVID symptoms) do your grocery shopping and leave items at your doorstep.**