TOHONO O'ODHAM NATION UNIFIED COMMAND

COVID-19 Frequently Asked Questions

Coronavirus Disease (COVID-19) is a cold virus that infects people through their nose, eyes, and mouth. Some people with COVID-19 infection do not have symptoms, but they can still spread the virus.

The COVID-19 outbreaks on the Tohono O'odham Nation have mostly been among families and friends who did not have symptoms and met for dinners, graduations, and other gatherings. One COVID-19 case can easily infect multiple families.

PLEASE, DO NOT ATTEND GATHERINGS OF ANY SIZE, even short close visits with your neighbors and relatives who live nearby are risky at this time.

How do I know if I was exposed to someone with COVID-19?
Exposure to COVID-19 in the community setting generally means:
- Exposure to the person with COVID-19 symptoms during the 2 days before symptoms started –AND–
- Close contact within 6 feet –AND–
- Contact for at least 10–15 minutes. Exposure is more concerning if contact was face-to-face, coughing, or spitting occurred –AND–
- You had contact with them up to 2 days before they started to show symptoms –OR–
- The person had no symptoms, but tested positive and you had close contact.

What should I do if I think I was exposed?
- Stay away from others. Wash your hands frequently and wear a mask, even in your home to protect your family.
- DO NOT ATTEND GATHERINGS. Remind others to wear their mask.
- Call your provider or public health office to tell them when you were exposed and ask if you should be tested.
- If you have any illness symptoms, tell your medical provider right away.
- Monitor your temperature and symptoms for the next 14 days from the exposure.
- If you get sick, STOP work and activities around others.

What symptoms do I need to monitor for?
- Fever or chills, cough, shortness of breath or difficulty breathing, runny nose/ congestion, sore throat, headaches, body aches, stomach pain, vomiting, diarrhea, or loss of taste or smell.

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What should I do if I get sick?
- Everyone should be doing a self-assessment of their health every day before leaving their home. If you get any of the symptoms listed above, stay home. If you are concerned about your symptoms, please call your provider.
- If any illness or symptoms occur, staff should leave work and notify their supervisor.
- Stay home and away from others until 72 hours (3 days) after your fever and other symptoms are gone.
- Do not attend work, school, be in public areas or use public transportation.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Cover coughs and sneezes. Throw away used tissues in the trash and wash your hands.
- Reschedule all non-essential medical appointments.
- If you need medical care, call your provider before going, and tell them about your illness.

Testing:
- Call your provider or public health office to ask if you should be tested.
- The virus takes at least 2-3 days before a test can detect it. If testing is recommended, we will ask you to come in between 3 – 5 days after your exposure.
- Most tests are swabs rubbed inside the nostrils. Results usually are available the same day.

TONHC recommends testing for:
- All persons with symptoms of COVID-19.
- All persons with a high-risk exposure to a person with COVID-19.
- Other circumstances. Please ask us.

What happens if someone in my household tests positive for COVID-19?
- EVERYONE who lives in the household must STAY HOME, also known as quarantine. This period is usually a minimum of 14 days.

What is the difference between isolation and quarantine?
- *Isolation* means sick people need to stay away from healthy people and others as much as possible. You should stay in a specific "sick room" if possible, and away from other people in your home.
- *Quarantine* means separation from others while you are waiting to see if you develop symptoms after being exposed. If someone tests positive in a household, everyone (sick and healthy) must stay home for a minimum of 14 days.

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How can I keep myself healthy?
- Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Practice social distancing and stay away, at least 6 feet from others.
- Cover your mouth and nose with a face cover or mask when around others.
- Cover coughs and sneezes. Throw used tissues in the trash and wash your hands.
- Clean and disinfect the surfaces you touch frequently.
    - Use EPA-approved disinfectants (read the label for "novel pathogens"). You can make a diluted bleach solution for this:
        - » 5 tablespoons (1/3 cup) bleach per one gallon of water.
        - » Wipe off commonly touched surfaces such as tables, doorknobs, light switches, handles, phones, desks, sinks, toilets, bathrooms, etc.
- Stay at home. Only go out for essential items and medical appointments. Select one person to go shopping when needed.
- Avoid visiting friends and family in other households, or attending gatherings, and events.

If you have more questions, call your provider or TONHC Public Health Nursing for evaluation and testing recommendations. If testing is recommended at TONHC, please call for an appointment. Do not show up without an appointment. Testing can cause sneezing contagious spray and our staff needs to prepare for you.
- **Sells Hospital: 520-383-7209**
- **San Xavier: 520-295-2529 or 520-295-2590**
- **San Simon: 520-362-7078**
- **TONHC Public Health Nursing: 520-383-7205**

**Remember, getting tested today only gives you today's result.
A negative result does not protect you or your family tomorrow.
Always wear a mask in public. Stay 6 feet away from others.
Avoid all gatherings, even with close relatives who do not live with you.
Don't expose yourself or your family.
Do your part to stay healthy. We're all in this together.**