

Leadership with Loyalty, Integrity & Wisdom



Tohono O'odham Nation  
Office of the  
Chairman and Vice Chairwoman

Ned Norris Jr. Wavalene M. Saunders  
Chairman Vice Chairwoman



## PRESS RELEASE

March 31, 2020

FOR IMMEDIATE RELEASE

### FIRST CASE OF COVID-19 CONFIRMED ON TOHONO O'ODHAM NATION

SELLS, Ariz. -- Today, a community member who resides on the Tohono O'odham Nation was confirmed to have the COVID-19 coronavirus. The individual experienced fever, cough, shortness of breath and was hospitalized in Tucson. Household members were instructed to self-quarantine and to monitor and report their symptoms for 14 days.

Public Health teams have started a contact investigation to alert others who might be at risk of infection. Most people with COVID-19 will experience mild illness, but some persons may be at increased risk for severe disease, especially those over 65 years old and people with chronic health conditions.

Tohono O'odham Nation Chairman Ned Norris, Jr. said *"We urge community members to adhere to the Stay at Home Executive Order directing Nation residents to remain at home except for essential errands, medical care, and food shopping. Together, we can help prevent the spread of COVID-19 infection by staying inside, keeping at least six feet from others, avoiding all gatherings, and washing hands frequently with soap and water."*

Case counts and information about COVID-19 will be updated weekly on the Unified Command website [www.tonhc.org/coronavirus](http://www.tonhc.org/coronavirus) and at [www.facebook.com/TON.Emergency.Management](https://www.facebook.com/TON.Emergency.Management). Information on the virus can be obtained 24-hours a day at the Arizona COVID-19 Hotline at 844-542-8201.

###

P O B o x 8 3 7 S e l l s , A Z 8 5 6 3 4 - 5 2 0 . 3 8 3 . 2 0 2 8

## BACKGROUND ON COVID-19

The COVID-19 outbreak in the United States started early this year and is now in all 50 states, including Arizona. COVID-19 spreads through the air when an infected person coughs or sneezes. People with mild illness should stay at home, drink plenty of fluids, and get rest. People with more severe symptoms, especially difficulty breathing, should call their healthcare provider BEFORE going in. There is no specific treatment or vaccine yet, but we can help prevent COVID-19 with frequent handwashing, staying 6 feet from others, and not gathering in groups.

After being exposed to coronavirus, most people will develop symptoms between 2 and 14 days when they can be most contagious. Currently, testing is not recommended for other people in contact if they do not have the symptoms of cough, fever, sore throat, or difficulty breathing. In cases like this, Public Health Nursing will help follow the sick person and anyone who might have come into close contact with this person.

Health officials recommend to help stop the spread of COVID-19, that the public stay home except for essential needs, minimize close contact with other people, and avoid unnecessary travel.

Recommendations for persons who have, or are being checked for COVID-19:

- DO NOT:
  - go to work, school, or public areas, like family gatherings, church, or offices.
  - use public transportation, rideshare, or taxis.
  - share household items like dishes, cups, eating utensils, and bedding.
- DO:
  - stay at home, except to get essential medical care.
  - separate yourself from others in the home, as much as possible. Stay in a separate room and use a separate bathroom, if possible.
  - cover your coughs and sneezes with a tissue or your elbow.
  - wash your hands often with soap and warm water for at least 20 seconds.
  - avoid touching your eyes, nose, and mouth with unwashed hands. Cancel all non-essential medical appointments and call ahead to your provider before you attend essential medical appointments.
  - monitor your symptoms and seek medical care if your illness is worsening.
  - before going to your medical appointment, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

[###](#)