



TOHONO O'ODHAM NATION UNIFIED COMMAND

COVID-19 Frequently Asked Questions

COVID-19 is a 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 infection. 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, parties, funerals, 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.

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, nausea, vomiting, diarrhea, or loss of taste or smell.

How is COVID-19 spread?

- COVID-19 is spread very easily from person to person.
- It is spread mainly through close contact from person to person. People who are physically near (within 6 feet) of a person with COVID-19 or have direct contact with the person are at greatest risk of infection.
- When people cough, sneeze, sing, talk, or breathe they can produce respiratory droplets that can be inhaled in the nose and mouth.
- Some infections can be spread by exposure to virus in small droplets and particles that can linger in the air for minutes to hours.

How do I know if I was exposed to someone with COVID-19?

- Exposure to COVID-19 in the community setting generally means being with someone infected with COVID.
- **How close?** Within 6 feet or any direct physical contact.
- **How long?** 15 minutes or more of contact in a single day.
- **When?** During the 2 days before the person started to show symptoms and for the next 10 days since their infection started.
- **Many people get exposed without knowing it.** Ask if you should be tested.

What should I do if I think I was exposed?

- **Stay home** for 14 days after your last contact with a person who has COVID-19.
- **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 to share when you were exposed and ask if you should be tested.
- **Monitor your temperature and symptoms** for the next 14 days from the exposure.
- **STOP work and activities** around others. Stay home if you are sick.



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What should I do if I get sick?

- Everyone should be doing a self-check of their health every day before leaving home. If you get any of the symptoms listed above, stay home. If you are concerned about your symptoms, call your provider.
- If any illness or symptoms occur, staff should leave work and notify their supervisor.
- Stay home and away from others, even your family members, for at least 24 hours (1 day) after your fever and other symptoms are gone.
- Do not share household items like dishes, cups, eating utensils, and bedding.
- Do not attend work, school, be in public areas or use public transportation.
- Wear a mask and remind others to wear around you.
- Reschedule all non-essential appointments including medical visits until you are well.
- If you need medical care, call your provider before going, and tell them about your illness.

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. You should stay in a specific "sick room" if possible, and away from other people in your home. Anyone who tests positive for COVID-19 must isolate for 10 days.
- **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 must stay home for a minimum of 14 days. Even if you are healthy and test negative, you still need to stay home for the entire 14 days.

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 and more accurate after about 5 days. If testing is recommended, we will ask you to come 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 an exposure to a person with COVID-19.
- Other circumstances. Please ask us.



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How can I keep myself healthy?

- **Prevent virus spray from our mouths:** Wear a mask that covers your nose and mouth to help protect others. Your mask also protects you. Choose a good mask. Thicker layers are better. It should be 2-3 layers, washable, breathable fabric that fits snugly against the sides of your face. Wash cloth masks daily.
- **Prevent virus spread from our hands.** Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer with at least 60% alcohol especially before touching other people.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Prevent virus spread from direct physical contact.** Avoid close contact with people who do not live in your household. Keep at least 6 feet from others.
- Clean and disinfect the surfaces you touch frequently. Most household cleaners work.
 - Wipe off commonly touched surfaces such as tables, doorknobs, light switches, handles, phones, desks, sinks, toilets, bathrooms, etc.
 - Use EPA-approved disinfectants (read the label for “novel pathogens”). You can also make a diluted bleach solution for this:
 - ◆ 5 tablespoons (1/3 cup) bleach per one gallon of water.
- **Prevent virus spread from visits and errands.** 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 to meet others, try to stay outdoors. Crowded indoor spaces are more dangerous.

Call your provider or TONHC Public Health Nursing with questions, especially about exposures and testing. We can help get you 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.