



Tohono O'odham Nation Health Care (TONHC)

COVID-19 Situation Update: July 7, 2021

T-Ñukuda Ha'icu Cihañig

This is a rapidly evolving situation. Information is based upon data as of July 7 at 7:00 and may change as more data becomes available.

COVID-19 Data among Members of Tohono O'odham Nation (TON)

Total Cases	New Cases This Week	TONHC Percent Positive Tests This Week*	Deaths **
1,819	1	2%	79

July 7, 2021: TONHC COVID-19 Vaccination Program is currently in Phase 1A – 1C

Number of people fully vaccinated	Total Doses Given to date	Points of Distribution (PODs) Completed	PODs Open This Week
7,856	16,602	166	3

What's New?

COVID-19 Variants in Arizona

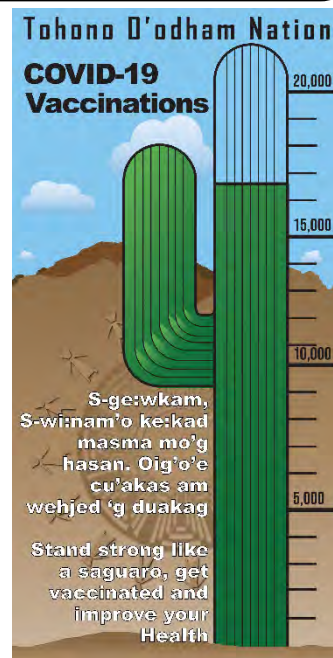
The delta variant now accounts for 21% of all specimens tested in Arizona. Last week it was 16%. Of the 24 specimens tested from the TON, two cases of alpha variants were identified and to date, no delta variants. Because of the rapid spread of delta variant, many health jurisdictions are re-instituting indoor mask mandates. TON Executive Order 2020-03 continues to require face coverings in public places, regardless of vaccination status.

Get vaccinated now

TONHC has administered over 16,600 doses of COVID-19 vaccine including 661 Pfizer vaccines to youth ages 12-17 years old. COVID-19 vaccination is so effective, that fully vaccinated persons do not need to quarantine, even if exposed to someone with COVID-19 disease. Despite the more contagious and dangerous nature of the delta variant, the COVID-19 vaccines continue to be effective. Almost all new COVID-19 cases (97%) since January 1, 2021 on the TON have been in unvaccinated persons.

COVID-19 and School Catch-up Vaccinations available

Many people, especially children, are behind on their routine vaccines like measles, tetanus, and whooping cough. Catch-Up for Infants, Back-to-School for youth and teens, and adult vaccine appointments are available at all the health centers. TONHC offers all of the FDA-authorized COVID-19 vaccines for adults (Moderna, Pfizer, and Janssen) and the Pfizer/BioNTech COVID-19 vaccine for ages 12 years and older.



Positive COVID-19 Cases

	Enrolled Member of Tohono O'odham Nation	Enrolled Member of Another Tribe or Other	Total
Residing within Boundaries of TON	1245	46	1291
Residing outside Boundaries of TON	574	261	835
Total	1819	307	2126

*Includes non-TON members tested at TONHC

**Deaths include non-tribal community members

TONHC Situation Update 07/07/2021 7:00

Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

Population 12 years and older	Completed COVID-19 Vaccine Series		At Least 1 COVID-19 Vaccine Administered		Population (n)
	Percent (%)	(n)	Percent (%)	(n)	
US Population 12 years & over**	56%		64%		
American Indian/Alaska Native	36%	6,488	40%	7,245	17,912*
Tohono O'odham Nation Member	39%	5,390	44%	6,004	13,648†

* American Indian/Alaska Native, vaccine eligible ages 12 years and older, at least one visit at Tohono O'odham Nation Health Care in last 3 years

† Enrolled Tohono O'odham Nation Tribal member, vaccine eligible ages 12 years and older, at least one visit at Tohono O'odham Nation Health Care in last 3 years

** CDC | Data as of: July 6, 2021 6:00am ET. Posted: Wednesday, July 7, 2021 7:25 AM ET

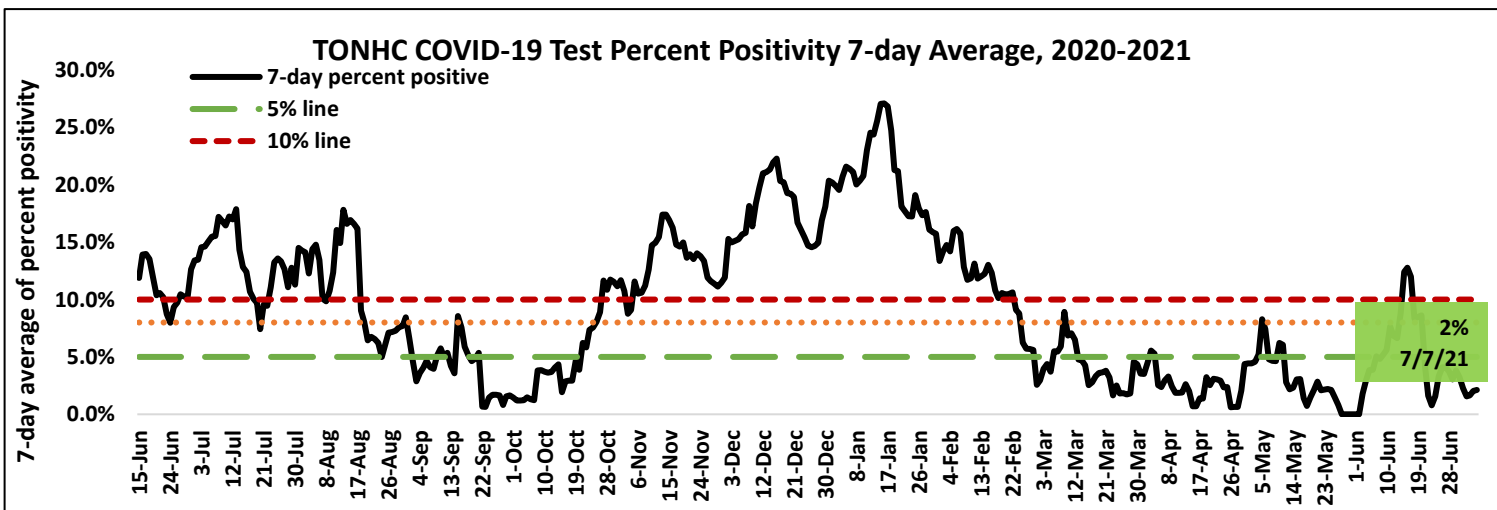
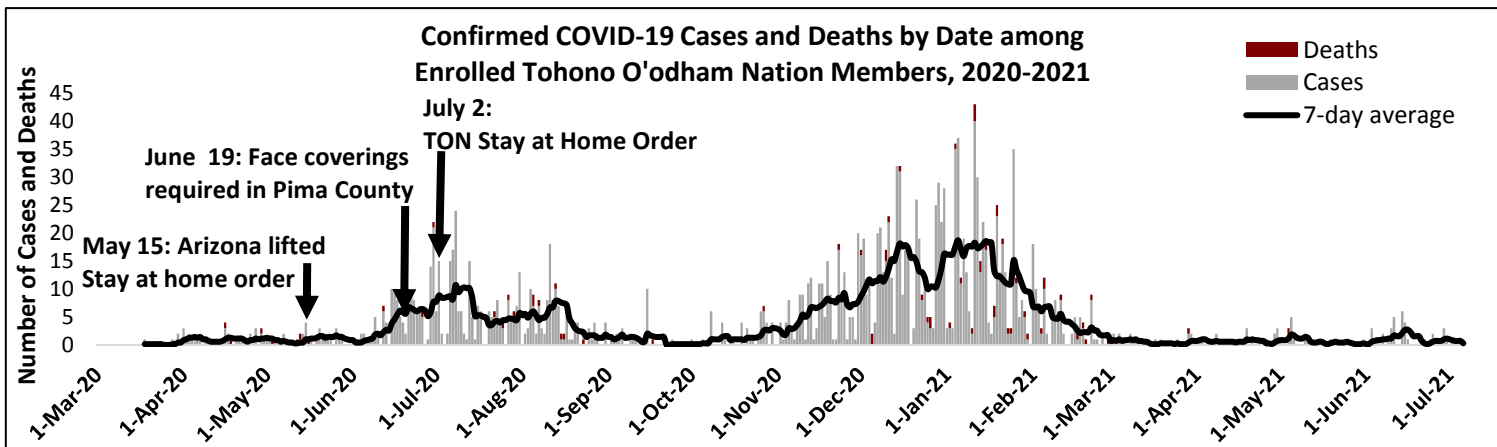
Population 18 years and older	Completed COVID-19 Vaccine Series		At Least 1 COVID-19 Vaccine Administered		Population (n)
	Percent (%)	(n)	Percent (%)	(n)	
US Population 18 years & older**	58%		67%		
American Indian/Alaska Native	38%	6,278	41%	6,824	16,483*
Tohono O'odham Nation Member	43%	5,390	45%	5,611	12,409†

* American Indian/Alaska Native, vaccine eligible ages 18 years and older, at least one visit at Tohono O'odham Nation Health Care in last 3 years

† Enrolled Tohono O'odham Nation Tribal member, vaccine eligible ages 18 years and older, at least one visit at Tohono O'odham Nation Health Care in last 3 years

** CDC | Data as of: July 6, 2021 6:00am ET. Posted: Wednesday, July 7, 2021 7:25 AM ET

	Enrolled Member of TON	Pima County	AZ
Total Cases	1819	118,009	898,283
Number of cases in last 7 days	1	278	3,408
Incidence Rate last 7 days (per 100,000)	0	30	47
Cumulative Incidence Rate (per 100,000)	9,537	11,296	12,495
Number Deaths	72	2,437	18,004
Deaths (% of total cases)	4%	2%	2%
Number Hospitalized	246	7,465	65,780
Hospitalized (% of total cases)	14%	6%	7%



COVID-19 Vaccination Points of Dispensing (PODs) in TON

TONHC is offering the Moderna and J&J/Janssen vaccines to adults 18 years and older, and the Pfizer vaccine for children ages 12-17. TONHC follows guidelines from the Centers for Disease Control and Prevention and Arizona Department of Health Services (ADHS) to vaccinate in phases. ADHS distributes vaccines to health jurisdictions, including Tohono O'odham Nation (TON), based on population.

COVID-19 Vaccine is currently available through TONHC to members of the Tohono O'odham Nation and other tribes in Phases 1A, 1B, and 1C eligible groups:

- TON members or other American Indian/Alaska Native Tribes regardless of employment status or medical diagnoses (photo ID, tribal ID preferred)
- Non-Native persons who work with or live on the TON (bring employee ID or letter from supervisor stating your name, employer, and occupation)
- Non-Native persons who reside in a household with a tribal member (bring proof of residence)
- Must be 12-17 years for Pfizer vaccine or at least 18 years for Moderna and J&J/Janssen vaccines

Vaccine PODs

TONHC continues to vaccinate through scheduled PODs. Vaccines are also available at all TONHC clinics.

The following District/Community PODs are scheduled for those eligible, ages 12 and over:

After-Hours Family COVID-19 Vaccine Events

7/7/21 from 4pm – 7 pm: BUSD After-Hours COVID-19 Vaccination POD at IOES Elementary school

7/14 from 3:30 pm – 6:30 pm: After-Hours COVID-19 Vaccination POD at San Xavier Recreation Center

Safety is a priority. We have medical providers and infection control monitors onsite at all times.

Moderna vaccine requires an injection into the upper arm, with a booster shot four weeks later. Pfizer vaccine requires an injection into the upper arm, with a booster shot three weeks later. Janssen vaccine requires one injection into the upper arm, with no booster needed.

COVID-19 Vaccine types

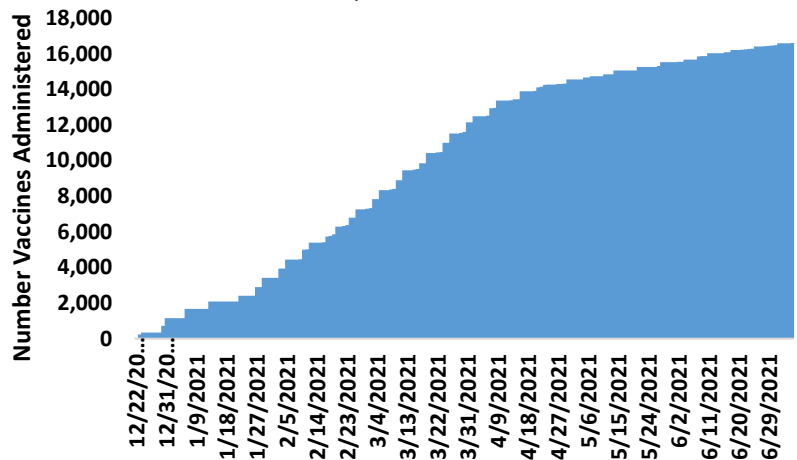
Currently, Pfizer, Moderna, and J&J/Janssen vaccines have Emergency Use Authorization (EUA) in the USA. TONHC currently uses Moderna and J&J/Janssen vaccines for adults and the Pfizer vaccine for children ages 12-17. These vaccine brands are shown to be safe and effective to prevent COVID-19 infection and most importantly, prevent very serious cases.

New CDC Guidelines for vaccinated persons in the general public (excludes healthcare and group living situations)

Vaccinated persons exposed to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following:

- Are fully vaccinated (over 2 weeks after the 2nd dose in a 2-dose series, or ≥ 2 weeks after one dose of a single-dose vaccine)
- Have been without symptoms since the COVID-19 exposure
- All persons should continue mask wearing and physical distance, even after vaccination
- COVID-19 positive persons should isolate for 10 days, even from vaccinated persons.

Cumulative Doses of COVID-19 Vaccine Administered
TONHC-all sites, December 2020-Present

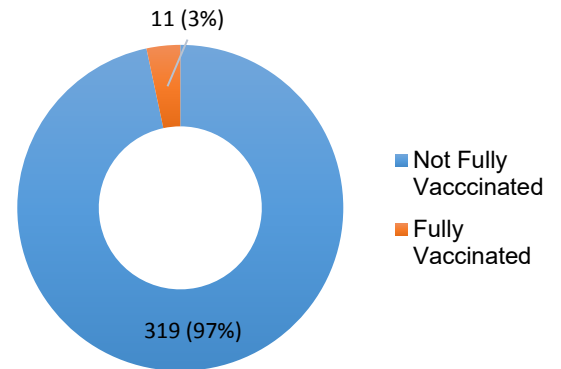


COVID-19 Brief

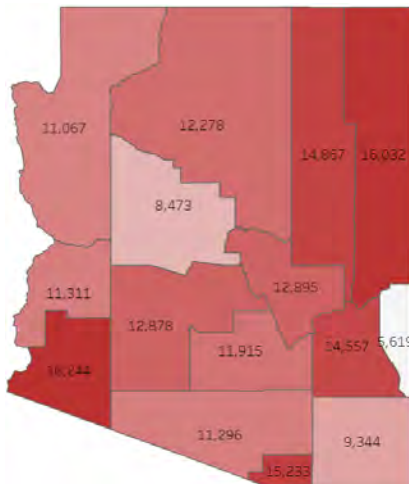
	Enrolled Member of Tohono O'odham Nation	Enrolled Member of Another Tribe or Other	Total
Residing within Boundaries of Tohono O'odham Nation	1245	46	1291
Residing outside Boundaries of Tohono O'odham Nation	574	261	835
Total	1819	307	2126

	Enrolled Member of Tohono O'odham Nation	Pima County	Arizona
Total Cases	1819	118,009	898,283
Number of cases in last 7 days	1	278	3,408
Incidence Rate last 7 days (per 100,000)	0	30	47
Cumulative Incidence Rate (per 100,000)	9,537	11,296	12,495
Number Deaths	72	2,437	18,004
Deaths (% of total cases)	4%	2%	2%
Number Hospitalized	246	7,465	65,780
Hospitalized (% of total cases)	14%	6%	7%

COVID-19 Cases among TON
Members by
Vaccination Status, 2021

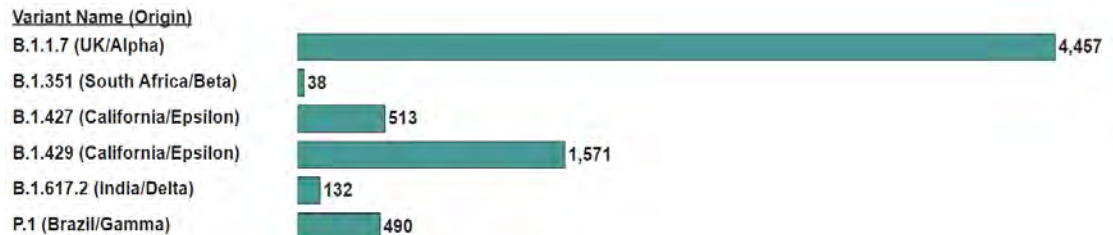


Cumulative Incidence
Rate per 100K by County



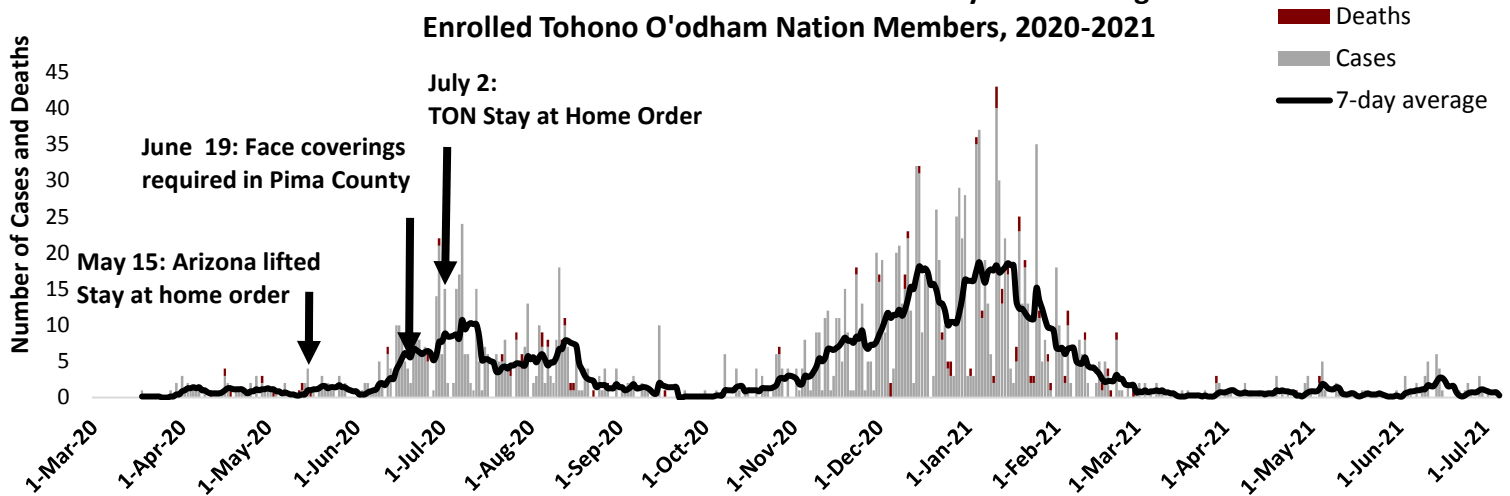
Arizona Variants of Concern

Graph displays data from specimens sequenced from Jan 2021-present.

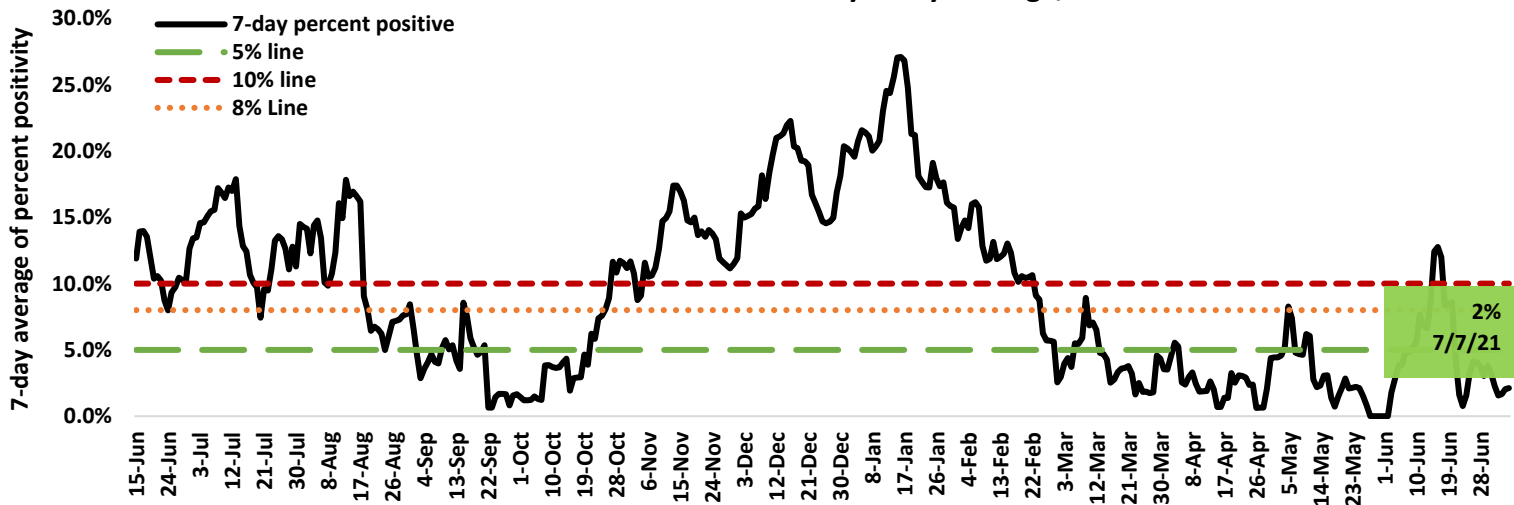


<https://pathogen.tgen.org/covidseq-tracker/>

Confirmed COVID-19 Cases and Deaths by Date among Enrolled Tohono O'odham Nation Members, 2020-2021



TONHC COVID-19 Test Percent Positivity 7-day Average, 2020-2021



Weekly test percent positivity is calculated using the day tests were performed and 6-days prior (7-day detected "positive" results)/(7-day total tests performed) x 10

15,140 COVID-19 Tests Performed at TONHC

Tohono O'odham Nation COVID-19 Positive Case Information

	Enrolled Member of Tohono O'odham Nation	Enrolled Member of Another Tribe or Other	Total
Residing within Boundaries of Tohono O'odham Nation	1245	46	1291
Residing outside Boundaries of Tohono O'odham Nation	574	261	835
Total	1819	307	2126

1,819 members of the Tohono O'odham Nation have tested positive* for COVID-19 (as of 7/7/2021 at 7:00). On 6/30/2021, there were 1,818. This represents a less than **1%** increase over the last week. † The number of positive cases is **25x** the number 56 weeks ago (72 on 6/9/2020).

1,245 members of the Tohono O'odham Nation who tested positive reside in the Tohono O'odham Nation. On 6/30/2021, there were 1,244. This represents a less than **1%** increase† over the last week. The number of persons who reside in the Tohono O'odham Nation and tested positive for COVID-19 is **52x** the number 56 weeks ago (24 cases on 6/9/2020).

- **1,248** members (69%) are recovering (among members of the Tohono O'odham Nation) ‡
- **72** deaths among members of the Tohono O'odham Nation and **7** members of another tribe.
- **3** deaths in hospital in Tohono O'odham Nation, **69** in hospitals outside the Tohono O'odham Nation.

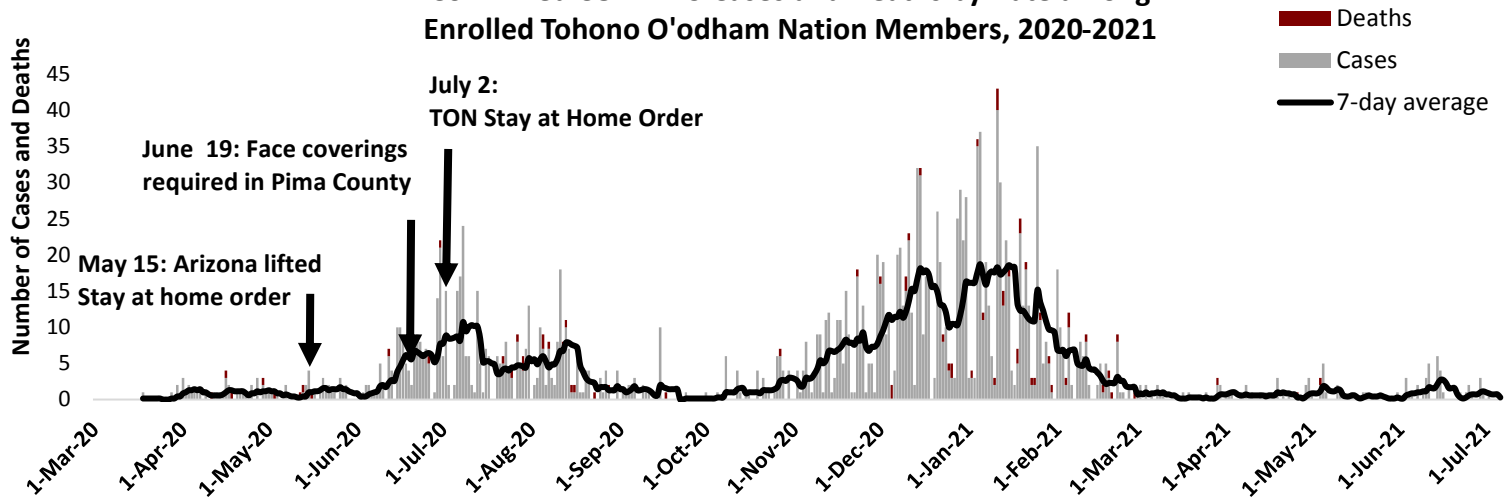
*COVID-19 positive result means COVID-19 test result of "detected"

†Defined as percentage change (most recent number – previous number)/previous number * 100

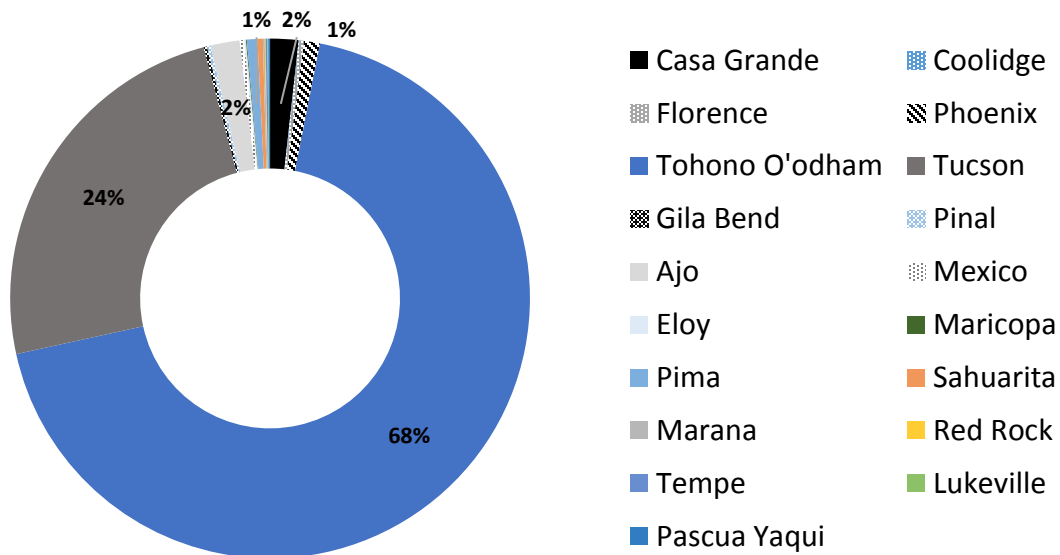
‡Absolute change in cumulative case count is the number of cumulative cases through week 2 subtracted from the number of cumulative cases through week 1, |week2 – week1|

¶Recovering is defined as having diagnosis/symptom onset 14-days ago, improving, and no longer hospitalized
7-day average is the average of cases for that day and the 6-days prior

Confirmed COVID-19 Cases and Deaths by Date among Enrolled Tohono O'odham Nation Members, 2020-2021

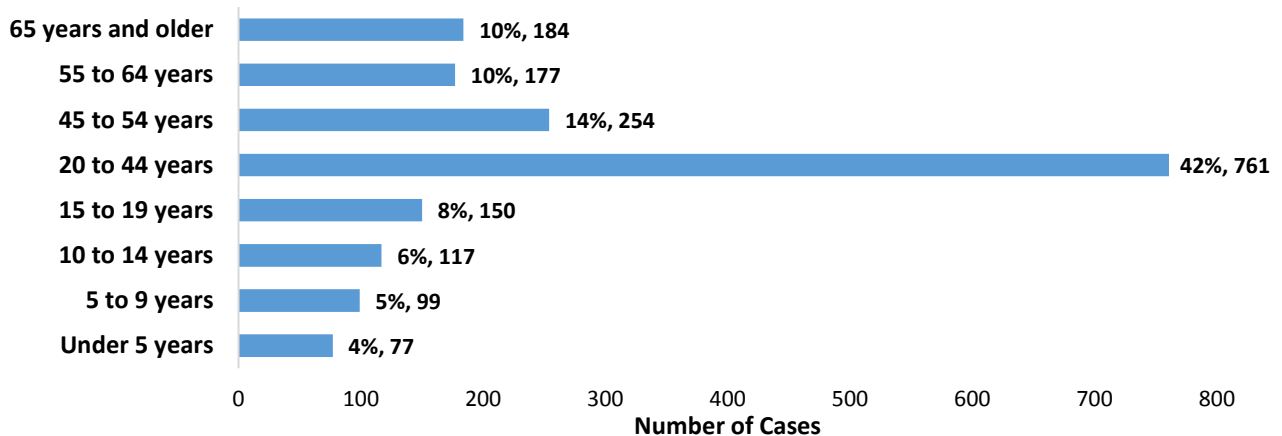


Region of Residence for COVID-19 Cases among Members of the Tohono O'odham Nation



Some areas are less than 1%

Age Distribution of COVID-19 Cases among Tohono O'odham Members, 2020-2021



7/22/2020 was the first week that the percentage of persons residing in the Tohono O'odham Nation was over 50% of the cases.

Laboratory-confirmed COVID-19 among Tohono O'odham Nation Enrolled Members

	Count (n)	Percent (%)	State of Arizona Percent (%)
TON members tested positive for COVID-19	1819		
Asymptomatic/Pre-symptomatic	347	19%	
TON Reside in Reservation	1245	68%	
Hospitalized	246	14%	7%
Recovering	1248	69%	
Died	72	4%	2%

	Median (years)	Minimum (months)	Maximum (years)
Age	34	0	102

	Male	Percent (%)	Female	Percent
Sex	742	41%	1077	59%

At TONHC, we received the first presumptive positive test result for COVID-19 for a patient seen at San Xavier Health Center in the same day clinic on 3/30/2020. In response, we reached out to clinical staff and the patient/household/community to discuss exposure risk, how to monitor for symptoms, and help guide any recommendations for isolation or quarantine. We anticipate more cases in the future, and we are working together to tackle this challenge. Employee health has reached out to staff for contact tracing. Public health nursing has conducted community contact tracing. Please remember to keep patient and employee results confidential.

COVID-19 Laboratory Testing at TONHC

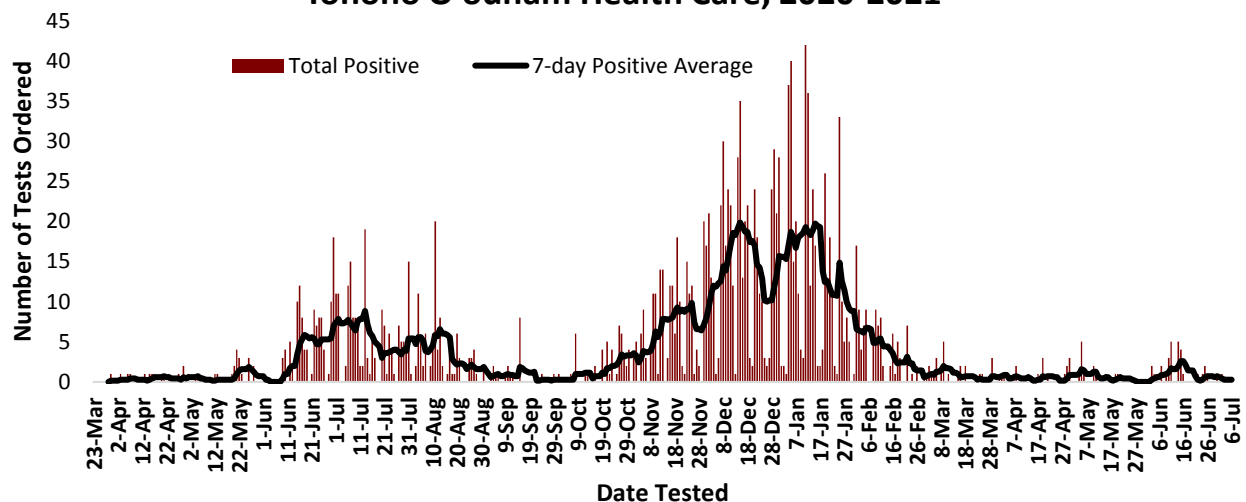
TONHC total number of COVID-19 testing (as of 7/7/2021 at 7:00): **15,140** tests performed:

- 14,026 = patients (anyone who receives care at a TONHC facility)
- 1,014 = employees
- 100 = first responders

We continue to increase our testing capacity. On 6/30/2021, there were 15,046 tests. As of 7/7/2021, **1,800** tests results were positive* for COVID-19. On 6/30/2021, there were 1,798 positive tests. The number of positive test results are **47X** the amount compared to 56 weeks ago (since 6/9/2020). 38 total tests were positive on 6/9/2020. There have been **82** positive cases among TONHC employees.

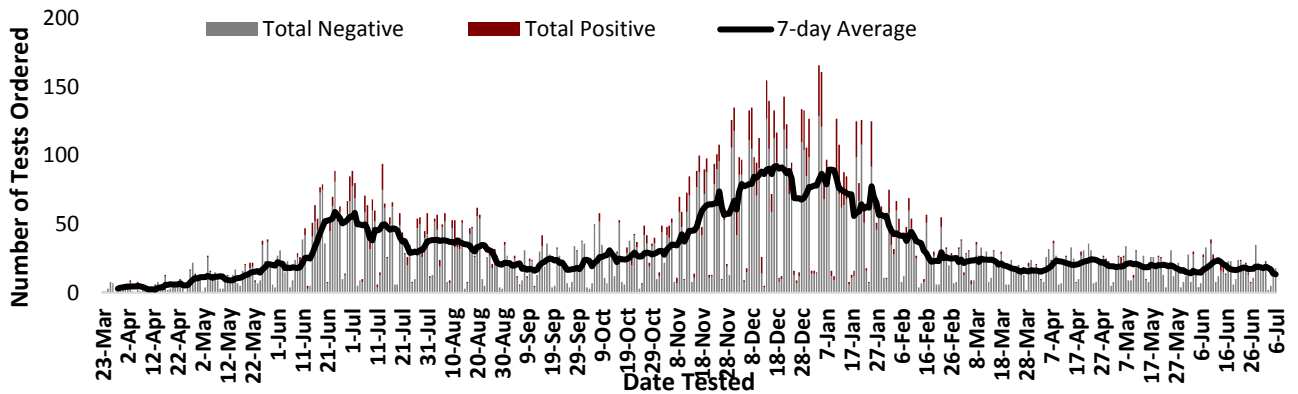
As of 7/7/2021 at 7:00, 8,784 individual TONHC patients have tested for COVID-19. This comprises **44%** of the TONHC User Population. User Population consists of patients who have received care at TONHC at least twice in the past three years.

COVID-19 Positive Tests Performed at
Tohono O'odham Health Care, 2020-2021



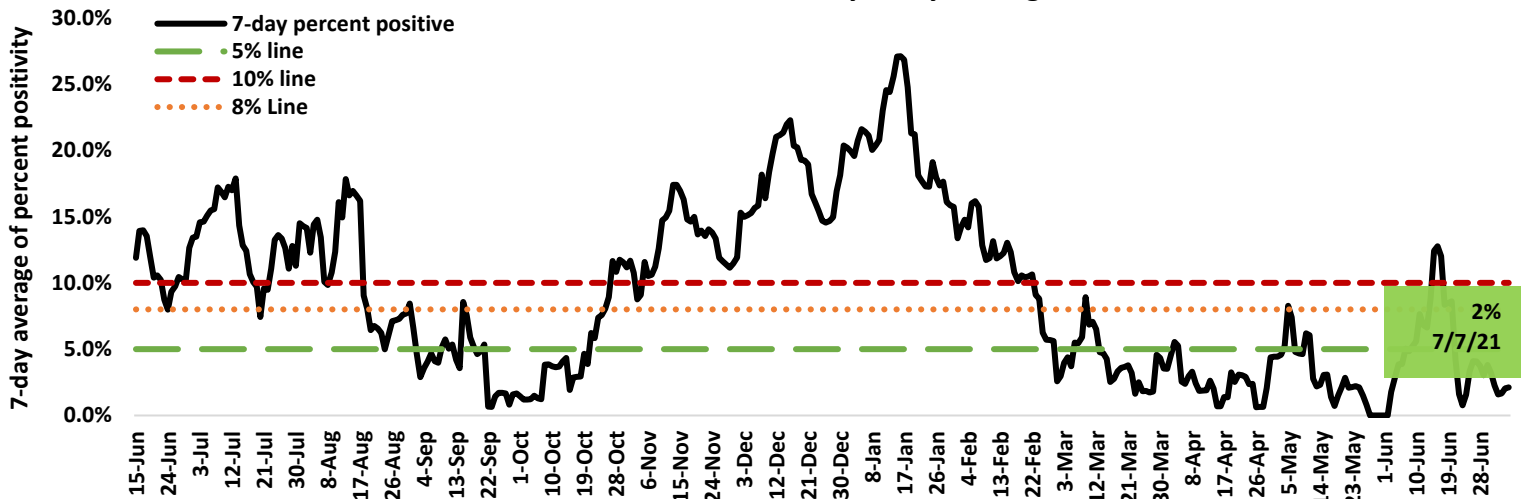
7-day average is the average of cases for that day and the 6-days prior

COVID-19 Tests Performed at Tohono O'odham Health Care by Result, 2020-2021



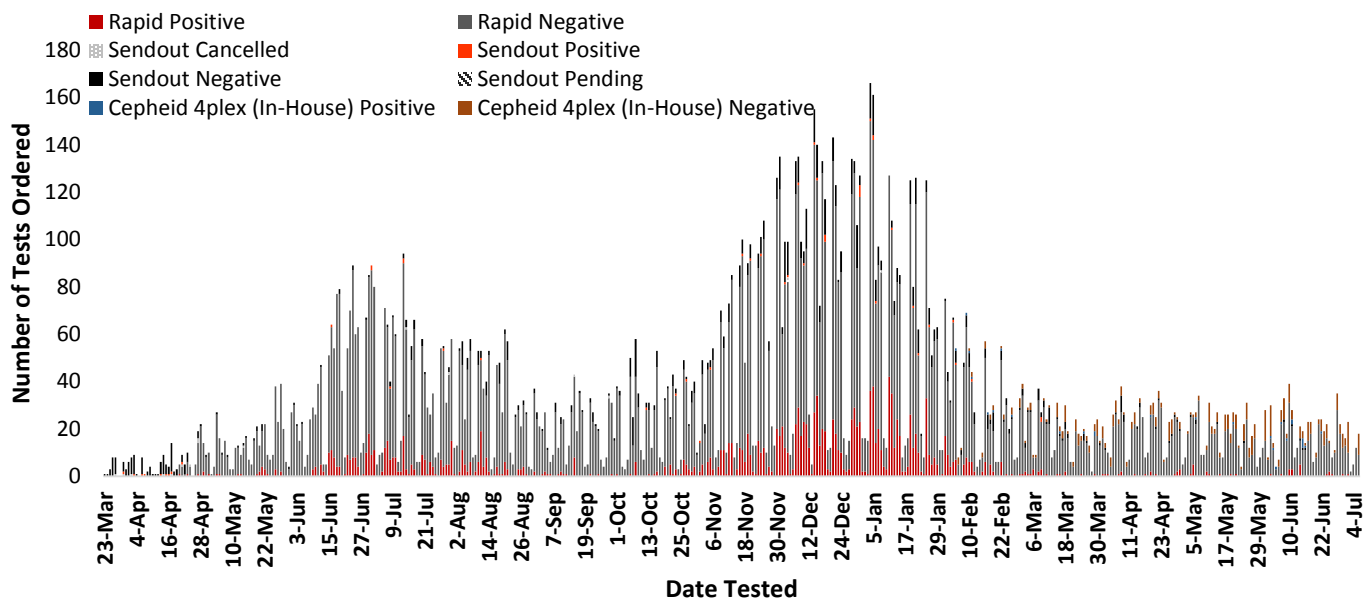
7-day average is the average of cases for that day and the 6-days prior

TONHC COVID-19 Test Percent Positivity 7-day Average, 2020-2021



* Weekly test percent positivity is calculated using the day tests were performed and 6-days prior (7-day detected "positive" results)/(7-day total tests performed) x 100%

COVID-19 Tests Performed at Tohono O'odham Health Care by Type, 2020-2021



COVID-19 testing began at TONHC on March 23, 2020. Same-day testing is available at San Xavier, Sells, and San Simon. This means all the equipment to run the tests are in the clinic laboratories at San Xavier, Sells, and San Simon. We began on-site same-day testing on April 20, 2020. There are two types of tests: send-out test or same-day/rapid test. Send-out testing is used for specific cases. As of 9/1/2020, on-site qualitative total antibody testing is available for specified cases.

We have nine on-site Abbott ID NOW™ machines that are used for same-day testing. We are pursuing avenues for more testing machines for on-site testing. In addition to expand our testing capabilities, medical assistants at TONHC completed competencies in performing COVID-19 nasal swab testing to assist with performing testing

Effective 9/24/2020, patients with no symptoms and no known exposure to someone with COVID-19 can be tested at TONHC. For all testing, please call and schedule an appointment at your clinic.

Please note testing criteria is accurate as of 9/25/2020 and may change in the future.

*COVID-19 positive result means COVID-19 test result of “detected” for tests performed at TONHC (San Xavier, San Simon, Sells, and off-site).

†Absolute change in cumulative case count is the number of cumulative cases through week 2 subtracted from the number of cumulative cases through week 1, $|\text{week2} - \text{week1}|$

Staying Safe at HOME

Our team strongly recommends to continue prevention measures including avoiding all unnecessary travel and gatherings. We also recommend the use of masks/cloth face coverings for all persons in public settings. Please continue to share the messaging of minimizing group contact, including neighbors and relatives not in one's own household.



Stay at home as much as possible



Practice physical distancing (remaining at least 6 feet away from others)



Clean your hands often

Our testing algorithms aim to identify symptomatic persons, asymptomatic persons with known potential COVID-19 exposures, and persons who will enter high-risk or congregate settings (surgery, detention, foster care, hospitalization, dorms, etc.).

We all need to do our part and to continue to practice physical distancing and frequent hand hygiene.

Please share with community members:

The best way to prevent illness is to avoid exposure to this virus. These simple actions will lessen your chances of catching COVID-19 and spreading it to others:



- Everyone should wear a mask/cloth face covering in public when physical distancing of 6 feet is not possible (except children ages less than 2 years and persons with a medical contraindication).
- Limit direct physical contact to only persons who live in the same household.
- Avoid all group activities/gatherings, even relatives if they do not live with you until further notice.
- Maintain “stay at home” behavior except for essential needs.
- Report illnesses and possible COVID-19 exposures immediately to your provider.
- Frequently wash hands with soap and water, and use alcohol-based hand sanitizer if unable to wash hands.

Symptoms to Monitor



COVID-19 symptoms to monitor for: fever, chills, cough, difficulty breathing (shortness of breath), runny/stuffy nose, sore throat, headaches, fatigue, abdominal pain, vomiting, diarrhea, new loss of taste or smell. If you have any of these symptoms, please stay home and do not go to work, school, or be in public areas.

Face Mask Guidance in the Community Setting



DO

How to make sure your mask works the best it can

1. **Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask
2. **Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



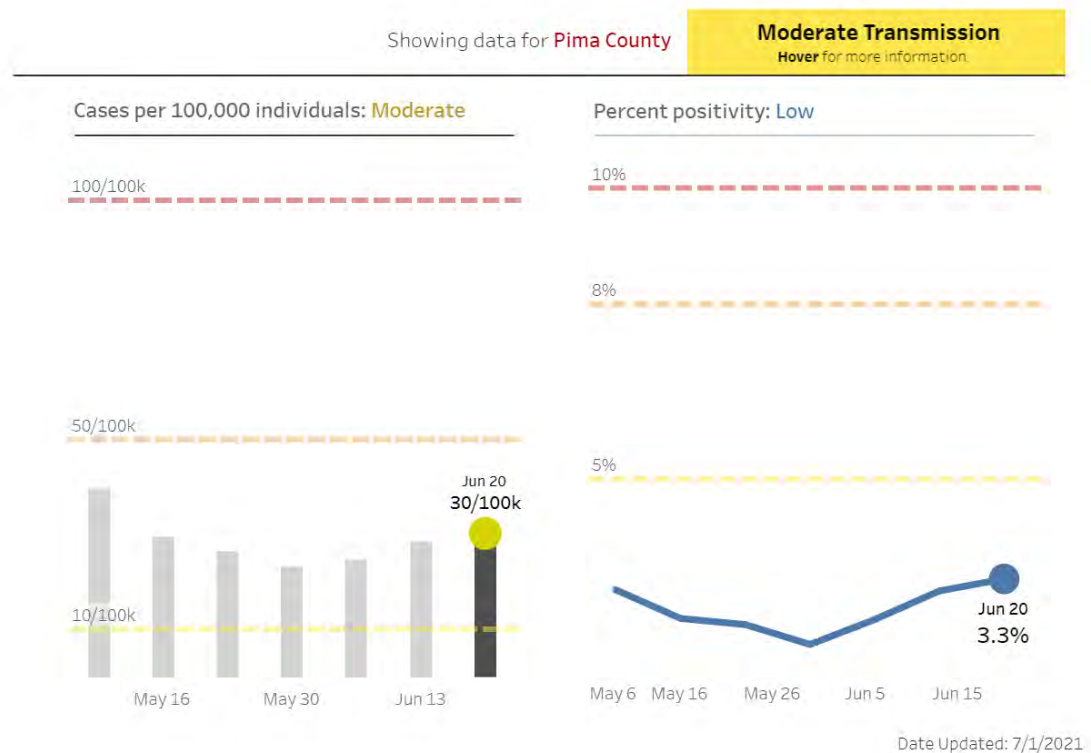
- Choose a mask with a **Nose Wire**
 - A nose wire is a metal strip along the top of the mask
 - Nose wires prevent air from leaking out of the top of the mask.
 - Bend the nose wire over your nose to fit close to your face.
- Use a **Mask Fitter or Brace**
 - Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.
- Check that it **Fits Snugly** over your nose, mouth, and chin
 - Check for gaps by cupping your hands around the outside edges of the mask.
 - Make sure no air is flowing from the area near your eyes or from the sides of the mask.
 - If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.
- Add **Layers** of material
 - 2 ways to layer
 - Use a cloth mask that has multiple layers of fabric.
 - Wear one disposable mask underneath a cloth mask.
 - The second mask should push the edges of the inner mask against your face.
- **Make sure you can see and breathe easily**
 - **Knot and Tuck** ear loops of a 3-ply mask
 - Knot the ear loops of a 3-ply face mask where they join the edge of the mask
 - Fold and tuck the unneeded material under the edges
- For video instructions, see: <https://youtu.be/UANi8Cc71A0>^{external icon}.



Adapted from: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html> Accessed 2/24/2021

Arizona COVID-19 School Benchmarks

On March 2nd, 2021 CDC announced updated school guidance. The Arizona Department of Health Developed Community Transmission to Reflect Level of Community Risk: CDC recommends the use of two measures of community burden to determine the level of community transmission. These measures assess the incidence and spread of COVID-19 in the community, not the school itself. Risk is dependent on community level transmission **and** implementation of school and community mitigation strategies.



Indicator	Low Transmission	Moderate Transmission	Substantial Transmission	High Transmission
Total new cases per 100,000 persons in the last 7 days	0 – 9	10 – 49	50 – 99	≥ 100
Percentage of nucleic acid amplification tests (NAATs) that are positive during the past 7 days	<5.0%	5.0% – 7.9%	8.0% – 9.9%	≥ 10.0%

Arizona Department of Health Services, <https://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/novel-coronavirus/schools/school-benchmarks.pdf>, accessed 3/11/21.

COVID-19 GUIDANCE ON HOME ISOLATION AND QUARANTINE

The Centers for Disease Control and Prevention (CDC), the Arizona Department of Health Services, and Tohono O'odham Nation Health Care have updated guidance on home isolation and quarantine. Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Researchers have reported that people with mild to moderate COVID-19 remain infectious no more than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no more than 20 days after their symptoms began.

People who are fully vaccinated and who meet criteria (including no symptoms) will no longer be required to quarantine after exposure to COVID-19 (updated 2/10/21).

For more information on home isolation guidance, please contact TONHC Public Health Nursing Department.

Coronavirus Disease 2019 (COVID-19): HOME ISOLATION GUIDANCE

If you tested positive for COVID-19, you need to stay in **ISOLATION**:

Isolation is for people who have tested **positive** or have symptoms consistent with COVID-19 and are waiting to be tested or diagnosed. It prevents the spread of COVID-19 by asking people who have COVID-19 (or those with symptoms) to stay away from others until they have fully recovered and can no longer transmit the virus. You should stay in a specific "sick room," if possible, and away from other people in your home.

If you tested **POSITIVE** for COVID-19 **or** have symptoms of COVID-19, you should stay **isolated** at home for a specified period of time – usually around 10 days.

Stay **isolated** means you need to:

- **Separate** yourself from others in your home, as much as possible. Stay in a separate room and use a separate bathroom, if possible. If you cannot separate from others at home, you need to wear a mask.
- **Do not attend** work, school, be in public areas or use public transportation.
- **Avoid sharing** household items like dishes, cups, eating utensils, and bedding.
- **Cover** coughs and sneezes with a tissue or your elbow. Throw away used tissues in the trash and wash your hands.
- **Avoid touching** your eyes, nose, and mouth.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Reschedule** all non-essential medical appointments. If you need medical care, call your provider **before going**, and tell them about your illness.
- **Monitor** your symptoms and seek medical care if your illness is worsening.

The number of days you need to stay **isolated** at home depends on:

- > Your COVID-19 test result;
- > Your symptoms;
- > If you were a close contact of someone with COVID-19;
- > How sick you were; and
- > If you are severely immunocompromised.

Symptoms of COVID-19 can range from mild to severe illness, may appear 2 – 14 days after exposure and may include:

Fever or chills	Shortness of breath or difficulty breathing	New loss of taste or smell
Cough	Muscle or body aches	Headache
Nausea or vomiting, diarrhea	Sore Throat	Congestion or runny nose
		Fatigue

Close Contacts are people who were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period** **or** who had **physical contact** with a person with COVID-19 while infectious, regardless of whether masks were worn.

Please look at the chart on the back of this sheet to help you figure out how long you should stay **isolated** at home. →

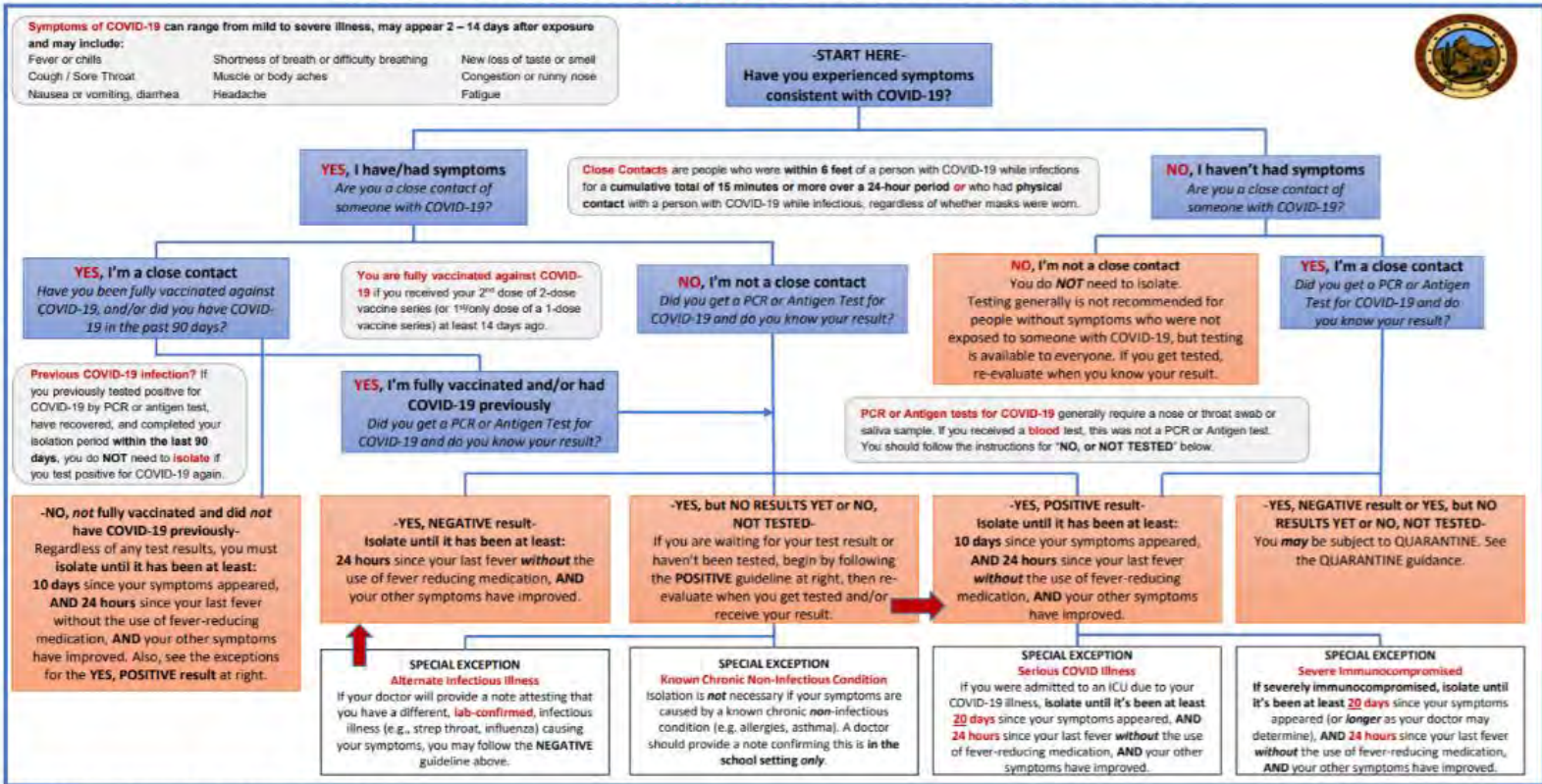
Contact your healthcare provider or Public Health Nursing for any questions. You can also review the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

TOHONO O'ODHAM NATION HEALTH CARE

Updated 5/4/2021 (Subject to change as new information becomes available. Please look for the most up-to-date recommendations).



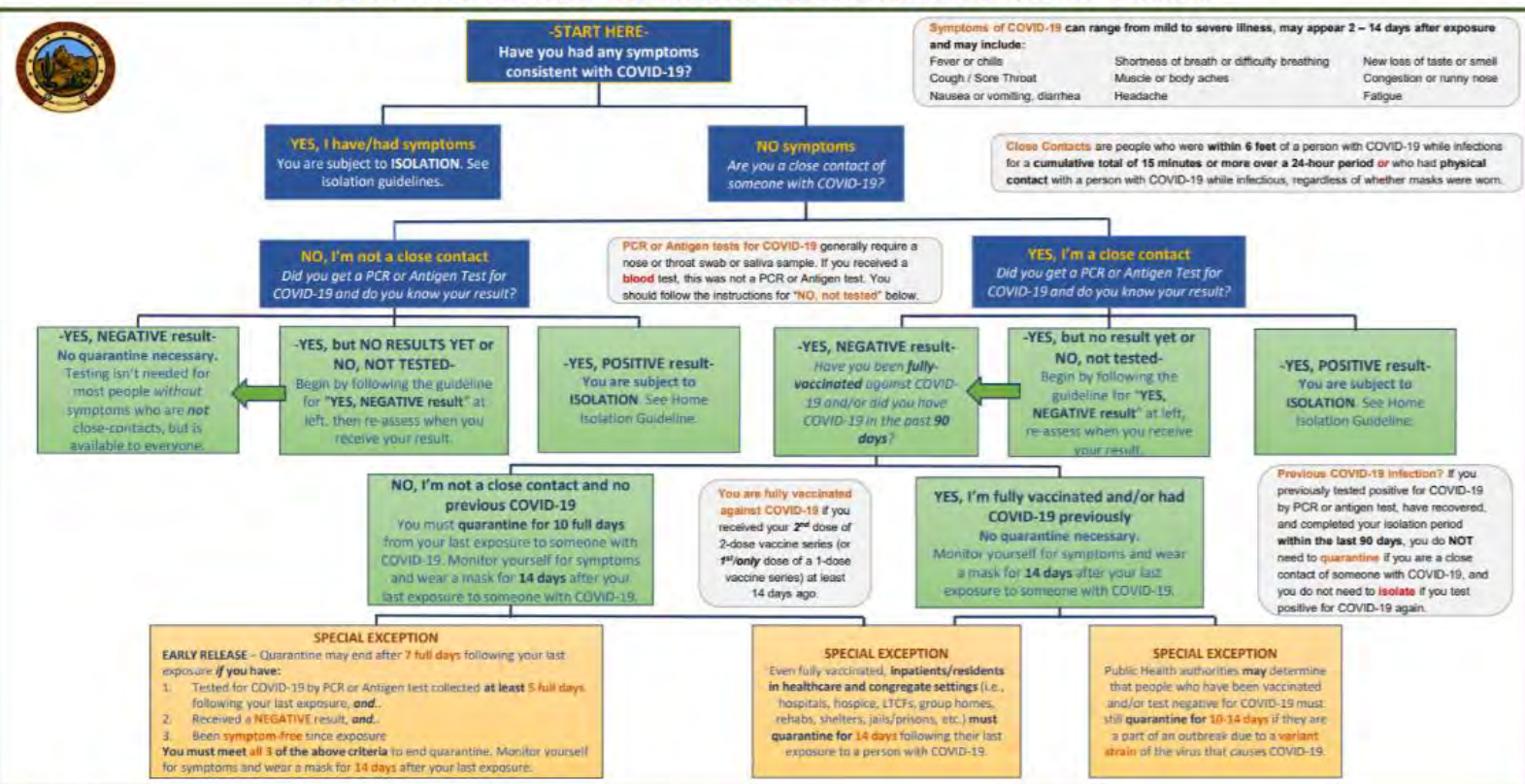
COVID-19 Home Isolation Guidance Flow Chart



TOHONO O'ODHAM NATION HEALTH CARE

Updated 5/4/2021 (Subject to change as new information becomes available. Please look for the most up-to-date recommendations).

COVID-19 Home Quarantine Guidance Flow Chart



TOHONO O'ODHAM NATION HEALTH CARE

Updated 5/4/2021 (Subject to change as new information becomes available. Please look for the most up-to-date recommendations).

TONHC Situation Update 07/07/2021 7:00

Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

Coronavirus Disease 2019 (COVID-19): HOME QUARANTINE GUIDANCE

Quarantine is for people who were exposed to someone with COVID-19 but haven't yet developed any symptoms of COVID-19 themselves. It prevents the spread of COVID-19 by asking people who *might* be infected to stay away from others until enough time has passed to be sure they don't have COVID-19.

If you were **within 6 feet** of a person with COVID-19 for a **cumulative total of 15 minutes or more over a 24-hour period** or had **physical contact** with a person with COVID-19, regardless of whether masks were worn, you **might** need to **quarantine** at home for **10 days**.

Quarantine means you need to:

- **Separate yourself** from any person (people) with COVID-19 in your home.
- **If possible, get tested for COVID-19** with a PCR or antigen (nose swab or saliva) test at a healthcare facility.
 - A negative test **might** allow you to end **quarantine** after 7 full days if you have not had any symptoms. (see the Home Quarantine Flow Chart on the back of this page.)
- Stay at home for **10 days** after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food. This includes:
 - Do not attend work, school, be in public areas or use public transportation.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Avoid touching** your eyes, nose, and mouth AND cover your coughs and sneezes.
- **Wash your hands** often with soap and warm water for at least 20 seconds.
- **Clean** high-touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, etc.) daily.
- **Call ahead** before going to any medical appointments and tell your healthcare provider about your close contact with someone who has COVID-19.
- **Continue to monitor your temperature & symptoms and wear a mask for 14 days** after your last contact with the person with COVID-19, regardless of when your **quarantine** period ends.

If you develop any symptoms consistent with COVID-19


during quarantine, you need to:

- Get tested for COVID-19 with a PCR or antigen (nose swab or saliva) test at a healthcare facility.
- Follow the Home Isolation Guidance.

Symptoms of COVID-19 can range from mild to severe illness, may appear 2 – 14 days after exposure and may include:

Fever or chills	Shortness of breath or difficulty breathing	New loss of taste or smell
Cough	Muscle or body aches	Headache
Nausea or vomiting, diarrhea	Sore Throat	Congestion or runny nose
		Fatigue

Close Contacts are people who were **within 6 feet** of a person with COVID-19 while infectious for a **cumulative total of 15 minutes or more over a 24-hour period** or who had **physical contact** with a person with COVID-19 while infectious, regardless of whether masks were worn.

Please look at the chart on the back of this sheet to determine where you need to **quarantine** at home. 

Contact your healthcare provider or Public Health Nursing for any questions. You can also review the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

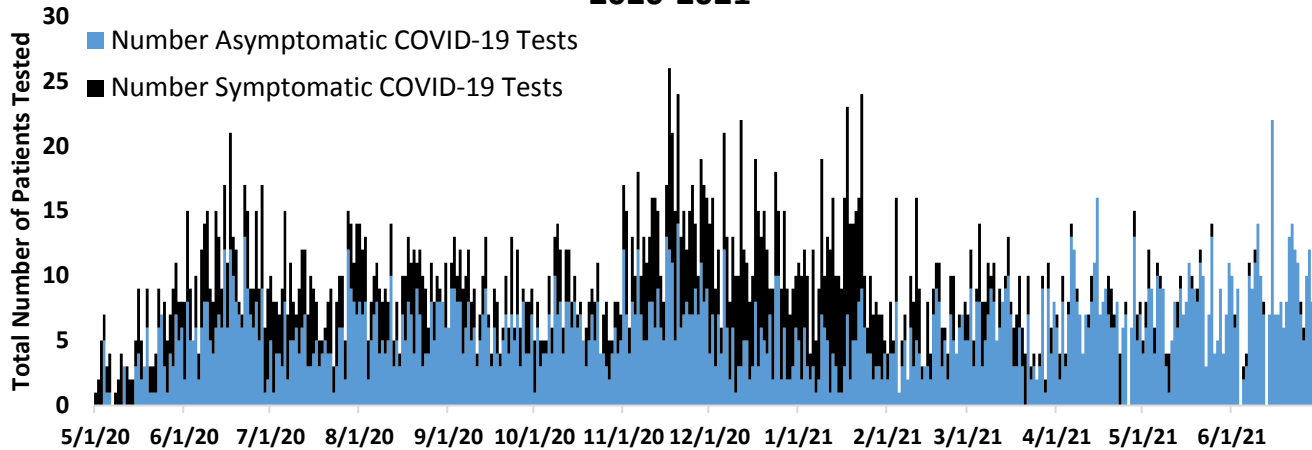
TOHONO O'ODHAM NATION HEALTH CARE

Updated 5/4/2021 (Subject to change as new information becomes available. Please look for the most up-to-date recommendations)



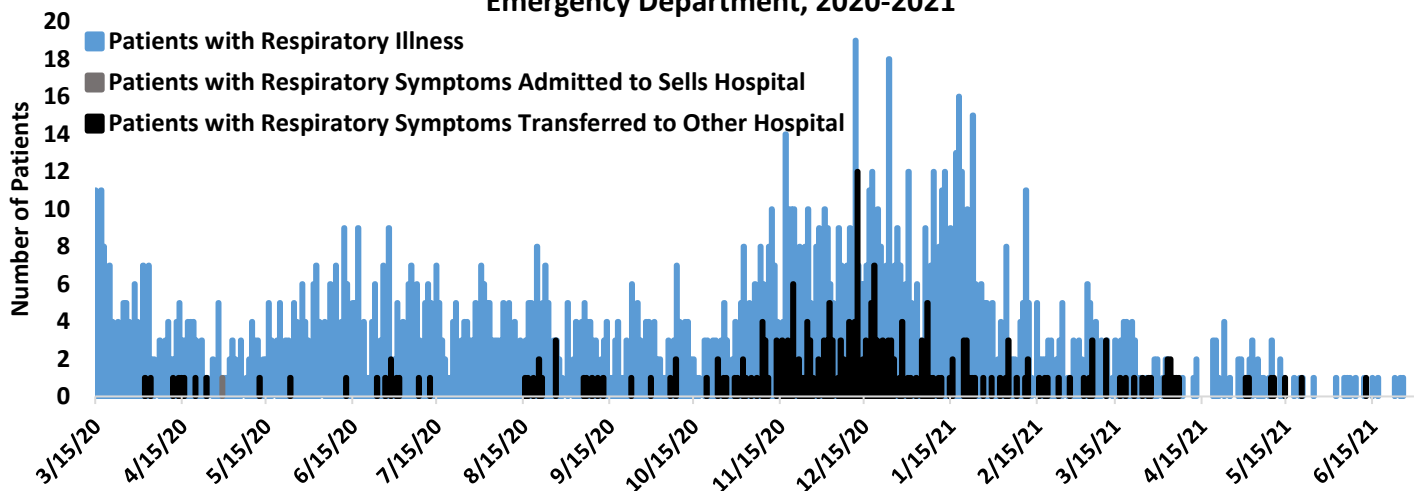
Sells Emergency Department Syndromic Surveillance

Patients Tested for COVID-19, Sells Emergency Department, 2020-2021



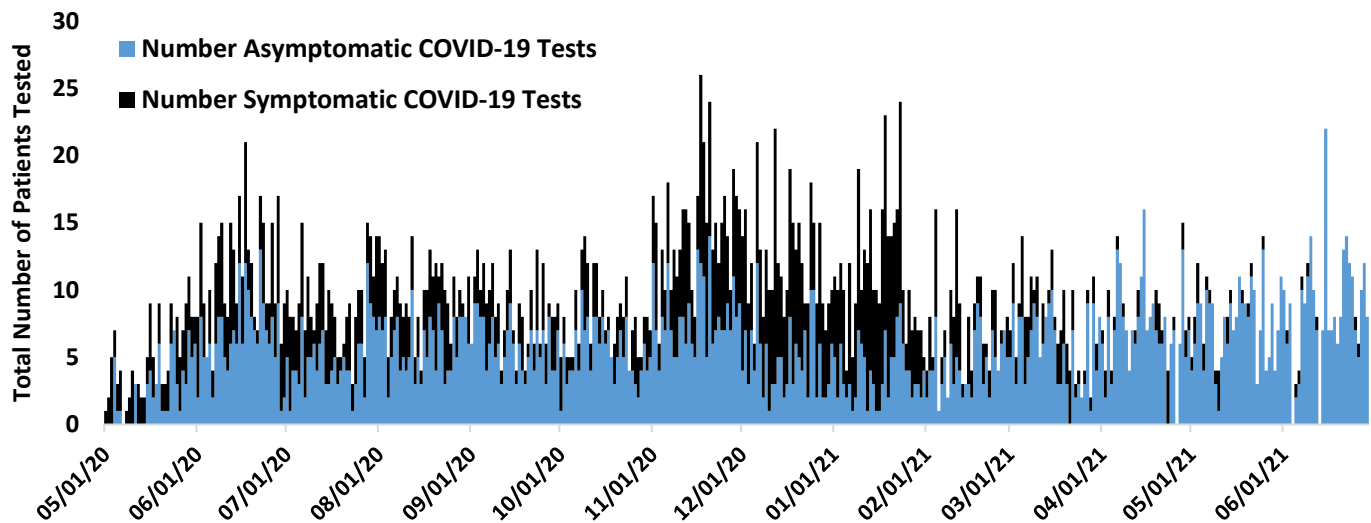
Syndromic surveillance refers to detection of indicators that are discernible before confirmed diagnoses are made. For example, an increase in the number of patients seen with respiratory symptoms could be an indicator of COVID-19. There were between 0 and 1 patient seen daily in Sells Emergency Department with respiratory symptoms during the week of 6/21/2021- 6/27/2021.

Patients Presenting with Respiratory Illness and Number of Patients Transferred/Admitted from Emergency Department to Inpatient Hospital, Sells Emergency Department, 2020-2021



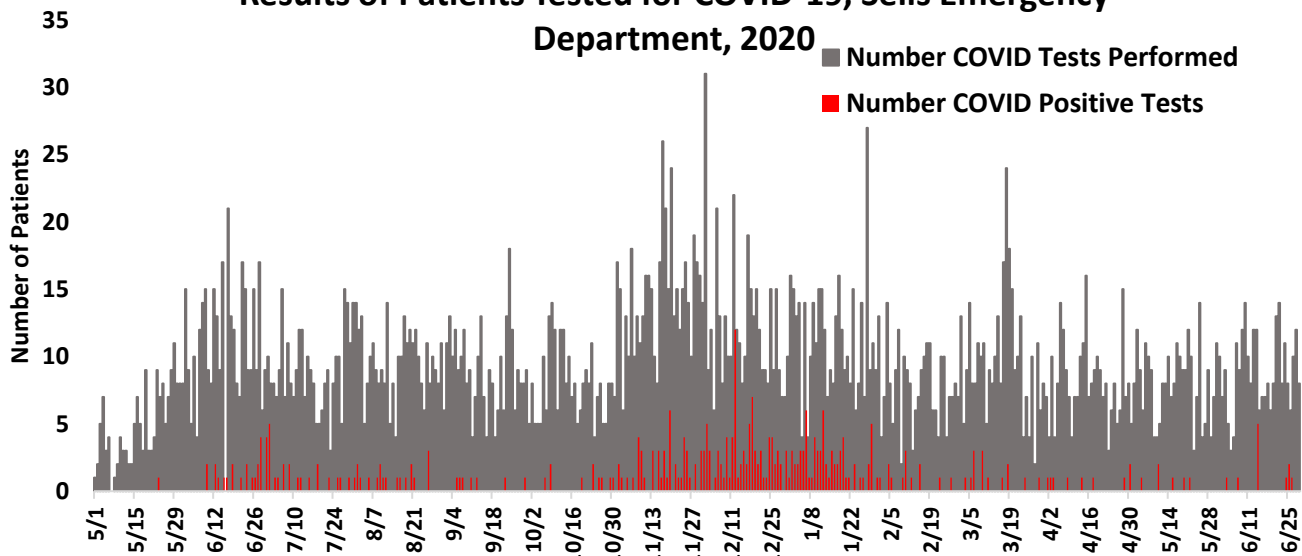
As of 6/30/2021, there were 2 admissions to Sells Hospital and 246 outside transfers for respiratory symptoms from Sells Emergency Department. The number of patients transferred from the emergency department to hospital inpatient units helps to identify severity of disease among the population. This is a level of disease severity that requires a higher level of care, such that care must be managed in the hospital (e.g. with oxygen, mechanical ventilation, etc.).

Patients Tested for COVID-19, Sells Emergency Department, 2020-2021



Same-day COVID-19 testing began on 4/20/20. From 6/21/21– 6/27/21, between 17 and 33 patients were seen each day in the emergency department. Asymptomatic tests are performed on people who have no symptoms (no cough, no diarrhea, no fever, etc.). Symptomatic tests refer to tests performed on people who have symptoms (cough, fever, diarrhea, etc.) of COVID-19.

Results of Patients Tested for COVID-19, Sells Emergency Department, 2020



The week of 6/21/21–6/27/21, 4 people seen in the emergency department tested positive for COVID-19. There have been 337 total positive test results from tests performed in Sells emergency department.

EMPLOYEE HEALTH

All employees at TONHC must wear a procedure/surgical mask while at work. All employees in patient care areas must wear a procedure/surgical mask and eye protection. All employees in areas with patients with suspected or confirmed COVID-19 must wear N95 respirator, eye protection, gloves, and gown.

611 TONHC employees and TON first responders (998 encounters) have been evaluated by employee health for respiratory symptoms related to illness or other reasons (as of 7:00 7/7/2021).

19 TONHC employees and TON first responders are currently sick (as of 7:00 7/7/2021).

There have been 82 Cases of COVID-19 among TONHC employees. Each positive result has prompted an internal and external investigation and contact tracing. Based on these investigations, transmissions were more likely due to community spread. Employees possibly exposed are tested for COVID-19.

All employees are required to contact Employee Health with any call-outs. This is to ensure that employees are tested for COVID-19 if sick or exposed and given appropriate guidance on when to return to work. Employees are also required to contact their supervisor when they call out.

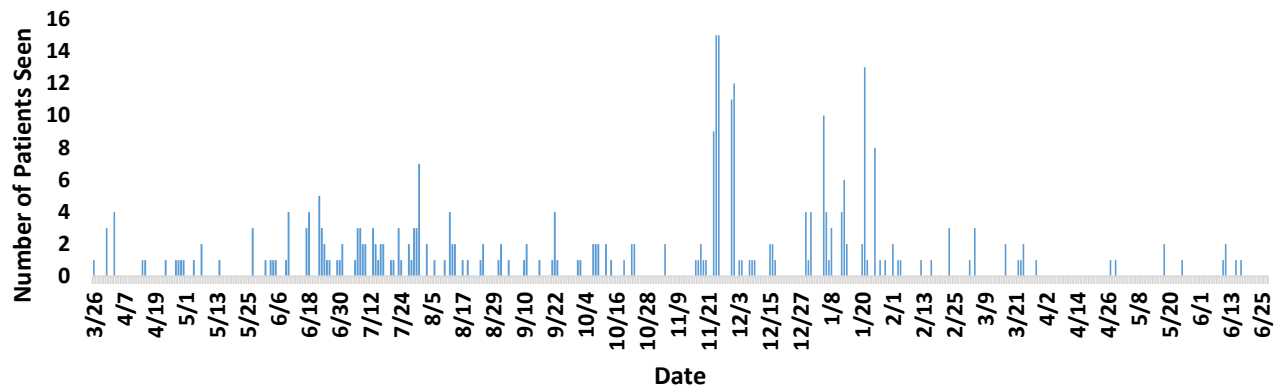
TONHC Infection Control

Infection control prevents or stops the spread of infections in healthcare settings. TONHC COVID-19 infection control team monitors, tracks, and provides guidance on personal protective equipment (PPE such as gowns, gloves, face shields, N95 respirators).

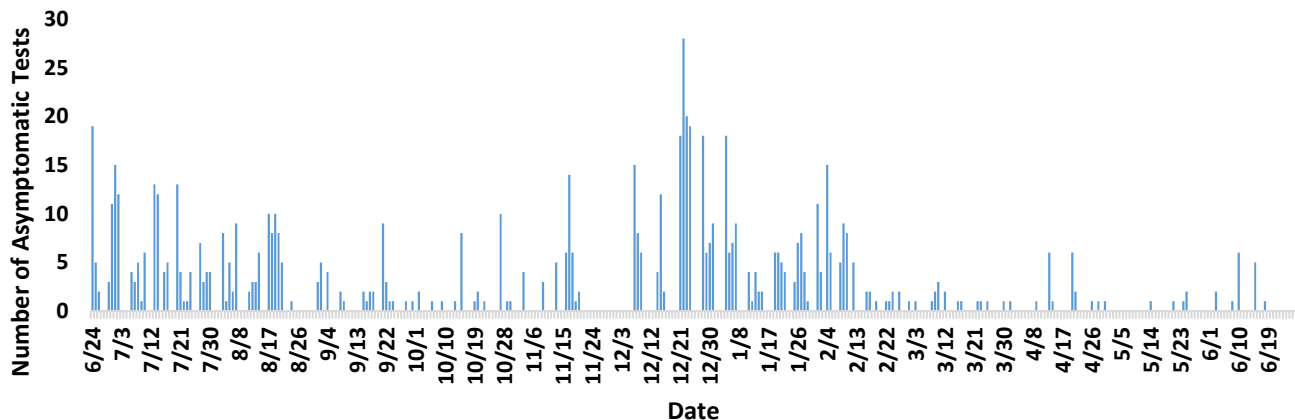
- At the San Xavier, Sells, and San Simon Health Care Centers, the Battelle CCDS Critical Care Decontamination System™ program ended on 3/31/21 and now contingency N95 strategies are in use.
- All staff are wearing procedure/surgical masks, and staff caring for patients are also wearing eye protection.
- Staff caring for patients that have or may have been exposed to COVID-19 are wearing gowns, gloves, face shields or other eye protection, and N95 respirators or Powered Air Purifying Respirators (PAPRs).

CLINIC – SAN SIMON

Number of Patients seen at San Simon Respiratory Clinic, 2020-2021



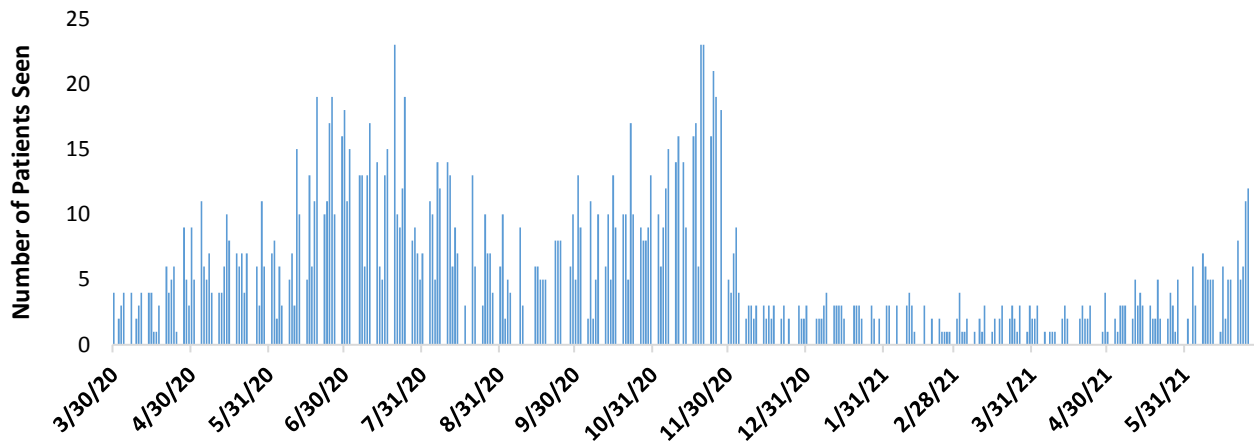
Number of COVID-19 Asymptomatic Tests Performed at San Simon, 2020-2021



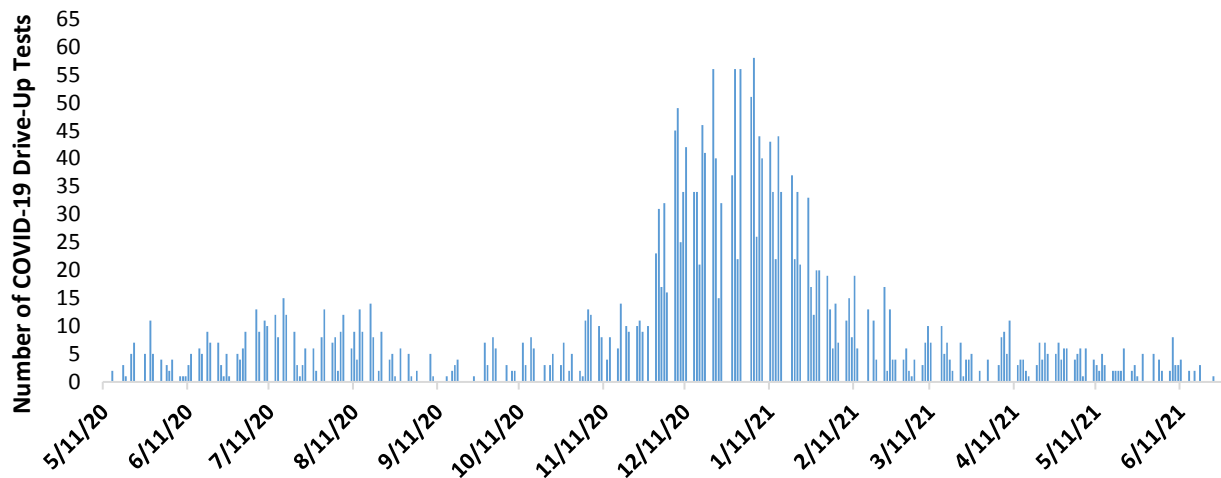
These are the number of COVID-19 tests performed on patients that have no symptoms of COVID-19 (no fever, no cough, no difficulty breathing, etc.), or patients who are symptomatic but only desire to be tested. They are performed on people who have may have had exposure to COVID-19, are entering a congregate setting, or are going to be admitted to the hospital.

CLINIC – SAN XAVIER

Number of Patients seen at San Xavier Respiratory Clinic, 2020-2021



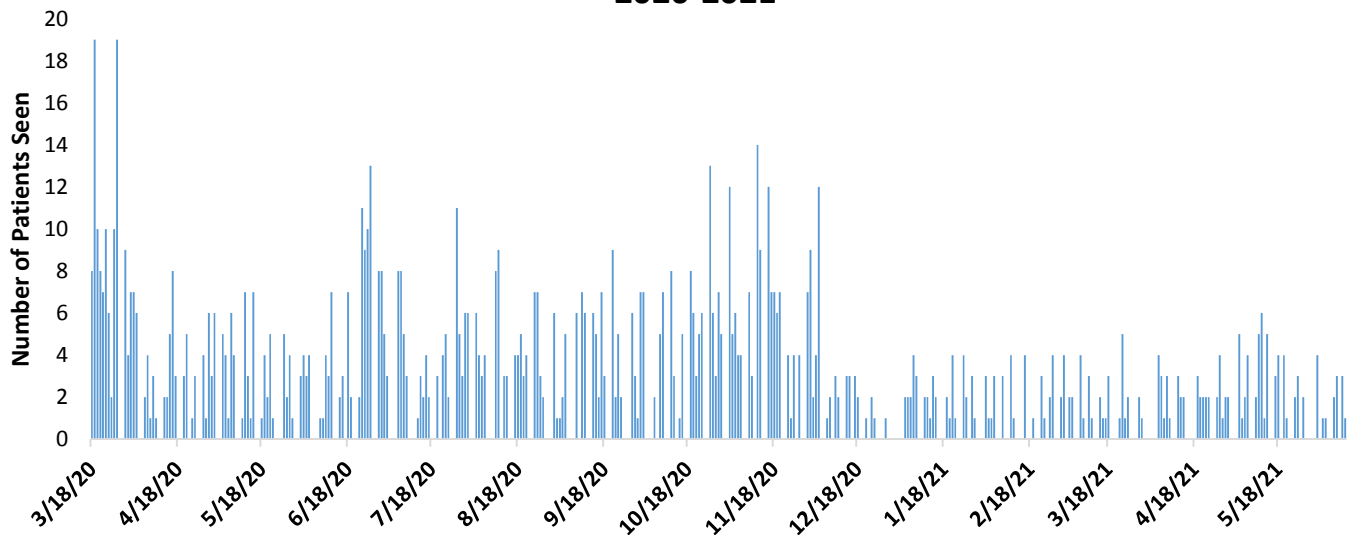
Number of Drive-Up COVID-19 Tests Performed at San Xavier Respiratory Clinic, 2020-2021



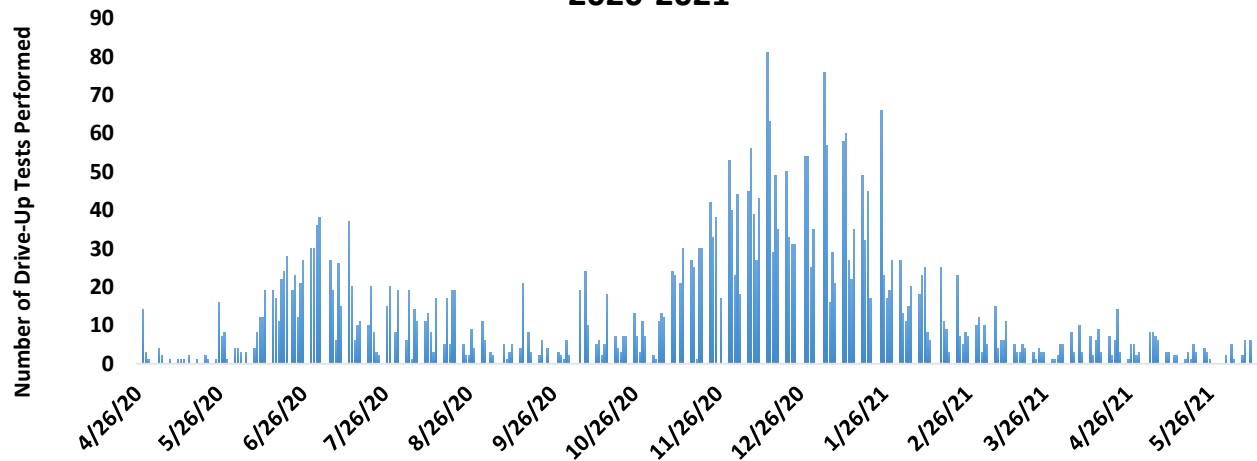
Drive-Up testing includes both symptomatic and asymptomatic patients, with testing for symptomatic patients beginning in November at San Xavier Clinic. Asymptomatic testing is for patients that have no symptoms of COVID-19 (no fever, no cough, no difficulty breathing, etc.). They are performed on people who may have had exposure to COVID-19, are entering a congregate setting, or are going to be admitted to the hospital. Patients who have COVID-19 symptoms may be offered a drive up test instead of a Respiratory Clinic visit.

CLINIC – SELLS

**Number of Patients seen at Sells Respiratory Clinic,
2020-2021**



**Number of Drive-Up COVID-19 Tests Performed at Sells Clinic,
2020-2021**



Drive-Up testing includes both symptomatic and asymptomatic patients, with testing for symptomatic patients beginning on 11/23/2020 at Sells Hospital. Asymptomatic testing is for patients that have no symptoms of COVID-19 (no fever, no cough, no difficulty breathing, etc.). They are performed on people who may have had exposure to COVID-19, are entering a congregate setting, or are going to be admitted to the hospital. Patients who have COVID-19 symptoms may be offered a drive up test instead of a Respiratory Clinic visit.

SELLS INPATIENT UNIT

To minimize possible exposure and conserve personal protective equipment, visitors are not allowed on the inpatient wards. Exceptions are for a minor, woman in labor, and other special circumstances. In accordance with state enhanced surveillance advisory related to COVID-19, daily information is reported to Arizona State using EMResource.

5 patients were admitted to Sells Hospital who tested positive for COVID-19. Inpatient, in-hospital transportation, and postmortem protocols have been developed. Every patient admitted to the inpatient unit of Sells hospital is tested for COVID-19.

Med/Surge Bed Availability – 13 (7/7/2021)

Med/Surge Bed Capacity – 14, with 5 additional beds available if needed for emergency situations

No intensive care unit services

Negative Pressure Rooms – 2 inpatient rooms, 1 in emergency department (inpatient rooms are used by emergency department or other clinics when indicated).

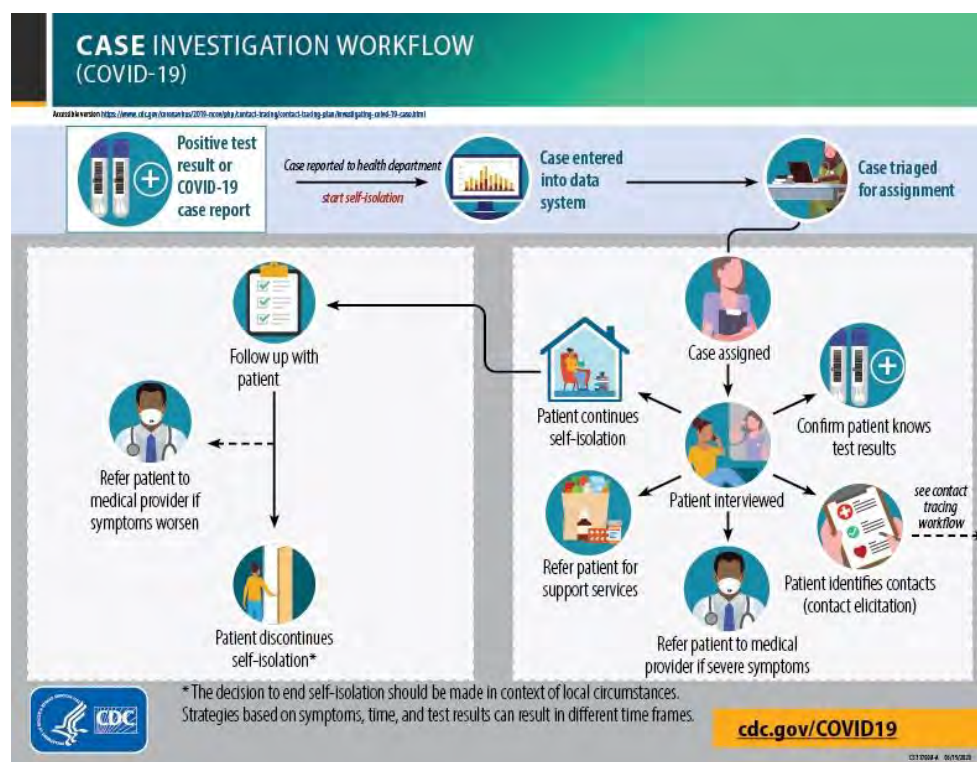
The Arizona Surge Line is used for all transfers outside of TONHC. The Arizona Surge Line is a 24/7 toll-free statewide system activated 4/22/20 to keep hospitals and regions of Arizona from being overwhelmed by facilitating COVID-19 patient admission, transfer, and discharge to appropriate levels of care.

Our outpatient clinic staff has been cross-trained in inpatient patient care. To date we have trained 16 members of the healthcare workforce to manage patients in the hospital setting. Cross training will allow us to increase the number of patients we can take care of on the inpatient unit. Please note that Sells hospital is not an intensive care unit, so we cannot take care of patients with COVID-19 requiring intensive respiratory treatment. These patients are transferred to intensive care units at other sites.

PUBLIC HEALTH NURSING – CONTACT TRACING

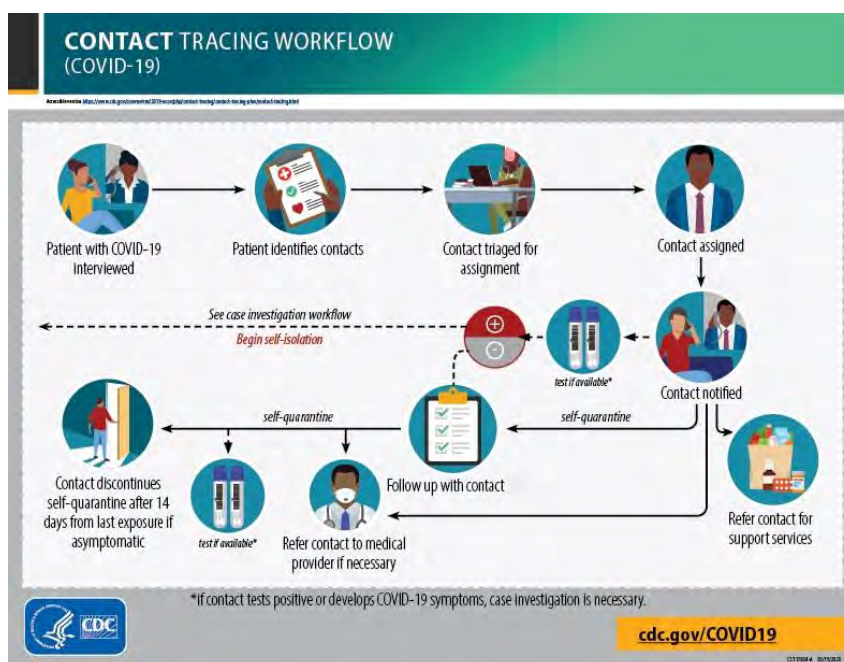
As of 7/7/21 at 7:00, 3,914 individual contact tracings have occurred in the Tohono O'odham Nation.

TONHC public health nursing conducts case investigation and contact tracing (involves interviewing). Case investigations are initiated on everyone who tests positive for COVID-19.



Contact

tracing, a core disease control measure, is a key strategy for preventing further spread of COVID-19. Contact tracing is part of the process of supporting patients with suspected or confirmed infection. In contact tracing, public health nursing works with patients to help them recall everyone with whom they have had close contact during the timeframe in which they may have been infectious. To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them. Contacts are provided with education, information, and support to understand their risk, what they should do to separate themselves from others who are not exposed, how to monitor themselves for illness, and the possibility that they could spread the infection to others even if they themselves do not feel ill.



APPENDIX

Confirmed COVID-19 Cases and Absolute Change among Enrolled Tohono O'odham Nation Members by Week, 2020-2021*

Week (2020)	Cumulative COVID-19 Cases Among Enrolled Tohono O'odham Tribal	Absolute Change [§] in Cumulative Case Counts from Previous Week
June 24 th – June 30 th	208	
July 1 st – July 7 th	265	57
July 8 th – July 14 th	324	59
July 15 th – July 21 st	349	25
July 22 nd – July 28 th	382	33
July 29 th – August 4 th	421	39
August 5 th – August 11 th	468	47
August 12 th – August 18 th	501	33
August 19 th – August 25 th	513	12
August 26 th – September 1 st	523	10
September 2 nd – September 8 th	532	9
September 9 th – September 15 th	546	14
September 16 th – September 22 nd	546	0
September 23 rd – September 29 th	547	1
September 30 th – October 6 th	549	2
October 7 th – October 13 th	560	11
October 14 th – October 20 th	566	6
October 21 st – October 27 th	584	18
October 28 th – November 3 rd	597	13
November 4 th – November 10 th	635	38
November 11 th – November 17 th	685	50
November 18 th – November 24 th	742	57
November 25 th – December 1 st	803	61
December 2 nd – December 8 th	888	85
December 9 th – December 15 th	1015	127
December 16 th – December 22 nd	1107	92
December 23 rd – December 29 th	1189	82
December 30 th – January 5 th	1320	131
January 6 th – January 12 th	1441	121
January 13 th – January 19 th	1527	86
January 20 th – January 26 th	1621	94
January 27 th – February 2 nd	1668	47
February 3 rd – February 9 th	1701	33
February 10 th – February 16 th	1724	23
February 17 th – February 23 rd	1742	18
February 24 th – March 2 nd	1746	4
March 3 rd – March 9 th	1754	8
March 10 th – March 16 th	1755	1
March 17 th – March 23 rd	1757	2
March 24 th – March 30 th	1759	2
March 31 st – April 6 th	1760	1

April 7 th – April 13 th	1762	2
April 14 th – April 20 th	1766	4
April 21 st – April 27 th	1768	2
April 28 th – May 4 th	1776	8
May 5 th – May 11 th	1785	9
May 12 th – May 18 th	1786	1
May 19 th – May 25 th	1789	3
May 26 th – June 1 st	1790	1
June 2 nd – June 8 th	1796	6
June 9 th – June 15 th	1814	18
June 16 th – June 22 nd	1815	1
June 23 rd – June 29 th	1818	3
June 30 – July 6 th	1819	1

*changes due to added cases

Confirmed COVID-19 Cases and Absolute Change among Enrolled Tohono O'odham Nation Members Residing within the Tohono O'odham Nation by Week, 2020-2021*

Week (2020)	Cumulative COVID-19 Cases Among Enrolled Tohono O'odham Tribal Members Residing within the Tohono O'odham Nation Boundary	Absolute Change^s in Cumulative Case Counts from Previous Week
June 24 th – June 30 th	87	
July 1 st – July 7 th	116	29
July 8 th – July 14 th	163	47
July 15 th – July 21 st	182	19
July 22 nd – July 28 th	204	22
July 29 th – August 4 th	234	30
August 5 th – August 11 th	272	38
August 12 th – August 18 th	299	27
August 19 th – August 25 th	309	10
August 26 th – September 1 st	319	10
September 2 nd – September 8 th	326	7
September 9 th – September 15 th	340	14
September 16 th – September 22 nd	340	0
September 23 rd – September 29 th	340	0
September 30 th – October 6 th	341	1
October 7 th – October 13 th	349	8
October 14 th – October 20 th	352	3
October 21 st – October 27 th	358	6
October 28 th – November 3 rd	369	11
November 4 th – November 10 th	401	32
November 11 th – November 17 th	436	35
November 18 th – November 24 th	484	48
November 25 th – December 1 st	527	43
December 2 nd – December 8 th	588	61
December 9 th – December 15 th	684	96
December 16 th – December 22 nd	746	62

TONHC Situation Update 07/07/2021 7:00

Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

December 23 rd – December 29 th	795	49
December 30 th – January 5 th	883	88
January 6 th – January 12 th	968	85
January 13 th – January 19 th	1030	62
January 20 th – January 26 th	1106	76
January 27 th – February 2 nd	1136	30
February 3 rd – February 9 th	1164	28
February 10 th – February 16 th	1177	13
February 17 th – February 23 rd	1189	12
February 24 th – March 2 nd	1193	4
March 3 rd – March 9 th	1197	4
March 10 th – March 16 th	1198	1
March 17 th – March 23 rd	1200	2
March 24 th – March 30 th	1202	2
March 31 st – April 6 th	1202	0
April 7 th – April 13 th	1202	0
April 13 th – April 20 th	1205	3
April 21 st – April 27 th	1205	0
April 28 th – May 4 th	1209	4
May 5 th – May 11 th	1218	9
May 12 th – May 18 th	1219	1
May 19 th – May 25 th	1221	2
May 26 th – June 1 st	1222	1
June 2 nd – June 8 th	1226	4
June 9 th – June 15 th	1242	16
June 16 th – June 22 nd	1243	1
June 23 rd – June 29 th	1244	1
June 30 – July 6 th	1245	1

*Changes due to added cases and reclassification of residence

TONHC COVID-19 Positive Test Results and Absolute Change by Week, 2020-2021

Week (2020)	TONHC Cumulative Positive COVID-19 Test Results	Absolute Change [†] in Positive Test Results from Previous Week
June 24 th – June 30 th	153	
July 1 st – July 7 th	202	49
July 8 th – July 14 th	251	49
July 15 th – July 21 st	278	27
July 22 nd – July 28 th	302	24
July 29 th – August 4 th	342	40
August 5 th – August 11 th	382	40
August 12 th – August 18 th	403	21
August 19 th – August 25 th	416	13
August 26 th – September 1 st	426	10
September 2 nd – September 8 th	431	5
September 9 th – September 15 th	444	13
September 16 th – September 22 nd	445	1

September 23 rd – September 29 th	447	2
September 30 th – October 6 th	449	2
October 7 th – October 13 th	457	8
October 14 th – October 20 th	464	7
October 21 st – October 27 th	487	23
October 28 th – November 3 rd	505	18
November 4 th – November 10 th	549	44
November 11 th – November 17 th	604	55
November 18 th – November 24 th	667	63
November 25 th – December 1 st	725	58
December 2 nd – December 8 th	824	99
December 9 th – December 15 th	962	138
December 16 th – December 22 nd	1066	104
December 23 rd – December 29 th	1148	82
December 30 th – January 5 th	1276	128
January 6 th – January 12 th	1409	133
January 13 th – January 19 th	1497	88
January 20 th – January 26 th	1584	87
January 27 th – February 2 nd	1630	46
February 3 rd – February 9 th	1664	34
February 10 th – February 16 th	1689	25
February 17 th – February 23 rd	1706	17
February 24 th – March 2 nd	1711	5
March 3 rd – March 9 th	1723	12
March 10 th – March 16 th	1729	6
March 17 th – March 23 rd	1731	2
March 24 th – March 30 th	1736	5
March 31 st – April 6 th	1739	3
April 7 th – April 13 th	1743	4
April 13 th – April 20 th	1747	4
April 21 st – April 27 th	1748	1
April 28 th – May 4 th	1755	7
May 5 th – May 11 th	1764	9
May 12 th – May 18 th	1765	1
May 19 th – May 25 th	1768	3
May 26 th – June 1 st	1768	0
June 2 nd – June 8 th	1774	6
June 9 th – June 15 th	1792	18
June 16 th – June 22 nd	1794	2
June 23 rd – June 29 th	1798	4
June 30 – July 6 th	1800	2