

Keeping Our Community Informed

GRHC COVID-19 Info Booklet



GILA RIVER TESTING BLITZ

COVID-19 TESTING

COVID-19 TESTING UPCOMING DATES

D3	SEPT 1 - 3
D4	SEPT 8 - 10
D5	SEPT 15 - 17
D6	SEPT 29 - OCT 1
D7	OCT 6 - OCT 8
D1	OCT 13 - 15
D2	OCT 20 - 22

DATES SUBJECT TO CHANGE

- Drive thru testing available
- Upon arrival, on-site registration required prior to testing
- Testing is provided for those who have never been tested or previously tested negative and has no symptoms
- You are welcome to test at any district location
- Tribal ID required for adults, not required for minors accompanied by parent/guardian
- If taking blood thinners, inform testing staff prior to testing
- Transportation provided for Community members residing within GRIC boundaries. To schedule, call (520) 562-3321 ext 1384, before 2 p.m. the business day prior

For test result information, please call:

(602) 528-3378

Monday thru Friday 8AM -5PM

**IF YOU HAVE SYMPTOMS OF COVID-19, PLEASE GO TO HHKMH,
KHC OR GET MEDICAL ATTENTION IMMEDIATELY.**



FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079

GILA RIVER INDIAN COMMUNITY

Executive Office of the Governor & Lieutenant Governor

"Putting Our People First"

Stephen Roe Lewis
Governor



Robert Stone
Lieutenant Governor

SECOND AMENDED EXECUTIVE ORDER NO. 2 REGARDING SCHOOL OPERATION DURING CORONAVIRUS PANDEMIC

WHEREAS, on March 13, 2020, I issued an Executive Order (now referred to as Executive Order No. 1 Regarding Coronavirus Pandemic) regarding the coronavirus (COVID-19) pandemic and measures to be taken in the Gila River Indian Community to address the pandemic; and

WHEREAS, on March 20, 2020, I issued an Executive Order No. 2 Regarding Coronavirus Pandemic to direct that all schools within the Gila River Indian Reservation to close from March 16, 2020 through March 27, 2020; and

WHEREAS, on March 23, 2020, I issued an Amended Executive Order No. 2 Regarding Coronavirus Pandemic, which extended school closures through April 10, 2020, and directed all schools to develop and implement a plan for providing meals for students and other school-aged children and for funding such meals; and

WHEREAS, the COVID-19 pandemic has not abated in Arizona or in the Community sufficiently for the Community to relax measures taken to protect the public health and welfare of Community members and others, but has, in fact, surged in recent months, further deepening the public health crisis we face; and

WHEREAS, the Community must continue diligence in its efforts and direct measures to address the COVID-19 pandemic.

NOW THEREFORE, I, Stephen Roe Lewis, Governor of the Gila River Indian Community, through the authority granted to me in the Constitution and Bylaws of the Gila River Indian Community and Title 1 of the Gila River Indian Community Code, hereby order as follows:

First, I hereby direct that all schools within the boundaries of the Gila River Indian Reservation shall provide education to the students enrolled in the school only through virtual classes or distance learning, and not through in-person on-site classes, from the date that each such school decides to commence classes for its students through at least October 5, 2020. I will assess health and safety factors affecting education on Reservation during the month of September, 2020, and determine whether to extend this period of virtual classes and distance learning for all schools on Reservation.

525 West Gu u Ki · P.O. Box 97 · Sacaton, Arizona 85147

Telephone: 520-562-9841 · Fax: 520-562-9849 · Email: executivemail@gric.nsn.us

To the greatest extent possible, schools should offer synchronous learning where teachers provide instruction in real-time. In-person classes may resume on October 5, 2020, unless upon review I determine it is in the best interests of the Community to extend the period of virtual classes or distance learning.

Second, I hereby direct each school within the boundaries of the Gila River Indian Reservation to develop and implement a plan for providing meals while practicing COVID-19 prevention measures for students and other school-aged children using existing resources that each such school has available to it, and to the extent such meal programs exceed the resources available to these schools, the schools may request such funding as may be necessary from the Community Treasurer.

DONE THIS 30th DAY OF JULY, 2020.

BY



GOVERNOR STEPHEN ROE LEWIS





OPERATION STAY AT HOME

FREQUENTLY ASKED QUESTIONS

Governor Stephen Roe Lewis extended the "Stay at Home" provisions of Executive Order No. 6 to remain in effect through September 7, 2020. Individuals within GRIC Boundaries of the Gila River Indian Reservation shall limit their time away from their place of residence or property except for essential activities.

Why is this "Stay at Home" executive order necessary?

The Community has seen a surge in COVID-19 cases similar to that of the State overall. We have had 17 members die from this disease. Community must take action to preserve the health and safety of the Gila River Indian Community and its members.

What does this executive order mean?

Unless you are engaged in an "essential activity," you must stay at home. Staying at home is still the best and easiest way to prevent the spread of COVID-19.

What is an "essential activity"?

The executive order lists essential activities. "Back to school" activities, including obtaining homework or instructional packets or meals for school-age children are considered essential activities.

What happens if I violate the Stay at Home executive order?

Citations will be issued by the Police Department and offenders could face up to 30 days in jail and a fine of up to \$500. There will be no warnings issued.

What will I be cited for if I violate the Stay at Home Order?

You will be cited under GRIC Code section 5.1003, "Criminal Nuisance," for conduct which recklessly creates or maintains a condition which endangers the health of others. Juveniles out past curfew will also be charged with "Curfew Violation" under the Children's Code, GRIC Code section 7.602.

What if a non-member violates this executive order?

Non-members will be cited for "Civil Trespass" under GRIC Code section 8.203 and removed from the Community. There will be no warnings issued.

What about commercial businesses or enterprises and government operations?

This executive order does not apply to these operations.

What should I do if I observe what I believe to be a violation of the Stay at Home executive order?

Call the Police Department non-emergency line at 520-562-4511

Do I need documentation from my employer deeming me essential?

No. Travel to and from any employment is not affected by this executive order. GRPD officers are not asking or looking for any type of special paperwork from your employer at this time.

Will I be pulled over for just driving on the roadways?

No, not for just traveling on the roadways. If, however, you are committing a traffic violation or crime that would be enforced independent of the executive order, you may be stopped, like any other day and subsequently asked about possible executive order violations.

Will there be roadblocks?

No.

Will there be any special GRPD enforcement of this executive order?

Yes. Starting this weekend, and every weekend until further notice, GRPD will be conducting "Operation Stay at Home." This will consist of a special task force of police officers who will be specifically assigned each weekend night, Friday to Sunday, with enforcing the Stay at Home executive order.

Do I still have to wear a mask?

Yes. Executive Order No. 8, which requires protective face masks to be worn, is still in effect. You can contact your District Service Center to request a face mask



Amendments to Executive Orders: In regard to the Coronavirus Pandemic

Second Amended Executive Order No. 2: School Operation During Coronavirus Pandemic

On July 30, 2020 the Gila River Indian Community amended Executive Order No. 2 – School Operation During the Coronavirus Pandemic. Amended Executive Order No.2 states:

- All schools within the boundaries of the Gila River Indian Reservation shall provide education to the students enrolled in the schools only through virtual classes or distance learning and not through in-person on site classes from the date each school decides to begin classes for students until at least October 5, 2020.
- Health and safety factors regarding education on the reservation will be assessed during September 2020, and it will be determined whether to extend the period of virtual classes and distance learning for all school on the reservation.
- In-person classes may resume October 5, 2020 unless it is in the best interest of the Community to extend the period of virtual classes or distance learning
- Each school within the boundaries of the Gila River Indian Reservation must develop and implement a plan for providing meals for students and other school ages children on the reservation.

Seventh Amended Executive Order No. 5 Regarding Coronavirus Pandemic: Partial Government Closure

Amended Executive Order No. 5 extends the partial closure of Gila River Indian Community government departments and offices until September 7, 2020.

The closure excludes departments which provide essential services to the Community.

The extended closure is to address the recent increase of COVID-19 cases in Arizona.

Third Amended Executive Order No. 6 Regarding Coronavirus Pandemic: Stay at Home Order

On July 30, 2020 the Gila River Indian Community extended Executive Order No. 6 – Stay at Home Order until September 7, 2020. This order directs all individuals who live within the Community to stay home except to conduct essential activities.

Essential activities include:

- Traveling to and from place of employment
- Traveling to and from a school located on the Gila River Reservation for the purposes of delivering or receiving instructional packets or meals for school age children



Amendments to Executive Orders: In regard to the Coronavirus Pandemic

- Grocery shopping or obtaining necessary household supplies or services
- Seeking medical care or assisting others to seek medical care
- Outside physical activity while maintaining appropriate physical distance from others
- Caring for a family member, or friend
- Farming or ranching activities, including tending to crops or livestock or related activities
- Travel related to essential activity

The police department is authorized and directed to enforce this Executive Order.

- Community members who violate this executive order will be cited under GRIC Code § 5.1003, "Criminal Nuisance" which prohibits conduct which recklessly creates or maintains a condition which endangers the safety or health of others, and is punishable by up to 30 days in jail or a fine of up to \$500 or both. Juveniles may also be charged with a curfew violation under GRIC Code § 7.602
- Non-members who violate this executive order will be cited under GRIC Code § 8.203, "Civil Trespass," which prohibits acts by a non-member that would constitute a criminal violation if committed by a member, and may subject the individual to a fine of up to \$500, or possibly more, as well as immediate removal from the Gila River Indian Reservation.

Fourth, this executive order does not affect the operations of any commercial or business enterprise on the Gila River Indian Reservation, and Community government operations shall continue to be subject to Executive Order No. 5, as amended.

STAY HOME, STAY SAFE, STAY HEALTHY!



How to Reduce Stress during COVID-19

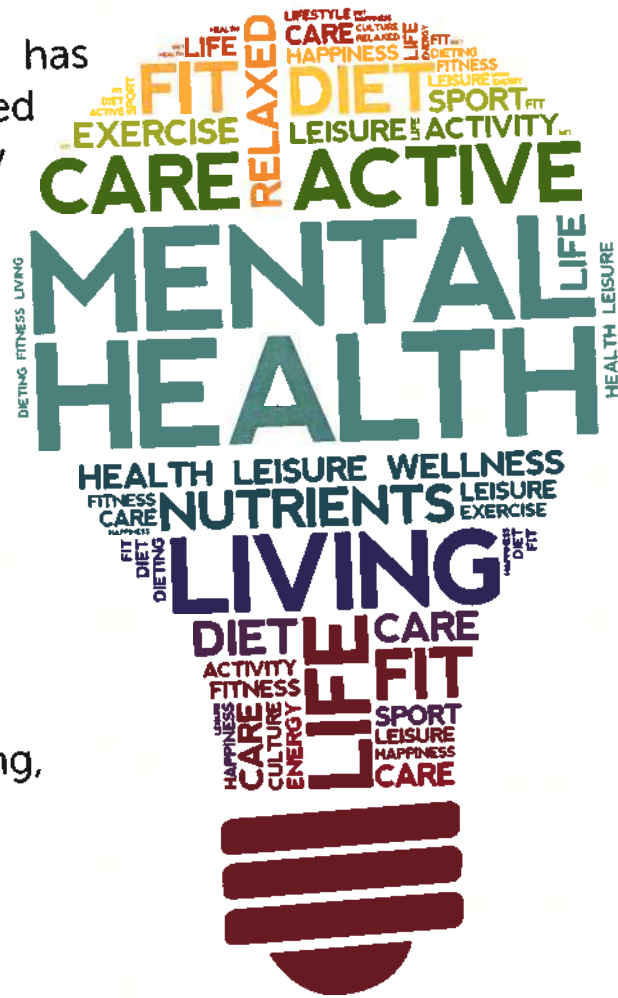
Stress during COVID-19

The COVID-19 (coronavirus) is new and has appeared across the world. It has disrupted daily routines, which has created anxiety and fear. These feelings are normal but can cause tremendous stress. Stress can have huge impacts on families and can make things feel like they are out of control. It is essential to know how to recognize stress and how to manage it.

Recognizing Stress

If you are experiencing any of the following, you may be feeling elevated stress levels:

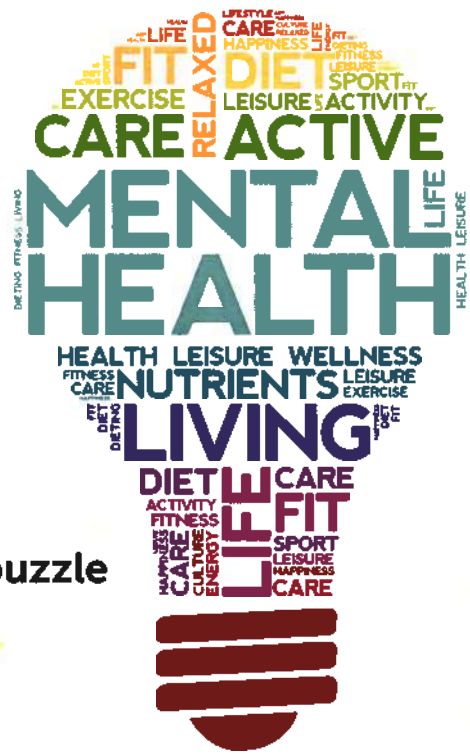
- **Having trouble sleeping or relaxing**
- **Loss of appetite or eating too much**
- **Increased frustration or anger**
- **Increased worrying**
- **Increased or decreased energy/activity levels**
- **Wanting to be excessively alone**
- **Increased use of alcohol or drugs**



How to Reduce Stress during COVID-19

The feelings related to stress are manageable.

- Connect with family and friends in other homes through phone calls or video chat.
- Exercise by taking walks, stretching, in-home workout, jogging, etc.
- Attend spiritual service through the internet or TV
- Share seasonal traditional activities or foods
- Art: paint, play or listen to music, do beadwork, sew, dance
- Do a word search, Sudoku or crossword puzzle
- Limit social media and news watching
- Relaxation exercises: deep breathing and meditation
- Audiobooks, podcast, reading
- Laughter



Local Resources

If you or someone you know are experiencing a mental health crisis, call: 911 or take them to the emergency room.

For further questions about services or resources, please contact Behavioral Health Services at (602) 528-7100. Additional contact info: National Suicide Prevention Lifeline 1-800-273-8255 Gila River Indian Community Crisis Line 1-800-259-3449 Teen Lifeline (AZ Stateline) 1-800-248-8336

ACTIVE PARENTING

**Now online thru WebEx
6-Hour-Course (2hrs/day)**

OBJECTIVE OF CLASS:

Each class is designed for discussions about important and empowering tools you can use when parenting your teenager. Participants will learn how to:

- Open up the lines of communication;
- Encourage cooperation and responsibility;
- Discipline effectively; and
- Explore techniques for solving the unavoidable problems that may rise.

To register for a this training please contact the BHS Prevention Program:

Traci Begay

Phone: (520) 610-3697 or Email: tbegay1@grhc.org

Aya Garton

Phone: (520) 610-4418 or Email: agarton@grhc.org

General Active Parenting Class

- **Active Parenting (General): August 18th, 19th, 20th (Tue/Wed/Thu) 4pm--6pm**
- **Active Parenting (Teens): August 24th, 25th, 26th (Mon/Tue/Wed) 9am-11am**

Please register using link or QR Code:

<https://www.surveymonkey.com/r/N77MTX3>



National Suicide Prevention Lifeline
1-800-273-8255

Gila River Indian Community Crisis Line
1-800-259-3449

AUGUST 2020

Click on activity to register



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4	5 Online Learning: Self-Care & COVID-19 12pm-1pm	6 Online Learning: Methamphetamines 9:30am-10:30 am Gila River Prevention Coalition Meeting 11am-12pm	7 QPR Suicide Prevention Training 10am-11am	8
9	10	11 QPR Suicide Prevention Training 6pm-7pm	12 Online Learning: Heroin and Opioids 12pm-1pm	13	14 QPR Suicide Prevention Training 1pm-2pm Family Night: Trivia Night! 6pm-8pm	15
16	17	18 Active Parenting 4pm-6pm	19 Active Parenting 4pm-6pm Online Learning: Marijuana 12pm-1pm	20 Active Parenting 4pm-6pm Gila River Prevention Coalition Meeting 11am-12pm Online Learning: Tobacco & Vaping 12pm-1pm	21 QPR Suicide Prevention Training 1pm-2pm	22
23	24 Active Parenting (Teen Version) 9am-11am	25 Active Parenting (Teen Version) 9am-11am	26 Active Parenting (Teen Version) 9am-11am Online Learning: Methamphetamines 12pm-1pm	27 Online Learning: Narcan Training 10am-11am	28 QPR Suicide Prevention Training 1pm-2pm Online Learning: Tobacco & Vaping 5pm-6pm	29
30	31	1	2	3	4	5

For more information, please contact:
bhsprevention@grhc.org
(480) 868-7723

COVID-19 BASICS FOR COMMUNITY ELDERS



Gila River
HEALTH CARE



Facts About the Coronavirus

Coronavirus are type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms or even no symptoms may spread the disease without knowing they are sick.

How can I protect myself and my family?

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes are at higher risk for developing more serious complications from the coronavirus. Practice these safety measures to help control the spread of COVID-19.



Keep at least six feet from others when out in public



Always, wear a mask or cloth face covering when going out in public



Wash hands with soap and water, and use alcohol-based hand sanitizer if unable to wash hands



When possible, avoid being in any setting with more than ten people



Stay home when you are sick or if a household member has tested positive for COVID-19 (Except to get essential medical care, prescriptions, and food)

*Sources
• Johns Hopkins Center for American Indian Health
• The Centers for Disease Control and Prevention
• Maricopa County Public Health Office

COVID-19 Testing

I feel fine, should I get tested?

The short answer is - yes. Asymptomatic individuals (those who may have been exposed but do not show any signs of the illness) can spread COVID-19 without knowing it. If you don't have symptoms, please get tested at one of the Community Service Center testing sites; you don't need to go to KHC or HHKMH.

Is there a vaccine or treatment?

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

Where can I get tested?

NO SYMPTOMS? You can get tested for COVID-19 during the GRHC Community Testing Blitz. (Dates/Times/Locations listed below)

EXPERIENCING SYMPTOMS? (Difficulty breathing, fever, or cough) Call your provider immediately.

When can I get tested?

Services available twice daily: 9 am - 1 pm and 5 pm - 7 pm.

Testing dates may vary. Please contact your local District Service Center or Community Services for testing dates and times.

Non-emergent transportation services are available for Community members residing within GRIC boundaries. To schedule, call 520-562-3321 EXT. 1384, before 2 pm the day prior.

District Service Centers

District 1 Service Center - 520-215-2110
District 2 Service Center - 520-562-3450
District 3 Service Center - 520-562-3334

District 4 Service Center - 520-418-3661
District 5 Service Center - 520-315-3441
District 6 Service Center - 520-550-3805

District 7 Service Center - 520-430-4780

Snapshot of GRHC Services

(Most commonly used services used by elders)

***Additional Medical Services May Be Available, Call The Location For More Info.**

HU HU KAM MEMORIAL HOSPITAL
520-562-3321

PRIMARY CARE SERVICES

Direct phone number: 602-528-1200 EXT. 1495
Hours: Mon - Thu: 8 am - 7 pm
Fri - Sat: 8 am - 6 pm

OPTOMETRY

Direct phone number: 602-271-7960
Hours: Mon - Fri: 8 am - 5 pm

PHARMACY

Direct phone number: 602-528-1303
Curbside Service: 602-528-1203

INSIDE PHARMACY

Hours: Mon - Sat: 8:30 am - Midnight
Sun: 12 pm - 10 pm

PHARMACY CURBSIDE

Hours: Mon - Sat: 8:30 am - 7 pm
Sun: 12 pm - 7 pm

LAB

Direct phone number: 602-528-1220
Outpatient Lab Hours: Mon - Thu: 7 am - 7 pm
Fri - Sat: 7 am - 6 pm

PODIATRY

Direct phone number: 520-562-3321 EXT. 1258
Hours: Mon - Fri: 8 am - 6 pm

BEHAVIORAL HEALTH SERVICES -

New Beginnings

Direct phone number: 520-550-6008
Virtual appointments only

KOMATKE HEALTH CARE
520-550-6000

PRIMARY CARE SERVICES

Direct phone number: 520-550-6000
Hours: Mon - Fri: 8 am - 6 pm

PHARMACY - Drive thru only

Direct phone number: 520-550-6022
Hours: Mon - Fri: 8:30 am - 6 pm

LAB

Direct phone number: 520-550-6016
Hours: Mon - Fri: 8 am - 6 pm

PODIATRY

Direct phone number: 520-550-6000 EXT. 6520
Hours: Mon - Fri: 8 am - 6 pm

BEHAVIORAL HEALTH SERVICES - Shegoi

Direct phone number: 520-550-6008
Virtual appointments only

HAU'PAL (RED TAIL HAWK) HEALTH CENTER
520-796-2600

PRIMARY CARE SERVICES

Telemedicine service only appointment
Hours: Mon - Fri: 8 am - 6 pm

PHARMACY - Drive thru only

Direct phone number: 520-796-2601
Hours: Mon - Fri: 8:30 am - 6 pm

BEHAVIORAL HEALTH SERVICES

Direct phone number: 520-796-2620
Virtual appointments only

If you are experiencing any of the following symptoms of COVID-19, call your provider immediately:

- Fever/chills
- Fatigue
- New loss of taste/smell
- Cough
- Muscle/Body aches
- Sore throat
- Shortness of breath or difficulty breathing
- Headache
- Nausea/Vomiting

24 HOUR POLICE DISPATCH NON EMERGENCY NUMBER: 520-562-4511

ALWAYS call 911 in an EMERGENCY.

FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO
GRHC.ORG/CORONAVIRUS

OR CALL THE GRHC CORONAVIRUS HOTLINE AT
520-550-6079

5 Quick Tips for Elders

- **Deep Breathing/Meditation every morning**
- **Avoid watching News and reports more than necessary**
- **Continue with spiritual activities through services on the internet or TV**
- **Take up a new hobby**
- **Keep in touch with friends and family via social media or a simple phone call**



FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079

**If you have symptoms of COVID-19,
please go to HHKMH, KHC or
get medical attention immediately.**

- **Difficulty breathing or shortness of breath**
- **Persistent pain or pressure in the chest**
- **New confusion or inability to arouse**
- **Bluish lips or face**
- **Fever, Cough, Sore Throat, Chills, Muscle pain, Headache, New loss of taste or smell**

Elder Color Cards Program

**(This is a volunteer program. Elders wishing to participate must opt-in.
For assistance, see your District Service Center Elderly Services Coordinator)**

When: Program begins Friday, May 29, 2020

IMPORTANT: You must opt-in to participate in this program. Please be advised that this is not a 24-hour monitoring program, in the case of an emergency ALWAYS dial 911.

How to Participate:

IMPORTANT: Contact your District Service Center Elderly Services Coordinator for assistance with opting-in to the program.

How the Elder Color Card Program Works:

Once you have opted-in to the program, your residence will be monitored daily by multiple GRIC tribal departments (GRICPD, Tribal Health, EMS, Fire Dept.).

Place the card in the front window of your residence daily. Please make sure the card is visible from the road/driveway of your home.

- Select the **GREEN SIDE** of the card when you are doing well, feeling healthy, and all your basic needs are met
- Select the **YELLOW SIDE** of the card when you need to talk to someone, would like information, or need help with necessities such as food, toiletries or emotional support
- If you have opted-in to the program, GRIC departments will monitor only the homes that have self-identified as needing assistance (or placed the **YELLOW SIDE** of their card in their window). Once you have placed the **YELLOW SIDE** of your card in your window, the following will occur:
 - GRPD will conduct a welfare check
 - The request or need will be forwarded on to the Community Services Department and the Emergency Operations Center for fulfillment



**For more information or assistance with opting-in to the program,
please contact your District Service Center, Elder Services Coordinator.**



GRIC Tribal Health Department:
Phone: 520.562.5132
Email: THD.Disease.Surveillance.Staff@gric.nsn.us



GRHC:
GRHC.ORG/Coronavirus
Phone: 520.550.6079



OEM:
www.gricsafety.org
Phone: 520.610.8120
Email: OEM2@gric.nsn.us

**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**

JOIN US ON ZOOM!

A.A. FLYING TO FREEDOM MEETINGS
EVERY TUESDAY AND THURSDAY 1PM-2PM



N.A. HEALING WARRIOR TURTLE MEETING
EVERY WEDNESDAY 1PM-2PM



Contact Caroline Wesley (520-610-6022) or
Amy Vallejo (520-610-8128) for meeting
link/meeting ID number/password

If not on Zoom, call in option available:
1-301-715-8592 (enter meeting ID number, push # for
no participant ID number, enter password)

“You are not alone”



QUARANTINE FAQs FOR PATIENTS

1. Who needs to quarantine?

Anyone who has been in **close contact with someone who has COVID-19, anyone diagnosed with COVID -19 and anyone who has symptoms of COVID -19 but has not been tested for COVID -19.**

2. What counts as close contact?

If...

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

3. When can I end quarantine?

If....

- **Exposed to COVID:** Quarantine for 14 days.
- **Showing symptoms:** Stay under home quarantine for at least 14 days and until you are symptom-free for at least 96 hours or 4 days.

IMPORTANT: If you have any symptoms, such as chest pain or shortness of breath, then seek medical attention.

Scenarios

The following scenarios can help determine when you can end quarantine and be around others:

Scenario 1 - Close contact / someone NOT sick / non-symptomatic: I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

- Your last day of quarantine is 14 days from the date you had close contact.



Ex: You last had contact with a person who has COVID-19 on the 1st of the month. Your quarantine will start on the 1st at noon and last until the 15th at noon - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).

Scenario 2 - Isolated: I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

- Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

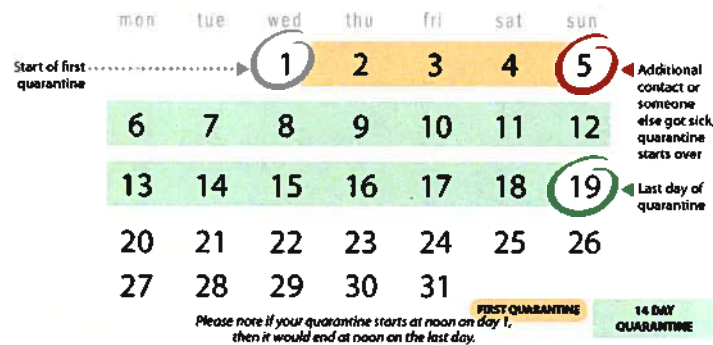
Ex: A housemate with COVID-19 began home isolation on the 1st of the month. Your quarantine will start on the 1st at noon and last until the 15th at noon - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).



Scenario 3 - Close contact with sick/symptomatic person. I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

- Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

Ex: You had close contact with a COVID-19 positive person on the 1st of the month at noon. Your quarantine will start on the 1st and last until the 15th at noon. However, you had an additional contact with another COVID-19 positive person on the 5th at 2 pm. Your quarantine will re-start on the 5th at 2 pm and last until the 19th at 2 pm - assuming you do not develop COVID symptoms (i.e. coughing, fever, shortness of breath).



Scenario 4: I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

- You should avoid contact with others outside the home **while the person is sick, and quarantine for 14 days after** the person who has COVID-19 meets the criteria to end home isolation: 3 days with no fever, improved respiratory symptoms (e.g. cough, shortness of breath), and it has been 10 days since symptoms first appeared.

Ex: A person in your household is sick and has been diagnosed with COVID-19 on the 30th of the month. You are unable to isolate the individual and/or you provide direct care for them. The individual recovers and is cleared to end home isolation on the 9th of the following month. Your quarantine will begin on the 9th and will end on the 23rd.





Gila River
HEALTH CARE

What is **QUARANTINE?**

During the COVID-19 Pandemic



To quarantine means to isolate yourself. During quarantine, you must take actions to prevent unintentionally spreading COVID-19 to uninfected people.

Actions to take during Quarantine:

- Restrict activities and limit all movements that may put you in contact with others during the quarantine period
- Stay home. Do not go to work, school, or public areas
- You may only leave your place of quarantine or enter another public or private place to get necessary medical care
- Do not allow visitors
- Separate yourself from others in your home (unless they are also in quarantine)
- Stay in a specific room and away from other people in your home
- It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system
- Use a separate bathroom, if available
- Stay at least 6 feet away from others (When this is not possible, wear a cloth face covering)
- Do not handle pets or other animals
- Do not prepare or serve food to others

For Questions or Concerns regarding COVID-19 and GRHC's Quarantine and Retesting requirements, call the GRHC COVID-19 Hotline at 520-550-6079 or go to www.grhc.org/coronavirus

Ending **QUARANTINE**

If you have Confirmed COVID-19 or Suspected COVID-19 (meaning you did not get tested), you can leave quarantine/isolation and go back to work when all of the following are true:

- A) It has been 14 days since your symptoms first started; AND
- B) You have had at least 4 days in a row with no fever at all; AND
- C) During those 4 days, you have not taken any fever-reducing medication such as Tylenol, Acetaminophen, Advil, Ibuprofen, Aleve, or Naproxen; AND
- D) Improvement in symptoms

People may continue to test positive on a viral test long after they have recovered from COVID-19. You can end isolation and return to work if all of A, B, C and D are true even if you have one or more positive viral tests beyond 14 days after your symptoms first started. If you meet all the above criteria, you are considered not contagious and no further testing is warranted unless you develop any new symptoms.

If you have Confirmed COVID-19, but never had symptoms, you can return to work 14 days after the date of your positive test.

Retesting for **POSITIVE CASES**

GRHC will not retest people with Confirmed COVID-19. This is because:

- A) You don't need a nasal or blood test to discontinue home quarantine
- B) Only patients that meet certain requirements* will need two negative tests before they can discontinue quarantine
- C) Some people may continue to have a positive test result for several weeks after full recovery and they are not considered to be contagious
- D) Dead virus particles can still show up as a positive viral test but are not considered contagious
- E) Retesting Confirmed COVID-19 patients can lead to people being out from work and in isolation longer than they need to be

*Patients require two negative tests results 24 hours apart before discontinuing quarantine include: Dialysis patients/employees, TCH patients/employees, severely immunocompromised patients, DRS inmates, and caregivers of severely immunocompromised patients.



HEALTH ALERT

NOVEL CORONAVIRUS (COVID-19)

COVID-19 virus is spread mainly from person-to-person between people who are in close contact with one another (within 6 ft.) and through respiratory droplets produced when an infected person coughs or sneezes.

Preventative Tips

on Stopping the Spread of the Coronavirus (COVID-19)

- **SOCIAL DISTANCING** this means avoiding crowded places and maintaining distance from others.
- **WASH YOUR HANDS** often and thoroughly with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- **AVOID TOUCHING** your eyes, nose, and mouth with unwashed hands.
- **COVER YOUR COUGHS & SNEEZES** with a tissue or cough or sneeze in your sleeve.
- **AVOID SHARING** household items with a person who is ill with a respiratory illness.
- **CLEAN ALL SURFACES** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, & bedside tables daily.
- **MONITOR YOUR SYMPTOMS** if you have a cough, fever and are having trouble breathing, please contact your health care provider and take steps to keep other people from getting infected.
- **PRIOR TO OR UPON ARRIVAL** to the hospital/clinic, please notify us of your symptoms. Wear a face mask to protect yourself and others
- **WEAR A FACEMASK** when you are in a room with other people. Masks are available at the entrances of our healthcare facilities.

GRHC Coronavirus Hotline (520) 550-6079



GRIC:
www.mygilariver.com
Phone: 520.562.5132
Email: Elizabeth.antone@gric.nsn.us



GRHC:
GRHC.ORG/Coronavirus
Phone: 520.550.6079



OEM:
www.gricsafety.org
Phone: 520.610.8120
Email: OEM2@gric.nsn.us

Take an online training to say *Yes to Life!*



QPR (Question Persuade Refer) is a 1-hour training for adults to learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Upcoming Online Trainings:

Dates: Tuesday August 11 at 6:00pm
Friday August 28, 2020 at 1:00pm

Location: Online through WebEx (*App available!*)

Cost: Free!

****Registration is Required**

Register by following the link here:

August 11: <https://www.surveymonkey.com/r/P88MS22>

August 28: <https://www.surveymonkey.com/r/8PSHSQG>

***Safety Requirement:** We care about our participants' safety. You must include safety contact when registering for training.

For more information or questions, please contact BHS Prevention at 520-610-0630 (Courtney Tolino) or email BHSprevention@grhc.org / ctolino@grhc.org

****Please register to attend one (1) training**



Gila River Indian Community Crisis Line
1-800-259-3449

National Suicide Prevention Lifeline
1-800-273-8255



Gila River
HEALTH CARE

FENTANYL AWARENESS & PREVENTION

Over 9,000 Fentanyl pills were seized at Gila River Indian Community in a week-long sting operation conducted in several Arizona tribal communities in May 2018 according to the Department of Interior.

In March 2019, a second sting operation in the Tohono O'odham community netted another 30,000 Fentanyl pills from a Mexican drug cartel.



In the past few years, Arizona has declared an opioid epidemic due to increasing numbers of people dying. Since June of 2017, there have been 2,846 opioid overdose deaths in Arizona, and most of them were not suicides but rather people taking pain pills or heroin not realizing how dangerous they can be.

THE DANGERS OF FENTANYL

- **Fentanyl and heroin are made in laboratories and do not come from the poppy plant**
- **Fentanyl pills are made and sold by drug cartels, and often the dosage is unknown.**
- **Drug cartels often make the Fentanyl pills look like other opioid pain pills such as Vicodin or Oxycodone.**
- **Sometimes the drug dealers use Fentanyl powder to mix with other drugs like cocaine, methamphetamine, and heroin.**
- **What we need to know is that Fentanyl is about 40 times as deadly as heroin and is sometimes referred to as "Grey Death Heroin" when mixed with heroin and sold by dealers.**
- **If someone uses methamphetamine laced with Fentanyl their risk of dying from an overdose is great.**
- **Fentanyl in counterfeit pills is also a lot more potent than the opioid pain medications dispensed by our pharmacies and someone buying what looks like a Vicodin pill could easily overdose if it turns out to be Fentanyl instead.**

Medical providers at Gila River Health Care are being more careful about prescribing opioid medications and offering patients with pain alternative therapies whenever possible to minimize their use of opioid pills. Unfortunately, heroin use is on the rise in Arizona, and now Fentanyl is also being sold by drug dealers. The worry is that despite efforts in Arizona and our Community, the number of opioid overdoses and deaths may increase dramatically in the next few years.

There are at least three things that can be done to keep our Community, especially our young people safe.

1. Focus on prevention, and this starts with education so that the community is aware of Fentanyl and the dangers of overdose.

THINGS TO KNOW:

- Fentanyl may be in methamphetamine or pills sold by drug dealers and could cause an overdose.
- Part of prevention will also be the continued efforts of our law enforcement officers to keep Fentanyl and other drugs from being brought into the community.

2. Educate the Community about Narcan which is the medication that can save someone who has an opioid overdose.

THINGS TO KNOW:

- Narcan is the medication that is kept in our ambulances and emergency rooms and pharmacies and is the antidote for someone dying from an opioid overdose.
- Narcan is now available at Gila River Health Care as a nasal spray that can be kept in the home for people at risk for opioid overdose.
- It may be provided for people at risk who are getting opioid pain pills from the pharmacy or if someone is buying them or using heroin.
- Now that we know that Fentanyl may be mixed in with methamphetamine, people who use meth should also know about Narcan.
- If a family member or friend is at risk for opioid overdose, it is now possible to get Narcan in the home which may save that person's life.

3. Inform those who are buying pain pills, heroin, or Fentanyl about the ways to get help to quit using.

THINGS TO KNOW:

- Gila River Health Care continues to provide treatment services for individuals who get hooked on opioid pills, heroin, or Fentanyl.
- Treatment may include residential treatment, outpatient counseling, and even medication to reduce the cravings for drugs and to treat withdrawal.
- Contact the Behavioral Health Department at Gila River Health Care to get more information about how to get the help needed to get into recovery.

Things The Community Needs To Know:

- Fentanyl is illegally sold within the Gila River Indian Community to Community members.
- What Fentanyl is and what we need to know and do about it.
- When obtained illegally, the risk of dying from an overdose is high.

Fentanyl is an opioid drug that works in the brain like morphine or heroin.

- Morphine and Fentanyl are useful opioid pain medications, but Fentanyl is much more potent and used for pain control in surgery.
- Morphine is made directly from the opium poppy plant.
- Legal Fentanyl comes in exact dosage in liquid or a patch but not in pill form

Fentanyl is illegally available within the Gila River Indian Community, and it is up to all of us to keep this deadly drug from causing preventable death and harm to those who may use it.

How to receive Narcan?

- Talk to your medical provider if you feel you may be at risk for an opioid overdose
- Request a Narcan kit at the registration desk of Hu Hu Kam Memorial Hospital Emergency Department or at Komatke and Hau'pal Health Center Pharmacies (Proper education will be provided)
- Call Public Health Nursing at (520) 550-6042
- Call Beth Fabrick, RN at (520) 796-3813



Gila River
HEALTH CARE



Gila River
HEALTH CARE

OPIOID SAFETY AND NALOXONE USE

For Patients and Caregivers



**ARIZONA DEPARTMENT
OF HEALTH SERVICES**

For more information, visit
www.azhealth.gov/opioid

COMMON OPIOIDS INCLUDE:

GENERIC	BRAND NAME
Heroin	N/A
Hydrocodone	Vicodin [®] , Lorcet [®] , Lortab [®] , Norco [®] , Zohydro [®]
Oxycodone	Percocet [®] , OxyContin [®] , Roxicodone [®] , Percodan [®]
Morphine	MSContin [®] , Kadian [®] , Embeda [®] , Avinza [®]
Codeine	Tylenol [®] with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic [®]
Hydromorphone	Dilaudid [®]
Oxymorphone	Opana [®]
Meperidine	Demerol [®]
Methadone	Dolophine [®] , Methadose [™]
Buprenorphine	Suboxone [®] , Subutex [®] , Zubsolv [®] , Bunavail [®] , Butrans [®]

If you have any additional questions, please contact your Primary Care Provider, Pharmacist, or Beth Fabrick at (520) 796-3813, e-mail: bfabrick@grhc.org

IN CASE OF OVERDOSE:

1.

CALL 911 - Give naloxone

If no reaction in 3 minutes, give second naloxone dose if available

2.

Rescue breathing or chest compressions

Follow 911 dispatcher instructions

3.

After naloxone

Stay with person for at least 3 hours or until help arrives

What is an opioid overdose?

An overdose occurs when a person takes too many opioids, passes out, and has no or very slow breathing (i.e., respiratory depression).

How to identify an opioid overdose:

- Heavy nodding, deep sleep, hard to wake up, or vomiting
- Slow or shallow breathing (less than 1 breath every 5 seconds), snoring, gurgling, or choking sounds
- Pale, blue or gray lips, fingernails, or skin
- Clammy, sweaty skin

To avoid an accidental opioid overdose:

Do not mix opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.

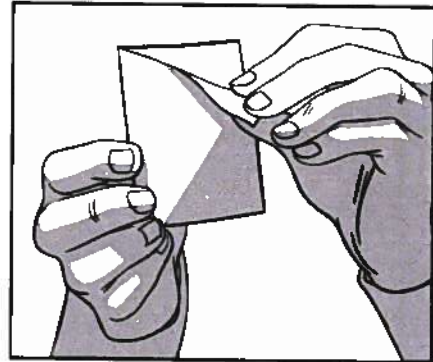
Now that you have naloxone —

Let someone know where it is and how to use it.

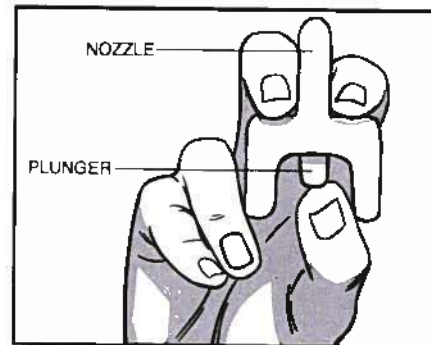
NASAL SPRAY:

1—Remove naloxone nasal spray from the box.

2—Peel back the tab with the circle to open the naloxone nasal spray.



3—Hold the naloxone nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



4—DO NOT PRIME OR TEST THE SPRAY DEVICE.

Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril, until your fingers on either side of the nozzle are against the bottom of the person's nose.

5—Press the plunger firmly to give the dose. Remove the spray device from the nostril.



6—If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.

Watch the NARCAN® Nasal Spray instructions for use video.

This is a demonstration video on how to use NARCAN® Nasal Spray properly.

"How to use Narcan" Video Link.

www.bit.ly/HowtoUseNARCAN

GILA RIVER TESTING BLITZ

COVID-19 TESTING RESULTS

I am a member or reside in the GRIC and was tested, at a District Service Center, how do I get my results?

GRHC Testing Results:

Expect results within 5 business days

NEGATIVE RESULTS:

A member of the GRHC primary care department staff will try twice by phone and if no answer or voice mail, GRHC will mail a letter to the patient.

POSITIVE RESULTS:

Expect a phone call from a doctor, if no phone or voicemail available, a GRHC Public Health Nurse will be sent to the residence for follow up and contact tracing.

For more information about results, please call:

(602) 528-3378

I am an employee of the Gila River Indian Community and was tested, how do I get my results?

GRIC Employee Testing Results:

(Tribal Government and Business Entity)

All GRIC Employee testing results can be received via Steward Health and their Human Resources Department. Results are available approximately 3-5 days after test day.

Positive cases will receive a call from Steward Health and the Tribal Health Department will also contact the employee.

For more information about results, please call your Human Resources Department



FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079

We are living in very challenging times...and we want you to know

You Are Not Alone

If you are experiencing loss, anxiety
or stress...we are here for you.

Call the COVID Anxiety and Stress Helpline:

(602) 528-7122

Free, confidential, 24/7 Support



Keeping #GilaRiverStrong...TOGETHER

Gila River Indian Community Crisis Line
1-800-259-3449
Call 24 hours a day for immediate help



**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**

DISTRICT SERVICE CENTERS

District 1 Service Center

Phone: (520) 215-2110

District 2 Service Center

Phone: (520) 562-3450

District 3 Service Center

Phone: (520) 562-3334

District 4 Service Center

Phone: (520) 418-3661

District 5 Service Center

Phone: (520) 315-3441

District 6 Service Center

Phone: (520) 550-3805

District 7 Service Center

Phone: (520) 430-4780

**PUBLIC SAFETY
EMERGENCY: 911**

**NONEMERGENCY:
(520) 562-4511**



GRIC Tribal Health Department:
Phone: 520.562.5132
Email: THD.Disease.Surveillance.Staff@gric.nsn.us



GRHC:
GRHC.ORG/Coronavirus
Phone: 520.550.6079



OEM:
www.gricsafety.org
Phone: 520.610.8120
Email: OEM2@gric.nsn.us

**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**

Frequently Called Extensions

Hu Hu Kam Memorial Hospital - Main Number: (520) 562-3321

Behavioral Health..... Ext 7100
Dental..... Ext 1209
Imaging Ext 1232
Infusion Clinic..... Ext 1219
Inpatient Clinic Ext 1218
Laboratory..... Ext 1220
Life Center Ext 7940

Optometry Ext 7365
Pharmacy Refill Line Ext 1270
Physical Therapy Ext 1230
Podiatry..... Ext 1258
Primary Care Ext 1495
Women's Clinic..... Ext 1400

Komatke Health Center - Main Number: (520) 550-6000

Behavioral Health..... Ext 6008
Dental..... Ext 6015
Imaging Ext 6044
Laboratory..... Ext 6016
Life Center Ext 6470
Optometry Ext 6012

Pharmacy Refill Line Ext 1303
Physical Therapy Ext 6213
Podiatry..... Ext 6025
Primary Care Ext 6000
Women's Clinic..... Ext 6110

Hau'pal (Red Tail Hawk) Health Center - Main Number: (520) 796-2600

Audiology..... Ext 2965
Behavioral Health..... Ext 2620
Dental..... Ext 2682
Imaging Ext 2655
Infusion Clinic..... Ext 1219
Inpatient Unit Ext 1218
Laboratory..... Ext 2651

Life Center Ext 2657
Optometry Ext 2690
Physical Therapy Ext 2715
Podiatry..... Ext 2664
Primary Care Ext 2697
Women's Clinic..... Ext 2693

www.grhc.org

**To stay informed on testing and COVID-19 updates, text
GILARIVER to 797979 to opt-in to this service.**

**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO
GRHC.ORG/CORONAVIRUS
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**