



# COVID-19 Guidance for GRIC Departments, Entities, and Organizations

## **Tribal Health Department**

Updated August 9, 2021



# Tribal Health Department

Post Office Box 7 | 433 W. Seed Farm Road Sacaton, Arizona 85147 Phone: (520) 562-5100

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\*\*\* The Tribal Health Department guidance is meant to assist departments, entities, and organizations regarding the COVID-19 pandemic. The guidance document will not cover departments, entities, or an organizations internal policies and procedures regarding the COVID-19 pandemic i.e. employee leave for quarantine. Employees should contact their organizations appropriate personnel for further clarification on protocols. The adoption and implementation of this guidance should be done in collaboration with the organizations leadership and in compliance with its regulatory agency.

## Benchmarks

The Gila River Indian Community (GRIC) will transition between phases based upon changing conditions regarding the risk of COVID-19. Phases will be determined by the Tribal Health Department based on data reports, benchmarks below and rate of infection in the Community.

Benchmarks	Substantial	Moderate	Minimal
Phases	Phase I	Phase II	Phase III
GRIC Weekly Percent Test Positivity Rate	4% or Greater	2 - 3%	0 - 1%

PHASE I	PHASE II	PHASE III
		
Life-sustaining in-person business and service only	Partial Opening or Partial Closure of the Workforce and Community	Return to Full Workforce while Continuing the Protection of the Workforce
Goal is to limit interactions to rapidly slow the spread of COVID-19 and continue flattening the curve.	Goal is to limit interactions to rapidly slow the spread of COVID-19 and continue flattening the curve while safely being at work with imposed mandates.	Goal is for a full operations while continuing to maintain safety until COVID-19 is contained.
<i>Limit the Amount of Contact with others and Guard Against Unsafe Interactions with Others</i>	<i>Staggered scheduling or telework to slow the spread of the virus.</i>	<i>Continue Protective Measures as Necessary to Protect the Public's Health.</i>

Departments, entities and organizations should incorporate these phases into their planning efforts, continue to update their COVID-19 mitigation plan and continuously update as required. The plan should provide direction and identify employee responsibilities. The intent of the plan is to limit the spread of COVID-19 and ensure a healthy and productive work environment to continue to provide excellence in service to the Gila River Indian Community.

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## Reporting COVID-19 Positive Cases

- 1) All Departments/Entities/Organizations are required to report any COVID-19 positive cases immediately to the Tribal Health Department.
- 2) **To report a positive case or close contact to a positive case of COVID-19, please call the Tribal Health Department's Disease Surveillance program at (520) 562-5117/5132.**
- 3) Follow the guidelines by your organization and CDC regarding cleaning and disinfecting after persons suspected/confirmed to have COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

## Personal Protective Equipment (PPE)

- 1) Per Executive Order No. 12:
  - a) All persons including Community members, employees and visitors over two (2) years of age who are present within the boundaries of the Reservation shall wear a protective face mask while inside any public building located with the Reservation, regardless of vaccination status.
  - b) All teachers, staff, students or visitors to any school on the Reservation shall wear a protective face mask regardless of vaccination status.
  - c) All Community departments, schools and Reservation-based employers and businesses shall make protective face masks available for all employees and visitors.
- 2) See attached mask guidelines here for appropriate mask: [mask\\_usage\\_guidance\\_v1.pdf](#)
- 3) Employees must wear appropriate PPE when conducting services.
- 4) GRIC Departments/Entities/Organizations can contact Office of Emergency Management for PPE questions or supply needs at OEM2@gric.nsn.us.
- 5) GRIC Departments contact Facilities Maintenance on how to dispose PPE at (520) 562-3585 ext. 3587 or (520) 610-1139.

## Health Screenings

### 1) Employee Health Screenings

- a) Directors/Supervisors/Managers must assess each employee's health at the start of their workday utilizing an *Employee Health Screening Process and Questionnaire*.
  - i) If an employee becomes symptomatic during the workday, the employee must inform their Director/ Supervisors/Managers immediately.
- b) Employees should follow their organizations/departments infection prevention controls.

### 2) Visitor/Customer Health Screening and Control Measures

The department, organization, and entity:

- a) Will require visitors/customers to follow the departments/entities/organizations infection prevention controls.
- b) Will require visitors/customers to undergo a health screening prior to entering the building. Visitor/Customers should not enter the building if they are experiencing symptoms related to COVID-19.
- c) Will require visitors/customers to wear face cloth masks when visiting the department, organization and entity building regardless of vaccination status.
- d) Will encourage visitors/customers to wash their hands frequently with soap and water for at least 20 seconds and after blowing their nose, coughing, or sneezing, after using the restroom, and after putting on, touching or removing cloth face masks.
- e) Will place posters to encourage hand hygiene in high traffic areas such as the restroom, kitchen, and main entrance.

## Employees with symptoms of COVID-19

- 1) If an employee has ***symptoms of COVID-19***, the employee must seek immediate care and testing with their healthcare provider.
- 2) The employee may return to work:
  - a) If the employee has been cleared by their health care provider through diagnosis or a negative test result AND at least 24 hours (1 day) has passed since any fever resolved (without the use of medication) and other symptoms have improved; OR
  - b) If the employee has not been cleared by their health care provider through diagnosis or a negative test result, the employee must remain home at least 10 full days since symptoms first appeared AND at least 24 hours have passed since any fever resolved (without the use of medication) and other symptoms have improved.

Symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19:

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

## Employee Surveillance Testing

- 1) Employees not fully vaccinated should complete two-week mandatory testing following their organizations testing requirements.
- 2) Individuals are considered fully vaccinated:
  - i) 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, *OR*
  - ii) 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
- 3) Employees should contact their Human Resources Department or entity lead for testing schedule.
  - a) For example, GRIC Tribal Government Directors will receive an email from GRIC OSH with testing date and time. This information should be distributed immediately to employees.
- 4) Employees should make every effort to schedule their personal time off and/or doctor's appointments around the mandatory testing schedule.
- 5) If employee develops symptoms, the employee should not be tested at the employee surveillance testing site. Instead, the employee should seek testing with their healthcare provider immediately and notify their Director/Supervisor/Manager.
- 6) Employees must wear a mask at the testing site, physically distance and exit the building as soon as testing is complete. Employees should not congregate at any time. Employees should not bring children to the test sites or other family members.
- 7) Employees must follow all testing guidance provided by their organization.
- 8) Employees fully vaccinated should follow their organizations surveillance testing requirements. However, *regardless of vaccination status*, if an employee has symptoms of COVID-19, the employee must seek immediate care and testing with their healthcare provider.
- 9) Employee surveillance test results are provided to their Human Resources Department or entity lead. The Human Resources Department or entity lead will provide employee test results to their respective Directors approximately 5 to 7 days after testing.

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## COVID-19 Positive Test Result

- 1) If an employee/individual receives a positive test result, the employee/individual should stay home OR be sent home immediately.
- 2) For GRIC residents under the Communicable Disease Ordinance, GRIC Code Title 17, the Tribal Health Department is authorized to investigate, supervise and isolate and/or quarantine individuals including households of highly contagious, life threatening communicable diseases. Tribal Health Department's authority to locate and inspect persons who may be affected, extends to: public places, private homes with the consent of the homeowner; or private homes via search warrant (if consent is not provided). Tribal Health strongly encourages all Community members and residents of the Gila River Indian Reservation to cooperate with the Department and follow the directions of their health care providers in addressing the COVID-19 pandemic.
- 3) Employee/individual should keep record of symptoms by using GRHC's COVID-19 Daily Self-Monitoring Form GRHC-Self-Monitoring-Form.pdf.
- 4) When to seek medical attention after positive result: If you feel like your symptoms are worsening, especially if you have difficulty breathing, call your healthcare provider or seek medical attention. In adults, emergency warning signs include:
  - a) Difficulty breathing or shortness of breath
  - b) Persistent pain or pressure in the chest
  - c) New confusion or inability to arouse
  - d) Bluish lips or face
  - e) This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.
  - f) Before you go to a doctor's office or emergency room, call ahead and tell them about your symptoms and/or any recent travel. This will help them prepare for your arrival so that they can take steps to reduce symptom exposure to themselves and other patients.
- 5) Returning to Work or Daily Activity after a positive result:
  - a) The employee may return to work after 10 days have passed AND
  - b) Has had no fever for at least 24 hours (1 day) without the use of medicine that reduces fever AND has no other symptoms.
  - c) If another household member in the employee/individual's home tests positive, the household quarantine timeframe may be extended. At that time, the employee must contact their Director/Supervisor/Manager immediately and remain home until quarantine ends for household.
  - d) If symptoms continue beyond the 10-day time period, the employee should seek evaluation with their healthcare provider immediately AND contact their Director/Supervisor/Manager to inform of their health status and symptoms.



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- e) Director/Supervisor/Manager should complete the Employee Health Screening for documentation.
  - f) The 10 day/24 hour, and not a subsequent COVID-19 test result, shall be the standard for returning to work after an employee tests positive for COVID-19.
  - g) If there are additional requirements placed by your organization or Department, the Director/Supervisor/Manager must inform the employee.
- 6) If an employee receives a retest positive result within the last 90 days, the employee should contact their healthcare provider to review symptoms and care.
- a) If employee is experiencing symptoms, employee must stay home and away from others until 24 hours (1 day) have passed since employee had no fever without the use of medicine that reduces fever AND has no other symptoms.
    - i) If symptoms continue beyond the 24 hour period, the employee must seek evaluation with their healthcare provider immediately AND contact their Director/Supervisor/Manager to inform of their health status and symptoms. Director/Supervisor/Manager should complete the Employee Health Screening for documentation.
- 7) If an employee's retest positive result is more than 90 days from the initial positive result, the employee will be treated as a new positive. Employee will be informed to quarantine following the guidance under section COVID-19 Positive Test Result No. 5.

## Exposure to Someone with COVID-19

Quarantine 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 are a close contact of someone who has tested positive for COVID-19, you should stay at home and away from others (quarantine) and monitor yourself for symptoms.

A close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period. A person is still considered exposed even if they were wearing a mask while they were around someone with COVID-19. What counts as close contacts?

- ✓ You provided care at home to someone who is sick with COVID-19
- ✓ You had direct physical contact with the person (hugged or kissed them)
- ✓ You shared eating or drinking utensils
- ✓ They sneezed, coughed, or somehow got respiratory droplets on you

An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive.

- 1) If an employee/individual had exposure to someone that tested positive for COVID-19, you must determine if the employee/individual had close contact with the positive case.



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- 2) An employee/individual is considered a close contact:
  - a) If the employee/individual was within 6 feet of the positive case for a total of 15 minutes or more AND 2 days (48 hours) before the positive case had symptoms.
    - i) For example, if the positive case begin symptoms (symptomatic) on August 10<sup>th</sup> and the employee was with the positive case within 6 feet for a total of 15 minutes on August 8<sup>th</sup>, the exposed employee is a close contact.
  - b) If the employee/individual was within 6 feet of the positive case for a total of 15 minutes or more AND 2 days (48 hours) before the positive case tested for COVID-19.
    - i) For example, if the positive case has no symptoms (asymptomatic) but was tested on August 10<sup>th</sup> and the employee was with the positive case within 6 feet for a total of 15 minutes on August 8<sup>th</sup>, the exposed employee is a close contact.
- 3) Close contacts must complete a COVID-19 test with a healthcare provider at least five days after last exposure with the positive case.
- 4) **Quarantine timeframe for close contacts depends on the last exposure date with the positive case** and length of time required to quarantine i.e. 14 days.
  - a) For example, if a close contact's last date of exposure with the positive case was 08/02/2021 and the close contact is required to quarantine for 14 calendar days, the quarantine timeframe is 08/03/2021 to 08/16/2021.
- 5) **Quarantine for Close Contacts that live in the home of a positive case**
  - a) If the close contact lives in the same home of the positive case, regardless of vaccination status, the close contact must quarantine and may return to work or daily activities after 14 calendar days without having any symptoms for at least 24 hours (1 day).
- 6) **Quarantine for Close Contacts that are not fully vaccinated**
  - a) If close contact is not fully vaccinated and does not live with the positive case, the close contact must quarantine and may return to work or daily activities after 14 calendar days without having any symptoms for at least 24 hours (1 day). **OR**
  - b) If close contact/individual is not fully vaccinated and does not live with the positive case but an essential employee, the close contact must quarantine and may return to work, if he/she receives a negative COVID-19 test result with the test sample taken at least five days after last exposure with the positive case AND the close contact does not have any symptoms for at least 24 hours (1 day).
- 7) **Quarantine for Close Contacts that are fully vaccinated**
  - a) Individuals are considered fully vaccinated:
    - i) 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, OR
    - ii) 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

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- b) If close contact is fully vaccinated, does not live with the positive case, and does not work in a congregate group setting (e.g., detention facility, group home, healthcare) and is not having any symptoms for at least **24 hours** (1 day), the close contact does not need to quarantine. However, all final quarantine decisions will be made by THD.
  - c) If close contact is fully vaccinated, does not live with the positive case, and works in a congregate group setting (e.g., detention facility, group home, healthcare) and is not having any symptoms for at least **24 hours** (1 day), the close contact may return to work if he/she receives a negative COVID-19 test result with the test sample taken at least five days after last exposure with the positive case.
- 8) **If close contact is symptomatic, the individual must stay home, seek testing and care with their healthcare provider immediately.** Employee should keep record of symptoms using the GRHC COVID-19 Daily Self-Monitoring Form
- 9) **If close contact is placed under quarantine and has no symptoms, he/she may telework if available.** If the close contact develops symptoms, the employee must seek evaluation with their healthcare provider immediately and contact their Director/Supervisor/Manager to inform of their health status and symptoms.

## Travel

Travel increases your chances of becoming infected and spreading COVID-19. It's important for you to consider your own personal situation and the risk for you, your family, and our community before traveling. When there are high increases in COVID-19 positive cases in the Community, individuals should only travel to meet essential needs; and both unvaccinated and fully vaccinated individuals should consider the risks before you leave your home. However, at any time, unvaccinated individuals should remain home as much as possible. The risk of an activity depends on many factors, such as potential close contact while going out, are you or individuals you will be interacting with at increased risk for severe illness, and can everyday prevention measures be followed.

Essential Travel is considered travel for essential items or tasks. Examples would include going to the grocery store, going to work, filling up at a gas station, or visiting your healthcare provider. Examples of non-essential travel would be taking a weekend trip to get away from the summer heat, going across state lines to Disneyland, or traveling abroad. Non-essential travel would be types of travel someone would take for leisure or recreation.

**Employees should follow their organizations travel directives for both personal and business travel.** Organizations and individuals are advised to follow the guidelines below for traveling.

- 1) Travel outside the United States is prohibited.
- 2) Travel to a United States county, including those in Arizona, with a 7-day case rate per 100,000 that is higher than 100 cases is prohibited.

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- a) Data for determining the 7-day case rate per 100,000 shall be from the CDC COVID Data Tracker. The CDC COVID Data Tracker for States/Territories/Counties is found at: <https://covid.cdc.gov/covid-data-tracker/#county-view>
- 3) Travel to a United States county, including those in Arizona, with a 7-day case rate per 100,000 that is less than 100 cases is permitted as follows:
  - a) Employees/individuals who are fully vaccinated (i.e., received all doses of a COVID-19 vaccine with the last dose administered at least two weeks prior to travel) may travel in the United States as follows:
    - i) Employees/individuals who travel to a county destination with a 7-day case rate per 100,000 that is lower than 50.0—as determined on the day the employee/individual returns to Arizona--may return to work following travel without restriction.
    - ii) Employees/individuals who travel to a county destination with a 7-day case rate per 100,000 that is higher than 50.0 but less than 100.0—as determined on the day the employee/individual returns to Arizona--may return to work following a negative COVID-19 test (from any health care provider).
    - iii) Travel is prohibited to a county with a 7-day case rate per 100,000 that is higher than 100 cases. If the 7-day case rate increases to over 100 cases while on travel or on the employee/individual return date, the employee/individual must quarantine upon return. The employee/individual can return to work following a negative COVID-19 test with the test sample taken at least five days after return date and has had no COVID-19 symptoms for at least 24 hours.
    - iv) Upon return from travel, it is the employee's responsibility to check and submit the 7-day case rate within 24 hours of their return date to their Director. The employee must follow the measures identified for the respective 7-day case rate upon their return from travel.
- 4) Employees/individuals must submit the 7-day case rate of their destination 72 hours prior to their departure date for their destination to receive final leave approval from their Director.
- 5) **Employees/individuals whom are employed and intend to undertake business or personal travel should follow all procedures for leave with their employment and receive the approval of their Director/Supervisor/Manager for travel.**
- 6) Employees/individuals are personally responsible for knowing whether there are any COVID-19-related entry requirements or restrictions for the places they travel to including quarantine or testing requirements.
- 7) Employees/individuals who are not fully vaccinated should only travel for essential needs and within the United States - subject to the same restrictions for fully vaccinated employees—and only if the individual can quarantine for fourteen (14) additional days upon their return.
- 8) Employees/individuals should continue to follow all precautions while on travel i.e. mask wearing, physical distancing, hand washing, using hand sanitizer and should conduct their personal life in a manner that will not negatively affect the Community's health and well-being.

## Additional resources

- 1) **COVID-19 Emergency Operations Center** @ <https://www.gric-eoc.org/> has guidance and resources available.
  - a) **Situation Room**
    - i) Task Force Org Chart
    - ii) GRIC data reports are available under Community Cases, click the data link.
    - iii) Under Resources, include helpful links
  - b) **GRIC IAP** – provides ICS Assignment and Operations Section Chiefs, employee screening and sick employee guidance, Health Care/First Responder Worker Exposure Guidance, PPE Optimization Guidance and much more.
    - i) Tribal Health Case Follow-Up Plan provides Disease Surveillance and Confirmed Case Process
  - c) **GRHC IAP** – provides ICS Assignment and Section Chiefs, employee screening and sick employee guidance, Health Care/First Responder Worker Exposure Guidance, PPE Optimization Guidance and much more.
- 2) **GRIC The Hub:** <http://grhc.org/hub/>
- 3) **Centers for Disease Control and Prevention:** <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
  - a) **Your Health:** <https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>
  - b) **Vaccines:** <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
  - c) **Community, Work, and School:** <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>
- 4) **Arizona Department of Health Services:** <https://www.azdhs.gov/covid19/index.php>
- 5) **Maricopa County:** <https://www.maricopa.gov/5460/Coronavirus-Disease-2019>
- 6) **Pinal County:** <https://www.pinalcountyyaz.gov/publichealth/Pages/NovelCoronavirus.aspx>



Gila River Indian Community

**COVID-19 EMPLOYEE HEALTH SCREENING QUESTIONNAIRE**

**Directors/Supervisors must assess each employee's health status prior to the start of their on-site workday to ensure the health and well-being of their workforce.**

Employee Name: \_\_\_\_\_

Department: \_\_\_\_\_ Supervisor: \_\_\_\_\_

1. Are you experiencing any of these symptoms:

	Yes	No		Yes	No
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>	Cough	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath or difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>	Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
Muscle or body aches	<input type="checkbox"/>	<input type="checkbox"/>	Headache	<input type="checkbox"/>	<input type="checkbox"/>
New loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>	Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Congestion or runny nose	<input type="checkbox"/>	<input type="checkbox"/>	Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
Fever or chills (temp >99.9° F)	<input type="checkbox"/>	<input type="checkbox"/>	Current Temperature	_____	

2. Have you had close contact with anyone who has tested positive for Coronavirus (COVID-19) within the past 14 days? Yes  No

3. Has anyone in your household tested positive for Coronavirus (COVID-19) and is currently under isolation? Yes  No   
 a. If yes, what date does the isolation/quarantine end? \_\_\_\_\_

4. Have you or anyone in your household traveled to any place within the last two weeks? Yes  No   
 a. If yes, where and return date? \_\_\_\_\_

I have truthfully answered the above questions.

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Follow the Tribal Health Department Guidance for each question.**

- Question 1: Symptomatic employees page 4.
- Question 2: Close contact page 7.
- Question 3: Employee household member test positive page 7.
- Question 4. Travel page 9.

If you have any questions regarding leave due to COVID-19, please contact your Human Resources Department.



Gila River Indian Community

**COVID-19 VISITOR HEALTH SCREENING QUESTIONNAIRE**

**All individuals will be screened prior to entering the facility/establishment to ensure the health and well-being of the Community.**

Name: \_\_\_\_\_

1. Are you experiencing any of these symptoms:

	Yes	No		Yes	No
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>	Cough	<input type="checkbox"/>	<input type="checkbox"/>
Shortness of breath or difficulty breathing	<input type="checkbox"/>	<input type="checkbox"/>	Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
Muscle or body aches	<input type="checkbox"/>	<input type="checkbox"/>	Headache	<input type="checkbox"/>	<input type="checkbox"/>
New loss of taste or smell	<input type="checkbox"/>	<input type="checkbox"/>	Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Congestion or runny nose	<input type="checkbox"/>	<input type="checkbox"/>	Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>
Fever or chills (temp >99.9° F)	<input type="checkbox"/>	<input type="checkbox"/>	Current Temperature: _____		

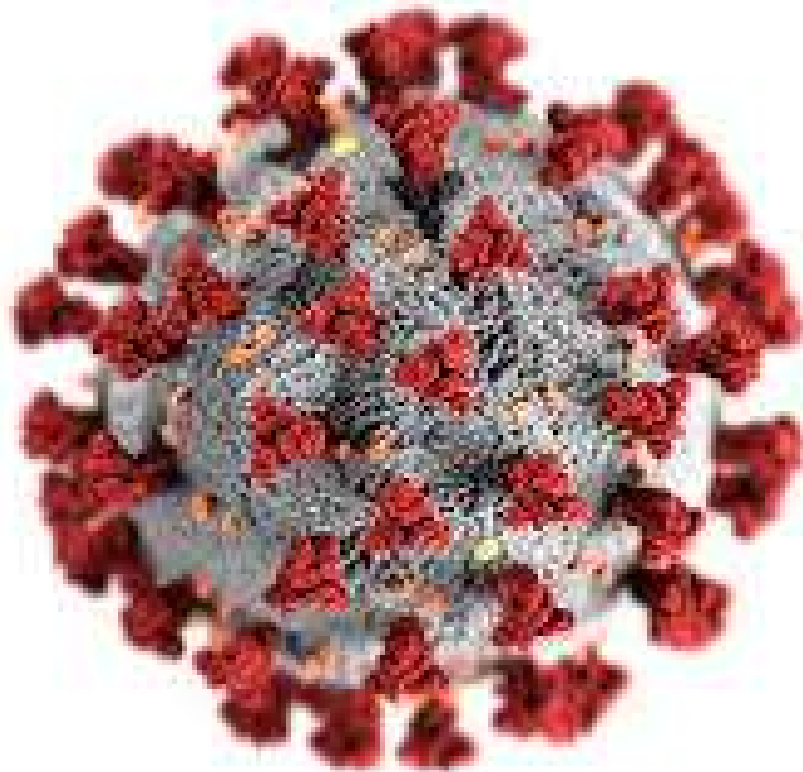
2. Have you had close contact with anyone who has tested positive for Coronavirus (COVID-19) within the past 14 days? Yes  No
3. Has anyone in your household tested positive for Coronavirus (COVID-19) and is currently under isolation? Yes  No
- a. If yes, what date does the isolation/quarantine end? \_\_\_\_\_
4. Have you or anyone in your household traveled to any place within the last two weeks? Yes  No

I have truthfully answered the above questions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If the individual answered yes to any of the questions or has fever, the person should not enter the facility/establishment and instructed to call their primary care provider to obtain further instructions.



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# COVID-19 Education Packet for Positive Cases and their households

Tribal Health Department

V2 08/09/2021



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If you have tested positive for COVID-19 and live within the GRIC boundaries, the steps below will take place to provide care to you and your household.



## 1. Quarantine/Isolation

Tribal Health Department (THD) and/or Gila River Health Care Public Health Nurse (PHN) will contact you to review with you and your family quarantine/isolation for the entire family. Read all components below of these measures.

- a. Quarantine/isolation for a positive case and their household members is necessary to protect the public's health.
- b. Pursuant to Title 17, Chapter 13 of the Communicable Disease Ordinance of the Gila River Indian Community you and your family members are being requested to voluntarily quarantine/isolate at your address until the date specified by your healthcare provider. The reasons for this request are explained in this document.
- c. COVID-19 is a communicable disease within the Gila River Indian Community and subject to quarantine, meaning that THD can quarantine and restrict the movement of individuals who have been infected with or exposed to the disease.
- d. Under the Community's Communicable Disease Ordinance, a person or group of persons are directed to isolate and quarantine by voluntary measures or written directive. Initially THD and PHN will attempt to obtain a voluntary agreement to quarantine. If the positive case or household members do not voluntarily quarantine, THD will provide a written directive.
- e. Use this section to write the start and end date of your quarantine/isolation for you and your household members.
  - o Start date: \_\_\_\_\_ End date: \_\_\_\_\_
- f. During quarantine/isolation, you shall not go beyond the isolation or quarantine premises, and shall not come into contact with any person not subject to isolation or quarantine, other than a physician, nurse or other health care provider authorized by the THD to enter the isolation or quarantine premises.
- g. **While under quarantine, you must take precautions, as directed by healthcare staff and THD personnel, to prevent the possible spread of the COVID-19 to others. You and any household members must remain at home until all household member quarantine ends.**
- h. You must also continue to cooperate with the efforts of Gila River Indian Community THD or local health authorities and maintain communication with the THD; including providing contact information for other exposed people to prevent the possible spread of this quarantinable communicable disease. This will also include providing information regarding people you had contact with, places you visited or traveled to, and your medical history.
- i. You shall not travel, in any manner, including onboard any type of transportation without a written travel permission and consultation with the THD Director.

**Violations:** If you do not abide by the terms of this voluntary request, the THD may issue a written quarantine directive under the Communicable Disease Ordinance. If THD issues a written directive, it will be followed by a petition for quarantine filed by the Office of General Counsel in the Community Court. If the Community Court enters a quarantine order, it may be enforced by the Gila River Police Department.

**How to Obtain More Information About This Request:** If you have any questions about this request or other information regarding this communicable disease, you can call THD at (520) 562-5132 or 5117.

## Communicable Disease Ordinance

Communicable Disease Ordinance, GRIC Code Title 17, the Tribal Health Department is authorized to investigate, supervise and isolate and/or quarantine individuals including households of highly contagious, life threatening communicable diseases.

Tribal Health Department's authority to locate and inspect persons who may be affected, extends to public places, private homes with the consent of the homeowner; or private homes via search warrant (if consent is not provided).

## 2. Contact Tracing

Tribal Health Department (THD) will contact you to complete contact tracing

### *What is Contact Tracing?*

Contact tracing has been a fundamental public health practice for over a century and is an important tool in interrupting the spread of infectious diseases. People are most familiar with contact tracing for sexually transmitted disease, tuberculosis and measles. Contact tracing is conducted by trained THD staff who are challenged to be part public health, part detective and part social worker. They must work closely and quickly with positive cases to establish trust, uncover as much information as possible, and then decipher this information to put it into public health interventions.

**CONTACT TRACING**  
Gila River Indian Community Tribal Health Department

**WHAT IS CONTACT TRACING?**

Contact tracing is used by health departments to prevent the spread of infectious disease.

A contact tracer from the health department will contact you to obtain the names and phone numbers of close contacts:

- Case Investigation, containment & spread
- Provide Support
- Encourage Self-Quarantine
- Contact with Services
- Monitoring Signs & Symptoms

Your name will not be revealed to those you may have exposed, even if they ask.

Keep your family and Community Safe

**IDENTIFY CLOSE CONTACTS**

A close contact (exposure) is defined as anyone who was within 6 feet of an infected person for at least 15 minutes.

All information is Confidential

- Encourage to Monitor Signs & Symptoms
- Encourage to Self-Quarantine 14 days
- Encourage testing if necessary
- Refer to Services

If you have been in close contact with someone who has COVID-19 (exposed), a contact tracer from the health department will contact you.

Help us, Help you to keep your family and friends healthy.

Keep your family and Community Safe

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/contact-tracing-CDC-role-and-approach.pdf>

### *How Contact Tracing Works*

- THD reaches out to the positive case by phone** and conducts an interview. They ask a series of questions to gather as much information as they can about who the individual may have exposed while infectious. At the same time, THD staff ensure that the individual has all the information they need to know how to best take care of themselves and protect those they love. Questions might include:
  - Who are the people in your household? This is because we know they are at the highest risk of getting exposed and developing COVID-19.
  - Did you seek healthcare? This is because Tribal Health will need to make sure proper PPE was worn and ensure that any exposures in the healthcare setting are known.
  - Who were you in contact with while infectious? Were you at work? Where do you work? This is because the investigator is trying to discover who of the cases other contacts could be at risk for exposure.
- THD then reaches out to close contacts and household contacts** to educate them on risk of exposure, what to do if they experience symptoms, what they need to do to avoid exposing others and if they need to be quarantined. These conversations are confidential and the positive case's name is not identified in order to maintain confidentiality of the case's personal health information. If a contact is required to be quarantined, THD will help to ensure the contact's basic needs, including healthcare and food, are met.
- THD reaches out** to facilities to notify any individuals that could have been exposed to this individual.
- GRHC Public Health Nurses continue to check up on close contacts** to see if they have developed symptoms. Anyone who develops symptoms are informed on how to seek healthcare safely without exposing others in the doctor's office or ER waiting room.

### 3. Essential Needs

- a. THD will notify District of COVID-19 positive case at least within 24 hours of receiving the test result.
- b. The District of your residence will make contact with you and provide a sanitizing kit and this education packet to your residence at least within 24 hours of receiving notice from THD.
- c. The District can provide assistance with essential needs. Please contact your respective District for assistance and they will explain their process.

### 4. Care during quarantine/isolation

THD and PHN will work together to contact you throughout your quarantine and/or self-isolation.

If you require medication and/or Non-ER medical assessment please contact GRHC PHN or THD.

**If you have an emergency, please call 911.**

- a. **Tribal Health Department Disease Surveillance Program**  
(520) 562-5132 or 5117



- b. **GRHC Public Health Nurses**

- District 1: (520) 215-2110
- District 2: (520) 562-3450
- District 3: (520) 562-3321
- District 4: (520) 418-2845
- District 5: (520) 315-3826/3242
- District 6: (520) 550-6042
- District 7: (520) 550-6042



### 5. Education Material for Household

- a. Read page 6: 10 things you can do to manage your COVID-19 symptoms at home
- b. Read Page 7-9: Cleaning and Disinfecting Your Home
- c. Read Page 10: Tips for Elders and Their Caregivers about COVID-19



# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



CS 315822-A, 07/01/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



# Cleaning And Disinfecting Your Home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

## Everyday Steps and Extra Steps When Someone Is Sick

### How to clean and disinfect

**Wear disposable gloves** to clean and disinfect.

#### Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



#### High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



#### Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of [EPA-registered household disinfectant](#).**

**Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

**Follow manufacturer's instructions** for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

**Leave solution** on the surface for **at least 1 minute**

**To make a bleach solution**, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

### Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

## Electronics

- For electronics, such as **tablets, touch screens, keyboards, and remote controls.**
- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
  - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



## Laundry

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves,** and wash hands right away.



## Clean hands often

- **Wash your hands** often with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
  - After blowing one's nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



## When Someone is Sick

### Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.





- Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

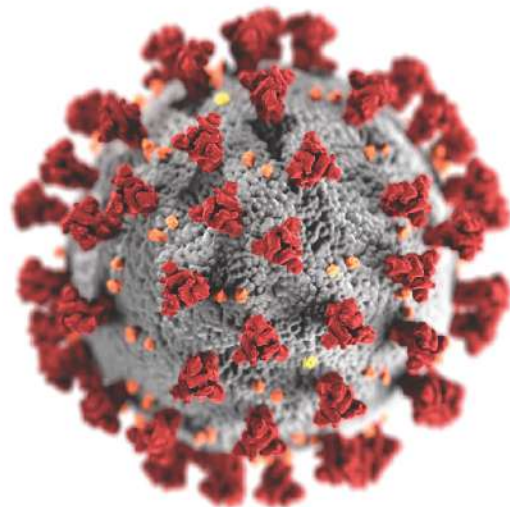
## Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.



## Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.



# Tips for Elders and Their Caregivers about COVID-19 (Coronavirus)

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it's harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

## How to keep Elders and others safe

*(see other side of this page)*

**Stay at home.** "Physical distancing" is recommended. This means keeping your family at home and away from others as much as possible.

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

## Activities to do with elders while staying safe

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.



## What else should caregivers do?

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder.

Watch for symptoms (fever, cough, trouble breathing, headache, muscle pain, chills, sore throat) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. It can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

## If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

For more information:  
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)



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CENTER FOR AMERICAN  
INDIAN HEALTH

# FUNERAL GUIDANCE

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# FUNERAL GUIDANCE



The Gila River Indian Community's COVID-19 Taskforce continues to work with partners in order to provide guidance for planning services for their loved ones who have passed away during the COVID-19 pandemic. This pandemic adds additional difficulty with making decisions on how to properly honor a beloved family member but it is important that all final arrangements be made with COVID-19 Safety and Prevention Measures at the forefront.

In a continued effort to mitigate the spread of COVID-19 on the Gila River Indian Community, adherence to protocols set forth should be followed when preparing arrangements and while honoring the deceased.

This prohibition of gatherings of more than fifteen (15) persons applies to funerals, wakes, cremations, burial and gravesite services per Executive Order No. 12.

- a. The fifteen (15) person limit refers to fifteen (15) additional persons allowed to attend plus the total amount of individuals currently residing in the home of the dearly departed.
  - i. Example: If the household of the dearly departed consists of five (5) people, only fifteen (15) additional people who live outside the home can attend. Total attendees would be twenty (20).
- b. Gravesite and Burial Protocols – We understand it takes several people to dig and prepare a gravesite and to facilitate the lowering of the casket into the ground. Persons assisting must follow the fifteen (15) person limit and maintain appropriate Personal Protective Equipment (PPE) requirements. All persons are encouraged to wear a mask for added protection during the time spent at the gravesite. Persons should not congregate after burial.
- c. The place at which the services will be held must be able to accommodate physical distancing (at least six (6) feet) between all persons present.
- d. Individuals should not attend funerals, wakes, cremations, burial and gravesite services if they fall within a high-risk category for COVID-19, are exhibiting symptoms of COVID-19, have tested positive for COVID-19 and currently quarantined, or have been exposed to someone who has tested positive for COVID-19 in the last fourteen (14) days. All funeral arrangements must be coordinated by phone or virtually until the quarantine period is completed.
- e. The family must appoint a family member to oversee the funeral, wake, cremation, burial or gravesite preparations. District Service Centers will share Burial Work Orders with GRIC Departments which identify the primary point of contact whom will ensure the compliance of each criteria:
  - i. Personal Protective Equipment (PPE), any individual(s) attending services i.e. funerals, wakes, cremations, burial, gravesite and memorials will adhere to requirement for masks and/or face coverings and protective gloves; and
  - ii. Hand washing stations and/or hand sanitizer readily available; and
  - iii. Adhere to physical distancing (6 feet) of attendees; and
  - iv. No feeding will be permitted until further notice; and
  - v. Refrain from congregating after you pay your respects;



# FUNERAL GUIDANCE



- vi. Lowering devices and FM transmitters will be provided upon request to assist with lowering the casket and to continue to practice physical distancing.
- f. Individuals/families overseeing final arrangements will be required to submit the name of the appointed family member overseeing the funeral, wake, cremation, burial or gravesite service to their District Service Center.
- g. Space out seating for attendees who do not live in the same household to at least 6 feet apart between household groups. Attendees who do not live in the same household should stay at least 6 feet apart and wear a mask when interacting with people who do not live in their household.
- h. Attendees should not hold or shake hands, hug, or kiss anyone who does not live in their household.
- i. Veteran Services – The Gila River Indian Community will consider and allow for the Military Honors and the Committal Service from the Post of their choice.
  - i. The family will make contact with the Post of their choice.
  - ii. The Post will ensure minimal contact with the family.
  - iii. No hand shaking or hugs.
  - iv. Military Honors will allow for:
    - The playing of “Taps”
    - A rifle detail
    - A color guard
    - Uniformed service members who present the burial flag.
- j. Those persons holding or sponsoring funeral services, wakes or cremations are recommended to view applicable guidelines of the Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/funeral-guidance.html>

# FUNERAL GUIDANCE



Below are COVID-19 mitigation strategy requirements and points to consider when planning for services. These requirements and considerations should be exercised before, during, and after all funerals, wakes, burials, gravesite services, memorials, vigils, family visits, and viewings.

In some situations, many people have become sick with COVID-19 after attending a funeral service. To help prevent the spread of COVID-19 in our community, this guidance provides strategies to protect yourself and others when you are grieving the loss of a loved one, supporting each other, making funeral arrangements, and participating in funeral services and visitations.

## **Guiding Principles for Arrangements and Service**

- a. Take precautions when planning to prevent the spread of COVID-19 among those in attendance, including those who may not have symptoms.
  - i. Consider having virtual or phone meetings instead of in-person meetings with family members, funeral home staff, cemetery staff, clergy or officiants, and others to plan funeral arrangements.
  - ii. If you need to meet in person, follow everyday preventive actions to protect yourself and others from COVID-19, such as wearing a mask, physical distancing, washing your hands often, and covering coughs and sneezes.
  - iii. Do not attend in-person meetings if you are sick, a positive case or if you might have been exposed to COVID-19. Those who have higher risk of severe illness should weigh the benefits of in-person attendance against risk of exposure to a person with COVID-19.
- b. Discuss your cultural or religious traditions and the funeral wishes of the deceased, if applicable, with family members and the people you are working with (funeral home staff, clergy, or officiants).
  - i. Identify any potential concerns and determine options to make changes to prevent the spread of COVID-19. Preserve traditional practices when it is possible to safely do so, and identify whether modified or new practices could satisfy the needs and values of you and your loved one.
- c. Generally, there is no need to delay funerals, wakes, cremations, burials or gravesite services due to COVID-19. However, some changes to traditional practices are likely needed. Family members may need to discuss timing of services with funeral service providers, who may be overwhelmed.

# FUNERAL GUIDANCE

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Consider the following modifications to funeral services and visitations to help prevent the spread of COVID-19. These modifications are recommended for events held in any setting, including funeral homes, cemetery facilities, and places of worship, private homes, and other venues.

- a. Consider virtual services, visitations, and memorial tributes by online video streaming or recorded video.
- b. Consider online guest books or memory books that invite people to share stories, notes of condolence, or photos.
- c. Consider limiting the number of people from different areas when there are high case counts of significant spread of COVID-19.
- d. Consider offering other ways for family and friends to participate, such as by phone or online (live or recorded).
- e. Consider holding services in a large, well-ventilated area or outdoors, as circumstances and traditions allow.
- f. Consider limiting the number of people engaged in activities that produce respiratory droplets, which may contain virus, (e.g., singing or chanting) especially when participants are indoors and in close proximity to each other. If attendees choose to sing or chant, encourage them to wear masks and increase distance between people to greater than 6 feet.
- g. Changing or removing funeral practices that involve close contact or sharing things among members of different households such as worship aids, prayer books, and other items shared or passed by clergy and attendees during religious rituals.
- h. Avoid having non-household members sharing vehicles to travel between locations during the services; if necessary, increase ventilation by opening windows or using the air conditioner on non-recirculating mode.
- i. In some cultures, bringing food or gifts to grieving family members is an important way to express care and concern. During the COVID-19 pandemic, consider expressing care in ways that do not involve personal interactions. Consider delivering food or gifts to grieving family members in ways that keep people at least 6 feet apart, mailing care packages, or giving families gift cards for food delivery services.



# FUNERAL GUIDANCE



There are many different cultural traditions involved in the bereavement process, including some that involve touching the deceased person's body before preparation. Though we are still learning more about how COVID-19 spreads, it may be possible that you could get COVID-19 by touching the body of a deceased person who had confirmed or suspected COVID-19 prior to the body being prepared for viewing. After the body has been prepared for viewing, there may be less of a chance of the virus spreading from certain types of touching, such as holding the hand or hugging. However virus transmission may be possible. Take steps to protect yourself, such as:

- a. COVID-19 is a new disease, and we are still learning how it spreads. There is currently no known risk associated with being in the same room at a funeral service or visitation with the body of a deceased person who had confirmed or suspected COVID-19 after the body has been prepared for viewing.
- b. Persons who die from COVID-19 are most infectious before death when they are sick and coughing. Sealed caskets and urns do not pose any additional hazard for spread of virus through the air or soil. After a person dies and their remains are placed in a sealed casket or urn, the outside should be cleaned and disinfected.
- c. Avoid touching, hugging, or kissing the body of a deceased person who had confirmed or suspected COVID-19 before and during body preparation.
- d. Wash your hands with soap and water for at least 20 seconds after any contact with the body. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- e. Take precautions with rituals that involve touching the deceased person's body
- f. People at higher risk of severe illness from COVID-19 and members of their household should not be involved in these activities.
- g. If removing personal possessions (such as wedding rings) from the body or casket, clean and disinfect the items and wash hands right away.
- h. You should use gloves and practice good hand hygiene when handling your loved ones' belongings. Depending on the type of belongings, such as electronics, you should also follow the household item-specific cleaning and disinfection guidelines when handling these items. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- i. Individuals should consider not traveling to other areas with travel restrictions to attend a funeral, burial ceremony, or associated activities.



## Frequently Asked Questions

### ➤ **Can you get COVID-19 from someone who has passed/died from the virus?**

- Persons who die from COVID-19 are most infectious before death when they are sick and coughing. Caregivers who are exposed can easily get infected and should follow precautions of isolation and quarantine. After a person dies and their remains are placed in a sealed casket or urn, the outside should be cleaned and disinfected. The cleaned casket or urn is not considered contagious.

### ➤ **Can you bury a person who passed/died from COVID-19 in the local cemetery?**

- Yes. Burials should follow protocols. Sealed caskets and urns do not pose any additional hazard for spread of virus through the air or soil.

### ➤ **Can we wash and dress our deceased loved one?**

- The risk of infection is higher with direct contact. Strict and frequent handwashing, wearing a mask, minimizing the number of people who come in contact, avoiding splashes, can decrease the chance of infection. Cleaning and disinfecting the area with products approved for COVID-19 or bleach (1/4 cup bleach and 2¼ cups of water) will reduce the amount of virus on surfaces. Some funeral homes will assist families with washing and dressing their loved one in a safer setting.

### ➤ **If I am a close relative, but I am sick, can I attend?**

- Saying goodbye and closure is very important. Invite family and friends who cannot attend because they are sick or have serious medical conditions to share their wishes in different ways using cards, video, poems, or telephone if they are sick to lessen the chance of spreading illness. People with diabetes, cancer, obesity, dialysis, lung or heart disease should consider not attending.



Gila River Indian Community  
Governor's COVID-19 Task Force - Unified Command Team

COVID-19 Hotline: (520) 550-6079  
[grhc.org/hub](http://grhc.org/hub)  
[mygilariver.com](http://mygilariver.com)