Coronavirus Disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?
This is a respiratory illness that can spread from person to person. An outbreak of respiratory disease caused by a novel (new) coronavirus was first detected in Wuhan, China, and is now detected in almost 70 locations internationally, including the U.S. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 19” or COVID-19.

What is the source of the virus?
Coronaviruses are a large family of viruses common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus named SARS-CoV-2. All three viruses are betacoronavirus & have their origins in bats. The sequences from U.S. patients are similar to the one China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir.

How does COVID-19 spread?
The virus that causes COVID-19 emerged from animal sources, but now its mainly spreading from person to person between people who are in close contact with one another (within about 6 ft), and through respiratory droplets produced when an infected person coughs or Sneezes. These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Spread can occur from contact with infected surfaces or objects that have the virus on it and then touching their own mouth, nose, or eyes. This is not thought to be the main way the virus spreads. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (community spread) in some affected areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

What are symptoms of COVID-19?
Reported illnesses have ranged from mild symptoms to severe illness & death for confirmed COVID-19 cases. Symptoms may appear 2-14 days after exposure:
Fever, cough, and shortness of breath.

Cases of COVID-19 in the U.S.
The first case of COVID-19 in the United States was reported on January 21, 2020. The current data of reported confirmed and presumptive positive cases of COVID-19 reported to CDC is 164 total cases, of which 36 are travel-related, 18 person-to-person spread, and 110 under investigation. A total of 9 deaths have been reported and a total of 19 states have publicly reported cases. Now that states are testing and reporting their own results, CDC’s numbers are not representative of all testing being done nationwide.

What are severe complications from the virus?
Many patients have pneumonia in both lungs. The full clinical picture with regard to COVID-19 is not fully understood. Although, older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk for serious illness.

How can I help protect myself?
The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19. There are simple everyday preventive actions to help prevent the spread of any respiratory virus:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with your elbow.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol, if soap & water are not available.

Is there a vaccine?
There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?
There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.
If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

**Stay home except to get medical care**
Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

**Separate yourself from other people & animals**

**People:** As much as possible, stay in a specific room & away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** It is still recommended that people sick with COVID-19 do not handle pets or other animals while sick until more information is known about the virus.

**CALL AHEAD FIRST BEFORE VISITING YOUR DOCTOR**
Let your healthcare provider know that you have or may have COVID-19. Your provider will guide you through the necessary steps to keep other people from getting infected or exposed, and will allow time for their office to prepare for your arrival, if necessary.

**Laguna and Surrounding Areas**
- POL Public Health Nurse (505) 552-5748
- ACL ER/Urgent Care (505) 552-5330
- Cibola General Hospital (505) 287-4446
- UNMH Urgent Care (505) 272-9646
- Presbyterian Hospital (505) 841-1234
- First Nations Community Health (505) 262-2481

**Wear a facemask**
You should wear a facemask when you are around other people (e.g. sharing a room or vehicle) or pets & before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

**Avoid sharing personal household items**
You should not share any dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with hot water and soap.

**Clean your hands often**
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands & rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose, and mouth.

**Clean all "high-touch" surfaces every day**
High touch surfaces can include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe. Label instructions of these products contain safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**Monitor your symptoms**
Seek prompt medical attention if the illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

**Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers, state and local health departments.**

For more information: www.cdc.gov/COVID19
How to Prepare For Isolation & Quarantine

What does Isolation mean?
Isolation means keeping sick people away from well people. When people are isolated they have to stay home in their rooms until they get better and can’t spread sickness to someone else. They cannot leave home to go to school or work.

What does Quarantine mean?
Quarantine means keeping healthy people who have been around or near sick people away from others to wait & see if they get sick too. This take about 14 days.

If they get sick, then they go into isolation until they get better. But if they don’t get sick, they can come out of quarantine and go back to school and work.

Why do we isolate and quarantine?
People are isolated and quarantined when there is a bad sickness that easily spreads from one person to another by coughing, sneezing, or sharing belongings. There might not be a medicine that can stop it from spreading.

Isolation & quarantine slow the sickness from spreading to quickly and can keep healthy people from getting sick.

How will we know if we have to isolate and quarantine?
Tribal and public health officials will tell you if you need to isolate or quarantine someone in your family or community. As fewer people get sick, tribal and public health officials will tell you when you can stop isolation and quarantine.

How can my family prepare to isolate and quarantine?
Be prepared today to isolate and quarantine. Learn from your elders. They have lived through many hard times. Be ready with supplies that you need. Talk with your family and make a plan. Be strong and help take care of each other in your household and elders in your community.

FOOD: Keep your kitchen well stocked with enough food on hand for your family.
- Store foods that require no refrigeration, water, special preparation or cooking.
- Keep food in a dry, cool spot– a dark area

According to the doctor, the good news is, we don’t have to isolate Eddie anymore. The bad news is, we all have to go back to work and school.

Thanks alot, Eddie!!
WATER: Store at least 2 gallons of water for each family member to use each day to drink and cook with. 5-gallon plastic containers are easiest to move and store.

- Water is the best way to stay hydrated but hot Indian tea can be used to relieve a fever & sore throat, if needed.
- Juniper tea can settle a queasy tummy, nausea, and aches & pains.

MEDICINE: Talk with your provider to find out if you can keep more than a 30-day supply of your medicine at home. If not, refill your prescriptions as soon as you can. Important medicine to keep at home:

- High blood pressure medication
- Diabetes medication
- Heart medication
- Fever/Pain Reliver

OTHER ITEMS:

- Tissues
- Thermometer
- Hand Soap
- Hand Sanitizer
- Humidifier
- Household bleach
- Infant formula and diapers
- Livestock feed
- Food for pets

How do I care for someone in isolation?

First, take care of yourself by getting enough to eat, drink lots of water, and get plenty of rest. You’ll need to wash your hands often, especially before and after you provide care.

You will need:

- A room or separate area in your house where you can keep sick people away from the rest of your family.
- A window to open for fresh air in the room or area at least once a day for 10 minutes.
- To explain to family members how to isolate:
  - Caregivers will need to immediately wash their hands before going into the sick persons room and immediately after they come out.
  - Other family members should not enter the sick persons room or area.
  - One family member should take care of the isolated person.
- The right supplies to take care of a person in isolation include: thermometer, tissues, masks, and gloves.
- To use your supplies correctly:
  - Don’t share the sick persons supplies with anyone else.
  - Place used supplies in a trash bag & throw them away after use.

How do I care for someone in quarantine?

Explain to family members that they’re protecting others and themselves by staying home.

Keep family members busy with activities at home:

- Doing chores
- Traditional crafts
- Reading
- Board games
- Baking/Cooking
- Caring for pets
- Indoor physical activities like stretching

Where can I get more information?

Nationally: Centers for Disease Control website @ www.cdc.gov/COVID19
Locally: the NM Department of Health website @ www.nmhealth.org

POL COVID-19 Hotline available 24/7 (505) 328-5682
POL Public Health Nurse (505) 552-5748
ACL ER/Urgent Care (505) 552-5330