



Zuni IHS - PSA Script for COVID-19 (June 22, 2020)

Hello (Keshi)- This is Dr. Tom Faber, Clinical Director of the Zuni IHS hospital here with another update. This message is being recorded on June 22nd, 2020.

It's been about three months since we were first touched by the COVID-19 pandemic here in Zuni. As you probably know, we are now experiencing an increase in cases so I wanted to review the measures we all need to take in order to prevent further spread of the virus. As we have discussed before, the virus that causes COVID-19 will disappear if it cannot spread from one person to another. As a community, we all need to work together to stop that spread, and over the next few minutes, we'll talk about what each of us can do.

For those who have no symptoms of COVID-19 and have not been in contacts with someone with COVID-19 in the past 2 weeks, their job is to practice strict social distancing. This is the advice for most people. Social distancing means staying home except to pick up essential supplies and avoiding crowds as much as possible. When you do leave your house, wear a mask at all times, and stay at least six feet away from others. Remember that the virus can live on surfaces like door handles and counter tops, so disinfect or wash your hands often, avoid touching your face, and clean those surfaces frequently. We know that it's hard to follow these measures, but they really are the first and most important line of defense that we have to protect our community from COVID-19.

The second line of defense is to isolate people who are infected with COVID-19 or those who have been exposed and are waiting to see if they are positive. When the virus enters the mouth, nose, or eyes of a person, it starts to grow, and after a few days, that person begins to spread COVID-19 in the air through water droplets from breath and saliva. For this reason, any person who does or might have the virus, needs to be strictly isolated so that those infected water droplets don't spread to another person. What does this strict isolation look like: It means, staying in one room all by oneself, separated from others. Ideally, the person would use a separate bathroom, and if that is not possible the bathroom's surfaces need to be cleaned with disinfecting sprays or wipes before anyone else uses it. If the person who is self-isolating needs to leave their room, they should wear a mask and everyone else should leave the space they are entering. Again, all the surfaces should be cleaned.

How long does someone need to self-isolate? The good news is that, for most people infected with COVID-19, they are only infectious for a couple of weeks. The CDC recommends that people can leave their self-isolation once two things are true: #1 all of their symptoms are

nearly resolved and #2 it's been at least 10 days since their symptoms began or from when they had a positive COVID-19 test. For a person who is sick with COVID-19 and has symptoms such as cough, fever, fatigue, and body aches, they need to self-isolate until #1 they have no fever for at least 3 days without using fever reducing medication, they have significant improvement in all of their symptoms, AND #2 it's been at least 10 days since they started getting sick. If someone still feels weak and is coughing 20 days after their symptoms began, then that person still needs to self-isolate until all those symptoms have nearly resolved. Some people who test positive, have no symptoms, so for them, they need to isolate for 10 days from the time of their positive test. For those people who feel well but are self-isolating because they were exposed to someone with COVID-19, they need to get tested and remain in isolation until after that test comes back negative. We know this can be confusing, so if you have any questions about how long you need to self-isolate, please call our COVID-19 Hotline Monday- Friday from 9- 6 at 782-7591.

I also wanted to discuss COVID-19 testing. We are able to test anyone who wants testing at the hospital drive-through center Monday- Friday from 9:00am- 12:00 pm. Unless we run low on test kits, we are able to offer testing to anyone, whether they have symptoms or not. Of course, if you feel sick and want to be seen by a medical provider, we are open 24/7 and are able to perform COVID-19 testing at any time in order to better care for a patient.

In the past, I've outlined the many changes we've made at the hospital to provide safer, better, and more efficient care during the COVID-19 pandemic. I will not review them again now, but if you have any questions about what to expect when you come to the hospital, please call our COVID-19 Hotline at 782-7591.

For now, most of our non-urgent medical appointments are still being conducted over the telephone, but we hope to restart in-person visits in the coming months. We are also excited to offer video medical visits if you prefer to see your provider on your phone or computer. If you wish to convert your telephone medical visit to a telemedicine video visit all you need is an email account, internet access, and a phone or computer with a camera. If you would prefer a video medical visit please let us know when we call to remind you of your appointment or when your provider calls you at the start of your appointment.

Thank you for your efforts to keep Zuni safe and to protect our elders and most vulnerable. We know that these are tremendously challenging times for all of us. Remember to check i-n with your own stress level and that of your loved ones. Don't be afraid to take time for yourself and to ask for help if you need it. We at the hospital remain here to help you 24/7.

Thank you for your attention.