

## How to keep Everyone, especially Elders and the young safe

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

- ◆ Avoid gatherings with other people. This may include family too.
- ◆ Gatherings should be less than 10 people.
- ◆ 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. 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.

## If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns. Hopi Health Care (928) 737-6000  
Tuba City Regional Health Care (866) 976-5941

## Everyone stay at home, except to do the following:

**TO GET MEDICAL CARE** - Call ahead, then send only **one** person

**TO GET PRESCRIPTIONS** - Go alone or send only **one** person

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

**TO SHOP FOR FOOD** - Have a plan and only send **one** person

**TO CHECK ON FAMILY** - Call, or send **one** person if needed.

***WHEN YOU STAY HOME, YOU HELP SLOW THE SPREAD OF CORONAVIRUS (COVID-19)***

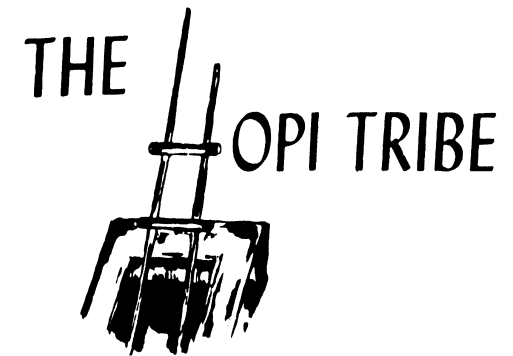
For additional information, contact:  
CDC.gov

[The Hopi Tribe](#)

[Department of Health & Human Services](#)

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## What the Hopi Community needs to know about COVID-19



## What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a 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.

## What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

**Fever, cough, and shortness of breath**

## How does COVID-19 spread?

Person to person by coughing, sneezing or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

## If someone gets sick, what can they do?

If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider or local Indian Health Service unit for medical advice.

**In an emergency, call 911 or the Hopi Health Care Center's Hotline at (928) 737-6188**

People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.

Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.

Stay home and away from others for 14 days to avoid getting others sick.

Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

## How can I protect myself and my family?

**Stay at home!** "Social distancing" is recommended. This means keeping your family at home and away from others who may be sick.

If you must go out try to stay 6 feet away from others.

- \* Avoid gatherings with other people.
- \* Avoid touching your eyes, nose and mouth.
- \* Do not shake hands, hug, or touch others.
- \* Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

## COVID-19 Testing procedure

Who can and should get tested and how long it takes to get your results back.

In Arizona, COVID-19 testing is done by 2 commercial laboratories, Sonora Quest and LabCorp, or through the Arizona State Laboratory.

The preferred specimen is collected by a nasopharyngeal (NP) swab in viral transport medium. The NP swab is inserted into the patient's nose and left in for a few seconds to absorb the secretions. The specimen is then labeled, dated and shipped frozen to one of the laboratories identified above.

The Rapid Influenza diagnostic tests (or "flu" swabs) detect influenza viral antigens, or proteins, in respiratory tract specimens and are processed onsite at the Hopi Health Care Center

If you are tested at Hopi Health Care Center (HHCC) for COVID-19, you can expect at least 3-6 day turnaround time and may be required to be self-quarantined until results are complete and the Hopi Health Care Center Public Health Department contacts you.