

# Pascua Yaqui Tribe Health Services Division

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*For Immediate Release – July 2, 2020*

## Public Health Alert: Informational update

### COVID-19 – COMMUNITY SPREAD

#### How does the virus spread?

The virus that causes COVID-19 is thought to spread mainly from person to person, these respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in many affected geographic 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 steps can my family take to reduce our risk of getting COVID-19?

Practice everyday preventive actions to help reduce your risk of getting sick and remind everyone in your home to do the same. These actions are especially important for older adults and people who have severe chronic medical conditions:

- Avoid close contact with people who are sick.
- Stay home when you are sick except to get medical care.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, counter-tops, light switches, doorknobs, and cabinet handles).
- If and when going out for essential items, work, and/or doctors appointments, wear a cloth face covering.
- Routinely wash/laundry items, including clothing, bedding, washable plush toys, etc., as appropriate and in accordance with the manufacturer’s instructions. If possible, wash/laundry items using the warmest appropriate water setting for the items and dry items completely.

#### When should I be tested?

To learn if you have a current infection, viral tests (PCR) are used.

Most people will have mild illness and can recover at home without medical care and may not need to be tested.

CDC has guidance for who should be tested, but decisions about testing are made by state and local health departments or healthcare providers.

If you have concerns and/or symptoms about COVID-19 please call your primary care provider and/or The Pascua Yaqui Tribe Health Services Division’s Community Health Nursing at 520-334-7691 for screening and/or potential testing.

All information copied and gathered from The Centers for Disease Control and Prevention

For more information and or to review the above information visit:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Nau te vo’oho’one allae’ewamta vetchivo

Together on the Journey to Health

July 2, 2020