



PASCUA YAQUI TRIBE HEALTH SERVICES DIVISION

COVID-19 Exposure Reference and Guidelines For Employees



If you HAVE, TESTED POSITIVE FOR, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH COVID-19 , you should:	If you LIVE with someone who has COVID-19, and you meet the criteria for exposure You should:	If you WERE EXPOSED to someone who has tested positive for COVID-19, You Should:	If you have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should:
HOME QUARANTINE Stay at home until: <ul style="list-style-type: none">• 10 days have passed since symptoms first began AND• All symptoms have resolved• If you have tested positive for COVID -19 but had no symptoms, you can stop home isolation when 10 days have passed since the day you were tested.• If you have tested negative but continue to have symptoms of COVID-19, with no other diagnosis, you will need to complete 10 days in home isolation.• You will then need a Negative Molecular Test to return to work <div>*See <u>separate instructions for a person with severe illness or who is severely immuno-compromised.</u></div>	HOME QUARANTINE Stay at home until: <ul style="list-style-type: none">• 10 days have passed from the date the person you live with began home isolation. You must be able to achieve physical distancing from the COVID-19 positive person in the household and not share eating/drinking utensils, bathroom and living space, etc.• If you continue close contact with the COVID-19 positive household member then the 10 days of quarantine will re-start when they have completed their 10 days of home isolation and remains fever free, with resolved symptoms. <p>*This may be a child or loved one that, out of necessity, you must continue to assist with their activities of daily living.</p> <ul style="list-style-type: none">• You will then need a Negative Molecular Test to return to work	HOME QUARANTINE Stay at home until: <ul style="list-style-type: none">• 10 days have passed from the date you last had close contact with the person *EXPOSURE DEFINITION: <ul style="list-style-type: none">• You were within 6 ft of someone who has tested positive for COVID-19 for at least 15 minutes, without a mask• You had direct physical contact with a COVID-19 positive person (touched, hugged, or kissed them)• You were sneezed, coughed upon, or somehow got respiratory droplets on you by someone who has tested COVID-19 positive.• You will then need a Negative Molecular test to return to work	<ul style="list-style-type: none">• Continue normal work/daily activities while following general recommendations of:<ul style="list-style-type: none">• Physical distancing. Stay 6 ft apart.• Frequent hand-washing & don't touch face• Cover your cough/sneezes• Wear cloth face covering• Regularly clean and disinfect high-touch surfaces



PASCUA YAQUI TRIBE HEALTH SERVICES

COVID-19 Exposure Reference and Guidelines For PYT Community/Enrolled Family Members



If you HAVE, TESTED POSITIVE FOR, ARE BEING EVALUATED FOR, OR HAVE SYMPTOMS CONSISTENT WITH COVID-19 YOU SHOULD:	If you LIVE with someone who has COVID-19, You Should:	If you WERE EXPOSED to someone who has COVID-19 You Should:	If you have had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person (showing symptoms), you should:
<p>HOME QUARANTINE:</p> <ul style="list-style-type: none">• 10 days have passed since symptoms first began <p>5 B8</p> <ul style="list-style-type: none">• Mci f'grā dlca g\ Uj Y' fYgc`j YX <p>5 B8</p> <ul style="list-style-type: none">• Mci f'Ya Ulp`Zj Yf`ZY`Zf`& hours without fever reducing medication` <ul style="list-style-type: none">• If you have tested positive for COVID -19 but had no symptoms, you can stop home isolation when 10 days have passed since the day you were tested.• If you have tested negative but continue to have symptoms of COVID-19, with no other diagnosis, you will need to complete 10 days in home isolation.• We recommend you get a Molecular Test after your complete the Quarantine. <div data-bbox="113 1279 567 1393"><p><i>*Contact Your Doctor For Specific Questions</i></p></div>	<p>HOME QUARANTINE Stay at home until:</p> <ul style="list-style-type: none">• 10 days have passed from the date the person you live with began home isolation. You must be able to achieve physical distancing from the COVID-19 positive person in the household and not share eating/drinking utensils, bathroom and living space, etc.• If you continue close contact with the COVID-19 positive household member then the 10 days of quarantine will re-start when they have completed their 10 days of home isolation and remains fever free, with resolved symptoms.• We recommend you get a Molecular Test after your complete the Quarantine. <p>*This may be a child or loved one that, out of necessity, you must continue to assist with their activities of daily living</p>	<p>HOME QUARANTINE Stay at home until:</p> <ul style="list-style-type: none">• 10 days have passed from the date you last had close contact with the person <p>EXPOSURE DEFINITION:</p> <ul style="list-style-type: none">• You were within 6 ft of someone who has tested positive for COVID-19 for at least 15 minutes, without a mask.• You had direct physical contact with a COVID-19 positive person (touched, hugged, or kissed them)• You were sneezed, coughed upon, or somehow got respiratory droplets on you by someone who has tested COVID-19 positive.• We recommend you get a Molecular Test after your complete the Quarantine	<p>Continue normal work/daily activities while following general recommendations of:</p> <ul style="list-style-type: none">• Physical distancing. Stay 6 ft apart.• Frequent hand washing//don't touch face• Cover your cough/sneezes• Wear cloth face covering• Regularly clean and disinfect high-touch surfaces



PASCUA YAQUI TRIBE HEALTH SERVICES DIVISION

COVID-19 Exposure Reference and Guidelines For PYT Enrolled Family Members and Employees



WHAT IS COVID-19? Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Vocabulary

Exposure: A person who may be at risk of a contagious disease because of their proximity or exposure to a known case. Exact definition differs by disease; for COVID-19, the CDC defines **exposure** as anyone who has been within 6 feet of a person infected with the virus for at least 15 minutes without wearing a mask, or has had direct contact with the infected person's secretions. (Source: CDC)

Fever: A measured temperature of 100°F [38 °C] or greater.

High Touch Surfaces: Counter tops, tables, hard-backed chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets, sinks, and faucets.**

Quarantine: Separates and restricts the movement of people who have been exposed to someone with COVID-19, have become symptomatic or have had a positive test.

Physical (Social) distancing: Measures taken to reduce person-to-person contact in a given community, with a goal to slow down the spread of a contagious disease. Measures can include staying 6ft, approximately 2 arms length, apart, not gathering in crowds when on breaks, utilizing face coverings and barriers when indicated.

Symptoms

These symptoms may appear **2-14 days after exposure** (based on the incubation period)

- Fever or chills
- New or unexplained cough, sore throat, shortness of breath, or runny nose
- New or unexplained muscle aches, headache, fatigue, nausea/vomiting or diarrhea
- New or unexplained change in your sense of taste or smell

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake or stay awake
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.