

# Pascua Yaqui Tribe Health Services Division

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## **Public Health Alert: Quarantine Update**

**COVID-19 cases are increasing throughout the tribal community. The Pascua Yaqui Tribe Health Services Division (PYTHSD) is reminding tribal members the importance of quarantining for individuals who may have been exposed to COVID-19. Help us protect our community by reducing the risk of exposure.**

### **What is Quarantine?**

- *Quarantine* is a measure of restriction for anyone who may have been exposed to an individual that has tested positive for COVID-19. Quarantining is used to curb or control the spread of disease.
- Generally, this period is used to determine whether an individual is showing symptoms and to wait for a positive test result.

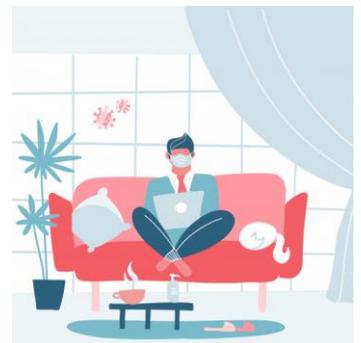
### **How to Self-Quarantine**

- Keep yourself distanced from the general public as well as people within your household. If possible, use separate bathrooms, bedrooms, and other personal items.
- Self-quarantine should last two weeks to confirm, without testing, that you do not have COVID-19. The two-week period is also issued to prevent the spread of the disease.
- It is important to monitor any possible symptoms relating to COVID-19, even if you don't initially show symptoms or are waiting for test results. If you begin to feel ill, contact your health care provider.



### **Abiding by Quarantine Measures:**

- If you have been exposed to an individual that has tested positive for COVID-19, tribal guidelines require you to limit your movement for at least ten calendar days.
- If you are experiencing a dry cough, shortness of breath, or fever over 100.0 F and think you may have COVID-19 please call to complete screening: **520-334-7691 or 520-879-5652**
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.



*Nau te vo'oho'one allae'ewamta vetchivo*  
*Together on the Journey to Health*