

## Peach Springs Health Center Update

### What to do if you are sick with the Coronavirus Disease 2019

If you think you have been exposed to the Coronavirus and develop a fever and symptoms, such as cough or difficulty breathing, call the Peach Springs Health Clinic at **928-769-2900** for medical advice.

The clinic staff may ask you to come to the clinic to be evaluated and potentially tested for different causes of fever. If you are considered a suspect for the coronavirus and are swabbed, the test is sent to another laboratory to be tested. It will take 3-5 working days before the results will be available. If you are too sick to go home and need to be hospitalized the clinic will make arrangements to transfer you to a hospital to be admitted. If you are not hospitalized, you will be discharged to home with home isolation precautions.

Once the coronavirus test results return the provider will contact you with the results. Your test results will also be communicated to the Mohave County Public Health Department.

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to **help prevent the disease from spreading** to people in your home and community.

**Stay home** except to get medical care. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

**Separate yourself from other people and animals in your home.** People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

**Call ahead before visiting your doctor.** If you have a medical appointment, call the PSHC clinic and tell them that you have or may have COVID-19. This will help the clinic staff take steps to keep other people from getting infected or exposed.

**Wear a facemask.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

**Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands

and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

**Avoid sharing** personal household items You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water. Clean your hands often

**Wash your hands often** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**Clean all “high-touch” surfaces** every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**Monitor your symptoms.** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

**Discontinuing home isolation.** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with PHSC providers and state and local health departments.

For additional Information:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>