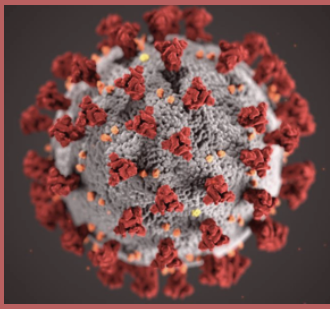


COVID-19

WHAT YOU NEED TO KNOW



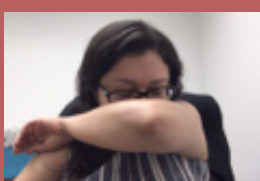
What is COVID-19?

- COVID-19 (also known as Coronavirus disease 2019) is a disease caused by the SARS-CoV-2 virus that causes flu-like symptoms in individuals.
- These symptoms sometimes cause mild to serious breathing problems.
- The virus is named after the crown-like spikes on its surface when viewed under a microscope.
- As of March 2020, the World Health Organization (WHO) has declared COVID-19 as a global pandemic.



What are the SYMPTOMS?

- Most people with COVID-19 report:
 - **Dry cough**
 - **Shortness of breath or difficulty breathing**
 - **Increased temperature**
- Other symptoms:
 - **Fever, chills, muscle pain, headaches, sore throat, diarrhea, and a loss of taste or smell.**
- **SEVERE SIGNS and SYMPTOMS:**
 - **Chest pain**
 - **Blue lips or face, since the body is not getting enough oxygen.**
 - **Dizziness or confusion**
 - **If you experience any of these, please contact emergency services.**
- **YOU ARE MOST INFECTIOUS when you are showing symptoms (when you are not feeling well).**



How is it SPREAD?

- COVID-19 is spread through **person-to-person transmission** by droplets from sneezing or coughing from a person who has COVID-19 who is in close contact (within 6 feet).
- These droplets are inhaled through the nose or mouth.
- You may also get the virus from touching surfaces or objects that a person who has COVID-19 touched but this is rare.
- Symptoms usually appear 2-14 days after exposure to the virus.
- **It's important to know that not everyone shows severe symptoms but symptoms can be mild.**



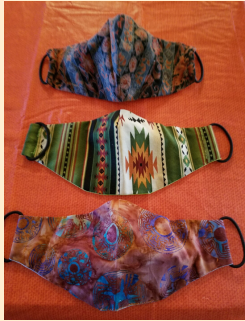
Who is MOST AT-RISK?

- Those most at-risk for developing COVID-19:
 - **elders (over the age of 65 years)**
 - **those with severe underlying medical conditions** (heart disease, lung diseases, diabetes, or immunocompromised individuals, organ transplant recipients, etc.)
 - **Young children**
 - Be on the look out for changes in normal behavior (e.g. eating, concentrating, or sleeping)
 - Unexplained red rash on body.

How to PROTECT YOUR FAMILY, YOURSELF, and OTHERS

- **Wash your hands often** for at least 20 seconds
- If soap and water are not available, **use hand sanitizer** (at least 60% alcohol).
- **Avoid touching your eyes, nose, and mouth.**
- **STAY HOME.** Only go outside if you need necessities (e.g. food) or medical services.
- **Cover your mouth and nose with cloth face cover** (or mask) when around others.
- **KEEP AT LEAST 6 FEET** (or two arms length) between yourself and others.
 - **AVOID LARGE GATHERINGS.**
- **COVER YOUR COUGH** with a tissue or use inside your elbow.
- **CLEAN and DISINFECT** frequently touched surfaces (e.g. tables, doorknobs, phones, or sinks)
 - **allow disinfect to sit on surfaces for at least 4 minutes (or dry naturally).**





PRACTICE PHYSICAL DISTANCING

What to do if you are SICK or know someone who is SICK

- **STAY HOME.** Only go outside if you need medical care.
 - **CALL AHEAD** to the hospital that you going to if you suspect you may have COVID19.
- **SEPARATE YOURSELF FROM OTHERS.** You should isolate from others for at least 14 days.
 - If you live with others, isolate yourself to one room.
 - **AVOID SHARING PERSONAL HOUSEHOLD ITEMS.**
- **MONITOR YOUR SYMPTOMS.** Take your temperature daily and get plenty of rest and fluids.
- **COVER YOUR COUGH** with a tissue or use inside your elbow.
- **WASH YOUR HANDS OFTEN.**
- **CLEAN and DISINFECT** frequently touched surfaces (e.g. tables, doorknobs, phones, or sinks)
 - allow disinfect to sit on surfaces for at least 4 minutes (or dry naturally).

Is there TREATMENT?

- There is **NO SPECIFIC TREATMENT** for COVID-19.
- Treatments will **ONLY** minimize the symptoms until the body can fight off the infection.
- **Many COVID-19 patients with underlying lung diseases or severe symptoms may require mechanical ventilation** (i.e. breathing machine or ventilator) to help them breathe.
 - These machines help to provide oxygen to the body.

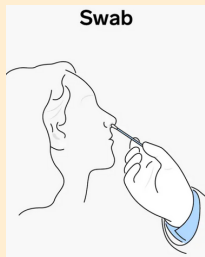
ONLY YOU CAN LIMIT TRANSMISSION

You can HELP in STOP THE SPREAD

- **STAY HOME.**
- By **SEPARATING YOURSELF FROM OTHERS.** You are **PREVENTING 2-3 people** from getting infected.

What is ISOLATION?

- **Isolation:**
 - keeps sick people **SEPARATE** from healthy people.
 - Physical distance is restricted to home or safe place.
 - For the duration of infectiousness (spreading the virus):
 - **2 days before symptoms onset**
 - **at least 10 days after illness onset**
 - **symptoms must improve AND no fever within the past 3 days**

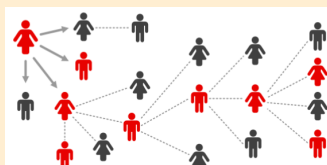


Is there COVID-19 TESTING?

- There is are **two kinds of diagnostic tests:**
 - **viral tests** are used to identify virus in the body.
 - Polymerase chain reaction (PCR) tests are used and these tests give you a sign that your body is reproducing the virus.
 - **Nose, throat, or mouth swabs are done to look for ACTIVE infections!**
 - **Antibody tests** are used to identify antibodies to the virus, usually in blood.
 - Antibodies are made by your immune system to fight off infections.
 - These type of tests will tell you if you had **PAST INFECTION.** **Usually take 10-14 days** for your body to produce antibodies.

What is QUARANTINE?

- **Quarantine:**
 - restricts movement and contact of healthy people who have been exposed OR restricts movement of people in order to prevent spread of disease.
 - **Must be separated from people for 14 days since last contact of the person who is infected.**
- **ONLY** those who are healthy that have been in contact with COVID-19 person should quarantine.
- Even if you do not have COVID-19, you should also quarantine to minimize your exposure to COVID-19.



What is Contact Tracing and how does it HELP?

- **Contact tracing is an effective way to slow the transmission of COVID-19.** Often times, public health agencies (i.e. health departments, hospitals) use contact tracing to identify potential cases (those who may have been exposed) and provide health information to limit the transmission or spread of COVID-19.
- Once a case or an individual who may have come into contact with COVID-19 confirmed case, contact tracers will **ask ONLY health-related questions** to help identify others, locations where you may have traveled, and contact those to take precautions (i.e. quarantine or isolation) to limit the spread.

Public Health Data and Surveillance

- As of July 9, 2020, there has been more than 3,000,000 cases of COVID-19 in the United States. There have been approximately 130,000+ deaths associated with COVID-19.
- Those who are 18-44 years and 45-64 years have been impacted the most.
- Approximately 1.3% of total cases are American Indian/Alaska Native.
- There have been more than 538 cases (MT) and 748 cases (WY) of COVID-19
- www.cdc.gov provides the most up-to-date information on regional, State, and National level information regarding COVID-19.



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