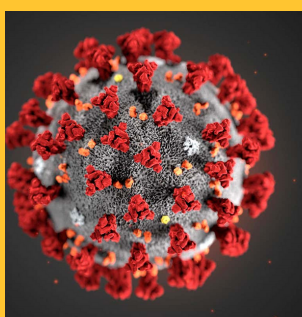


COVID-19

WHAT YOU NEED TO KNOW

WHAT IS COVID-19?



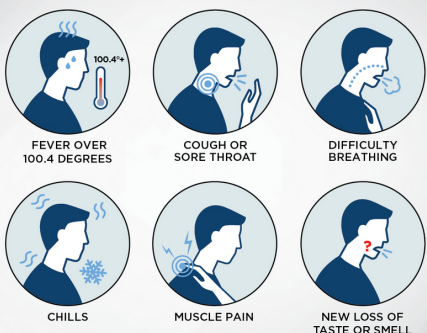
- COVID-19 (also known as Coronavirus Disease 2019) is a disease caused by the SARS-CoV-2 virus that affects both animals and humans and causes flu-like symptoms in humans.
- The virus is named after the crownlike spikes on its surface when viewed under a microscope.
- In symptomatic individuals, it can cause mild to serious breathing problems, along with some other serious issues.
- As of March 2020, the World Health Organization (WHO) has declared COVID-19 as a global pandemic.

HOW IS IT SPREAD?

- COVID-19 is primarily spread from person-to-person by respiratory droplets from sneezing or coughing from an infectious individual who is within 6 feet for more than 15 minutes.
- These droplets can land on the nose or mouth of a nearby individual.
- The virus can also be transmitted from touching surfaces or objects that an infectious individual has touched but this is rare.
- Symptoms usually appear 2-14 days after exposure to the virus.
- It's important to know that everyone may not show severe symptoms and the symptoms can be mild.



SYMPTOMS OF COVID-19



Common symptoms reported:

- Dry cough
- Shortness of breath or difficulty breathing
- Loss of smell and/or taste
- Headaches

Other symptoms:

- Fever, chills
- Muscle pain, headaches
- Cold-like symptoms
- Stomach issues

SEVERE SIGNS and SYMPTOMS:

- Chest pain
- Blue lips or face, since the body is not getting enough oxygen.
- Inability to stay awake
- Dizziness or confusion
- Severe Injury

If you experience any of these, please contact emergency services.

WHO IS MOST AT-RISK?

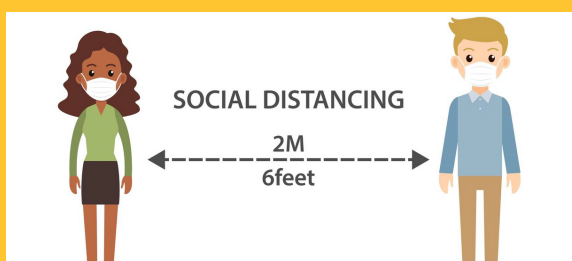
Those most at-risk for developing COVID-19:

- 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.)
- Pregnant women
- 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 YOURSELF, FAMILY, YOURSELF AND OTHERS

- Wash your hands often with soap and water for at least 20-40 seconds
- If soap and water are not available, use hand sanitizer (with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth.
- STAY HOME (especially if you are feeling unwell). Only go out if you need necessities (e.g. food) or medical services, get some physical activity or breath of fresh air.



- COVER YOUR COUGH with a tissue or use inside your elbow.
- Cover your mouth and nose with face covering cloth face cover (or mask) when around others.
- Practice Social Distancing
 - KEEP AT LEAST 6 FEET (or 2 arms length) between yourself and others.
 - AVOID LARGE GATHERINGS.
- CLEAN and DISINFECT frequently touched surfaces (e.g. tables, doorknobs, phones, or sinks.)
 - Allow disinfectant to sit on surfaces for at least 3-4 minutes (or dry naturally).



WHAT TO DO IF YOU ARE SICK OR KNOW SOMEONE WHO IS SICK

- **STAY HOME.** Only go outside if you need medical care.
 - Check to see if you have [over-the-counter](#) medications to alleviate symptoms.
 - See if another friend/family member can get groceries and other necessities
- **CALL AHEAD** to the hospital that you are going to if you suspect you may have COVID-19.
- **SEPARATE YOURSELF FROM OTHERS.** You should isolate/quarantine from others in a separate room for at least 14 days.
- **AVOID SHARING PERSONAL HOUSEHOLD ITEMS.**
- **MONITOR YOUR SYMPTOMS.** Take your temperature daily and get plenty of rest and fluids.
- *****Please follow guidelines under “How to Protect Yourself, Family and Others”**



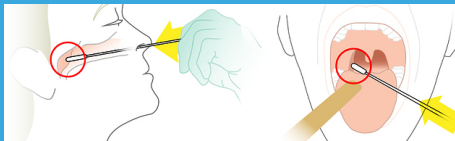
IS THERE TREATMENT?

- There is **NO SPECIFIC TREATMENT** for COVID-19.
- **Treatments Supportive Care** is the primary treatment and it will ONLY minimize the symptoms until the body can fight off the infection.
- Currently, Remdesivir is used for emergency treatment of hospitalized patients.
 - It is an antiviral injection that stops the virus from spreading throughout the body.
- **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.
- **Vaccination Update:** Moderna and Pfizer have 90+ efficacy rates on their progress towards vaccines, however, neither are FDA approved currently.

IS THERE COVID-19 TESTING?

There is are two kinds of diagnostic tests:

- **Viral tests** are used to identify CURRENT infection and if the virus is detected in the body.
 - Polymerase chain reaction (PCR) tests are used, and these tests tell you how fast the virus is reproducing in the body.
 - **Nose, throat, or mouth swabs are done.**
- **Antibody tests** are used to identify past infections and tells if the body has produced any antibodies to the virus, usually detected in the blood.
 - Antibodies are made by your immune system to fight off infections.
 - **It usually takes 1 to 3 weeks for your body to produce antibodies.**
 - **Blood tests are done.**



ISOLATION VS QUARANTINE

Isolation:

- Keeps those who tested positive for Covid-19 **SEPARATE** from healthy people.
- Physical distance is restricted to home or safe place.
- Protocol of isolation timing during the infectious period (spreading of the virus):
 - Starts day after symptoms first started OR Tested positive for Covid-19.
 - **At least 10 days** since symptoms first appeared.
 - **Symptoms must improve AND no fever within the past 24** hours before end date of quarantine.

Quarantine:

- Restricts movement and contact of healthy people who have been exposed to Covid-19 OR restricts movement of people in order to prevent spread of disease.
 - **Protocol of quarantine timing:**
 - Date of last exposure with infected individual + 14 days= end of quarantine.
 - **Even if you do not have COVID-19, you should still quarantine to minimize your exposure.**

WHAT IS CONTACT TRACING AND HOW DOES IT HELP?

- **Contact tracing is an effective way to slow the transmission of COVID-19.**
- Often, public health agencies (i.e. health departments, hospitals, etc.) use contact tracing to identify potential contacts (those who may have been exposed) and provide health information to limit the transmission or spread of COVID-19.
- Once a contact have has encountered a COVID-19 confirmed case, contact tracers will ask some demographic and health-related questions.
- **This helps to:**
 - Identify other contacts.
 - Places where you may have traveled.
 - Provide information on quarantine or isolation to limit the spread of Covid-19.

PUBLIC HEALTH DATA AND SURVEILLANCE

- As of November 18th, 2020, there have been more than 11,000,00 cases of COVID-19 in the United States. There have been approximately 240,000+ deaths associated with COVID-19.
- Those who are 18-64 years old and 45-64 years have been impacted the most.
- Approximately 1.5% of total cases are American Indian/Alaska Native.
- There have been more than 107K cases (MT) and 128K 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.

FOR MORE INFORMATION, PLEASE CONTACT:



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