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.

WHAT ARE THE SYMPTOMS?
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

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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).
**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 medication 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.

**Vaccines**

- Moderna and Pfizer have 90+ efficacy rates on their progress towards vaccines, however, neither are FDA approved currently.
- [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/index.html) provides the most up-to-date information on Regional, State, and National level information regarding COVID-19.

**IS THERE COVID-19 TESTING?**

There are two kinds of diagnostic tests:

- **Viral tests** use antibodies for identifying COVID-19.

- **Antibody tests** use antibodies to identify past infections when you have been exposed to the virus and the virus is reproducing in the body.

**ISOLATION VS QUARANTINE**

- **Isolation** restricts movement and contact of healthy people who are ill or are suspected to have COVID-19.

- **Quarantine** restricts movement of people in order to prevent spread of disease.

**WHAT IS CONTACT TRACING AND HOW DOES IT HELP?**

- **Contact tracing** is an effective way to slow the transmission of COVID-19.

- The 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 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 11,000,000 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.

  * [CDC.gov](https://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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