How to categorize (1, 2)

- Normally people fall into 1 of 2 groups:
  1. About 80% of people with COVID-19 have mild symptoms and recover in about 2 weeks
  2. About 10% will have severe symptoms and recover in about 3-6 weeks
- About the last 10% do not fall into either of the 2 as they have lingering symptoms= Long Haulers

Typical Characteristics (1,3)

- Duration: experience symptoms months later
- Who: young, old, those with underlying conditions, those that are healthy... Anyone with a past COVID infection
- Common Symptoms: coughing, tightness in the chest, shortness of breath, headaches, muscle aches, diarrhea, brain fog and fatigue

Cardiovascular: myocardial inflammation, ventricular dysfunction
Respiratory: pulmonary function abnormalities
Renal: acute kidney injury
Dermatologic: rash, alopecia
Neurological: olfactory and gustatory dysfunction, sleep dysregulation, altered cognition, memory impairment
Psychiatric: depression, anxiety, changes in mood

Less Common but Severe Complications (4)

Recruitment of Healthcare Workers (5)

*It is crucial to recruit healthcare workers into the Tribal communities so adequate care is available.

* Some incentives include:
  - Increased benefits
  - Telehealth options
  - Loan Repayment
  - Sign on Bonuses
  - Daycare options
  - Increased paid/sick time off