

HEALTH ALERT

NOVEL CORONAVIRUS (COVID-19)

COVID-19 virus is spread mainly from person-to-person between people who are in close contact with one another (within 6 ft.) and through respiratory droplets produced when an infected person coughs or sneezes.

Preventative Tips

on Stopping the Spread of the Coronavirus (COVID-19)

- **WASH YOUR HANDS** often and thoroughly with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- **AVOID TOUCHING** your eyes, nose, and mouth with unwashed hands.
- **COVER YOUR COUGHS & SNEEZES** with a tissue or cough or sneeze in your sleeve.
- **AVOID SHARING** household items with a person who is ill with a respiratory illness.
- **CLEAN ALL SURFACES** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, & bedside tables daily.
- **MONITOR YOUR SYMPTOMS** if you have a cough, fever and are having trouble breathing, please contact your health care provider and take steps to keep other people from getting infected.
- **PRIOR TO OR UPON ARRIVAL** to the hospital/clinic, please notify us of your symptoms. Wear a face mask to protect yourself and others
- **WEAR A FACEMASK** when you are in a room with other people. Masks are available at the entrances of our healthcare facilities.

GRHC Coronavirus Hotline
(520) 550-6079



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Centers for Disease Control and Prevention has announced that the NOVEL CORONAVIRUS is Now (COVID-19)



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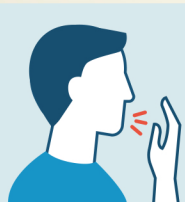
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This interim guidance is based on what is currently known about the 2019 Novel Coronavirus (COVID-19) and the transmission of other viral respiratory infections. The CDC will update this interim guidance as needed and as additional information becomes available.

To help control the spread of the coronavirus, the CDC recommends the following:



WASH HANDS WITH
WATER AND
SOAP/SANITIZER,
AT LEAST 20 SECONDS



COVER YOUR NOSE
AND MOUTH WHEN
SNEEZING



WEAR A MASK IF
YOU HAVE SYMPTOMS

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or cough or sneeze in your sleeve and wash your hands with soap and water for at least 20 seconds.
- Avoid sharing household items: Dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is ill with a respiratory illness. After a person uses these items, you should wash them thoroughly.
- Clean all "high touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables daily.
- Monitor your symptoms – Seek medical attention if your illness is worsening and take steps to keep other people from getting infected. Call ahead and tell them you are coming, wear a facemask when you are in a room with other people. Masks are available at the entrances of most healthcare facilities.

For the most up to date information, please visit the CDC website:

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

**If you have any general questions, please contact your provider at
Gila River Health Care: 520.562.3321**

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