



Coronavirus Resource Guide

A message from the Rocky Boy Health Center

March 13, 2020 Dear Community Member: The Rocky Boy Health Center is providing you with a copy of the Centers for Disease Control and Prevention’s “Resources for Home” to prepare for an outbreak of the novel Coronavirus 2019 (COVID-19) in your community. This interim guide provides information on: 1.) Plan Ahead and Be Ready 2.) Cleaning and Disinfection Recommendations 3.) Checklist to Get Your Household Ready 4.) If Someone in Your Home is Sick. Please review the information. If you have any questions, comments, or need additional assistance, call Janet Runnion at 406.395.4486. Thank you. Edward Parisian CEO, Rocky Boy Health Center.

Prepare Yourself, Your Family, and Your Community

Protect yourself and your community from getting and spreading respiratory illnesses like coronavirus disease 2019. Everyone has a role to play in getting ready and staying healthy. Here is what you can do to prepare your family in case COVID-19 spreads in your community.

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the signs and symptoms of COVID-19 and what to do if symptomatic:
 - o Stay home when you are sick
- Call your health care provider’s office in advance of a visit
- Limit movement in the community
- Limit visitors
- Know what additional measures those at higher risk and who are vulnerable should take.
- Implement steps to prevent illness (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
- Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
- Know about emergency operations plans for schools/workplaces of household members.

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Important Phone Numbers

- Rocky Boy Health Center— 406.395.4486
- Pharmacy Refill Line— 406.395.4843



Get Your Home Ready

Returning From Travel

If you were in a country/state with a COVID-19 outbreak and feel sick with fever, cough, or difficulty breathing, within 14 days after you left, you should

- Seek medical advice – CALL ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel on public transportation while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
- Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose.
- If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%–95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Checklist for Individuals and Families

As a family, you can plan and make decisions now that will protect you and your family during a COVID-19 outbreak.

Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community.

Use this checklist to help you take steps to plan and protect the health of you and your family. PLAN AND PREPARE Get up-to-date information about local COVID-19 activity from public health officials.

Create a household plan of action.

- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
- Ask your neighbors what their plan includes.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Choose a room in your house that can be used to separate sick household members from others. Take everyday preventive actions:
 - Wash your hands frequently
 - Avoid touching your eyes, nose, and mouth.
 - Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

As a family, you can plan and make decisions now that will protect you and your family during a COVID-19 outbreak.

Get Your Home Ready

In case of an outbreak in your community, protect yourself and others:

- Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath
- If you develop emergency warning signs for COVID-19 get medical attention immediately.

In adults, emergency warning signs* :

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.
- Keep away from others who are sick
- Limit close contact with others as much as possible (about 6 feet) Put your household plan into action
- Continue to practice everyday preventive actions
- If someone in the household is sick, separate them into the prepared room
- If caring for a household member, follow recommended precautions and monitor your own health.
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the emotional health of your household members, including yourself
- Take additional precautions for those at highest risk, particularly older adults and those who have severe underlying health conditions.
- Consider staying at home and away from crowds if you or a family member are an older adult or have underlying health issues
- Make sure you have access to several weeks of medications and supplies in case you need to stay home
- When you go out in public, keep away from others who are sick and limit close contact with others
- Practice good hand hygiene

Protect Your Children

Take the following steps to help protect your children during an outbreak:

- Notify your child's school if your child becomes sick with COVID-19
- Keep track of school dismissals in your community
- Discourage children and teens from gathering in other public places

Before an outbreak occurs in our community

Plan A COVID-19 outbreak could last for a long time in your community.

Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease.

Local public health officials may make recommendations appropriate to your local situation.

Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community.

You should base the details of your household plan on the needs and daily routine of your household members.

Create A Household Plan of Action

Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

- ☑ Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community
- ☑ Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources. ☑ Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- ☑ Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources. Practice good personal health habits and plan for home-based actions
- ☑ Practice everyday preventive actions now. Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

Avoid close contact with people who are sick. • Stay home when you are sick, except to get medical care.

Cover your coughs and sneezes with a tissue.

Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.

If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. Always follow the manufacturer's instructions for all cleaning and disinfection products.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

- Household plan continued.

Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick.

Learn how to care for someone with COVID-19 at home.

Be prepared if your child's school or childcare facility is temporarily dismissed

Learn about the emergency operations plan at your child's school or childcare facility.

During a COVID-19 outbreak in your community, local public health officials may recommend temporary school dismissals to help slow the spread of illness. 5

School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals.

If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak. Plan for potential changes at your workplace

Learn about your employer's emergency operations plan. Discuss sick leave policies and telework options for workers who are sick or who need to stay home to care for sick household members.

Learn how businesses and employers can plan for and respond to COVID-19.

During a COVID-19 outbreak in your community: Act

During an outbreak in your community, protect yourself and others by:

- Staying home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet). Put your household plan into action ☑ Stay informed about the local COVID-19 situation. Get up-to-date information about local COVID-19 activity from public health. Be aware of temporary school dismissals in your area, as this may affect your household's daily routine. ☑ Stay home if you are sick. Stay home if you have COVID-19 symptoms. If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.
- If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms. ☑ Continue practicing everyday preventive actions. Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water. ☑ Use the separate room and bathroom you prepared for sick household members (if possible). Learn how to care for someone with COVID-19 at home. Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
- If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. Always follow the manufacturer's instructions for all cleaning and disinfection products.
- ☑ Stay in touch with others by phone or email. If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.

Rocky Boy Health Center

6850 Upper Box Elder Road

Box Elder, MT 59521

406.395.4486

- Act Continued.

Take care of the emotional health of your household members. Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe. Inform your workplace if you need to change your regular work schedule

Notify your workplace as soon as possible if your schedule changes. Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child's school is dismissed temporarily. Take the following steps to help protect your children during an outbreak.

If your child/children become sick with COVID-19, notify their childcare facility or school. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.

Keep track of school dismissals in your community. Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.

Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

Rocky Boy Health Center

6850 Upper Box Elder Road
Box Elder, MT 59521
Phone: 406.395.4486

PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5



What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19