We may be done with COVID-19 but COVID-19 is not done with us. While there is news of a vaccine on the horizon, the reality is it is not here yet. In the meantime, it is necessary to continue to practice COVID-19 prevention measures, follow the GRIC Executive Order No. 9 guidelines, and continue to stay safe this holiday season.

How Does It Spread?
Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms or even no symptoms may spread the disease without knowing they are sick.

How Can I Protect Myself And My Family?
Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes are at higher risk for developing more serious complications from the coronavirus. Practice these safety measures to help control the spread of COVID-19.

How Often Should I Get Tested?
Due to the ease of transmission of COVID-19, it is recommended that you get tested frequently, especially if you have had known contact with someone who has been diagnosed with COVID-19.

How To Receive Testing Results:

**GRHC Testing Results:** Expect results within 5 business days
For more information about results, please call (520) 550-6079

**GRIC Employee Testing Results:** (Tribal Government and Business Entity)
For more information about results, please call your Human Resources Department.

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*Sources*
- Johns Hopkins Center for American Indian Health
- The Centers for Disease Control and Prevention
- Maricopa County Public Health Office

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**I Think I May Have COVID-19, Where Can I Get Tested?**

<table>
<thead>
<tr>
<th>If You Have...</th>
<th>Then...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Symptoms</strong></td>
<td>You may receive COVID-19 testing at a District Service Center during blitz testing. Drive-thru testing is offered to community members with no known exposure who want testing. Urban member testing provided by Steward Healthcare at Phoenix and Casa Grande Location. (Visit GRHC.ORG/Hub for the District Testing flyer)</td>
</tr>
<tr>
<td><strong>Mild Symptoms</strong></td>
<td>If you have mild symptoms and you feel like you only need symptomatic relief such as Tylenol or cough medication, go to the Primary Care Department</td>
</tr>
<tr>
<td><strong>Severe Symptoms</strong></td>
<td>If you have chest pain or difficulty breathing, call 911, and go to the Emergency Department.</td>
</tr>
</tbody>
</table>

* Tribal Members with known contacts AND who are symptomatic can arrange drive up testing through GRHC by appointment if desired.

Important: If you have symptoms of COVID-19, please go to HHKMH, KHC, or get medical attention immediately.
What is Quarantine?
If someone in your household tested positive for COVID-19, GRHC recommends that all household members should quarantine according to your healthcare provider’s requirement. Quarantine are actions you do to prevent you from unintentionally spreading COVID-19 to uninfected people.

When Should I End Quarantine?
If you have Confirmed COVID-19 or Suspected COVID-19, you can leave quarantine/isolation and go back to work when all of the following are true:
A) You completed your quarantine timeframe according to your healthcare provider; AND
B) You have had at least 3 days in a row with no fever at all; AND
C) During quarantine, you have not taken any fever-reducing medication such as Tylenol, Acetaminophen, Advil, Ibuprofen, Aleve, or Naproxen; AND
D) Improvement in symptoms

* Tribal Members with known contacts AND who are symptomatic can arrange drive up testing through GRHC by appointment if desired.

Important: If you have symptoms of COVID-19, please go to HHKMH, KHC, or get medical attention immediately.

I Heard The COVID-19 Test Is Painful, Is It True?
The most common form of COVID-19 test is the nasal swab. This type of test requires that a cotton swab is placed inside the nasal cavity to capture a specimen for testing. While it may be a bit uncomfortable to some, it is not painful and only last a few seconds. It is a quick and easy way to test for the virus.

REINFECTION FROM COVID-19
Recent medical reports have shown that people who contract COVID-19 can heal from the initial infection and be re-infected. Having the virus once does not protect you from contracting it again. This is an important development – please continue to follow all safety measures – wear a mask, wash your hands, and follow the GRIC Executive Order to shelter-in-home to decrease the spread of the virus.

How Do I Stay Safe This Holiday Season?
Here are the recommended guidelines for staying safe this holiday season:

Don’ts:
• Avoid Superspreader events – these are considered large gatherings of 10 or more with members outside of your household.
• Avoid Crowded stores during the holiday
• Do not participate in food distributions or drive-thru distributions
• Do not exchange food dishes with other households

Do’s:
• Wear a facemask
• Practice physical distancing
• Washing your hands frequently
• Celebrate with members of your household only
• Shop for holiday sales online
• Stay home as much as possible

Flu And Pediatric Vaccine Reference

Hu Hu Kam Memorial Hospital
Pediatric Drive-Thru Vaccination/Flu Clinic:
Appointment Scheduling Line: (602) 528-1200 Ext. 2110
Adult Drive-thru Flu Clinic:
Appointment Scheduling Line: (602) 528-1200 Ext. 4012
Vaccination Arrival:
(602) 528-1451

Komatke Health Care
Pediatric/Adult Vaccine and Flu Clinic:
Appointment Scheduling Line: (520) 550-6060
Upon arrival, patient must complete screening at the main entrance and proceed to the Primary Care Department

GRIC:
www.mygilariver.com
Phone: 520.562.5132
Email: Disease.Surveillance.THD@gric.nsn.us

GRHC:
GRHC.ORG/Coronavirus
Phone: 520.550.6079

OEM:
www.gricsafety.org
Phone: 520.610.8120
Email: OEM2@gric.nsn.us

To see an interactive calendar of flu vaccine clinics visit GRHC.ORG/Hub