

COVID-19 BASICS FOR COMMUNITY ELDERS



ELDER NEWSLETTER VOL. 2

PATIENT FAQs

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

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

If You Have...	Then...
No Symptoms	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. (Refer to District Testing flyer)
Mild Symptoms	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
Severe Symptoms	If you have chest pain or difficulty breathing, call 911, and go to the Emergency Department.

* 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.

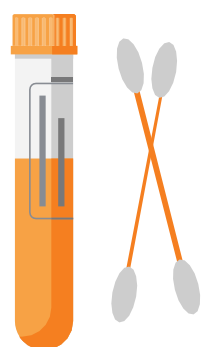
REINFECTION FROM COVID-19

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.

COVID-19 SURVEILLANCE TESTING

Surveillance Testing is necessary to control spread of COVID-19:

- GRHC recommends Surveillance Testing for individuals who have previously tested negative or have never been tested for COVID-19.
- Surveillance Testing is a necessary tactic to help control the spread of the virus as it improves contact tracing and alerts the medical community to potential clusters or an uptick in infection.



Look for the new campaign with special messaging from the elders targeted at the 20-45 age group to stop risky behavior and abide by the Executive Order to stay home.

Elders and the Flu Vaccine



People 65 years and older are at the highest risk for flu-related deaths. Given the high risk of severe flu illness and low protective immune response after vaccination among older adults. The high-dose (quadrivalent) flu vaccine is recommended for people 65 years and older. This dosage contains four times the antigen, the part of the vaccine that helps your body build up protection against flu viruses, than the standard-dose flu vaccines.

How to Contact the Elder Concerns Office: 520-562-5232

The officers of Elder Concerns have also provided their contact information if you wish to express any concerns or have questions. Contact them directly at:

- Linda Andrews, Chairperson - 520-510-3406
- Bonnie Lyons, Vice Chairperson - 480-822-0356

Elderly Services Program Hours of Operation:

Operations Office: (Temporary Office Hours)

- Monday- 8:00 am to 3:00 pm (Lobby Open Limited Staff)
Telephone lines are answered during this time
- Tuesday- Friday - 8:00 am - 5:00 pm (Lobby is closed to General Public)
Telephone calls are routed to assigned Intake Person

Elderly Services Liaison can assist with the following services:

Operations Office: (Temporary Office Hours)

- Phone Welfare Checks
- Intake and Assignment
- Service/Follow-up Correspondence
- Phone Advocacy
- On-line Applications (Social Security, Disability, and Medicare Benefits only)
- Coordination of Services with other Tribal Departments/Outside entities via phone/email
- Resource Referrals

Other tasks will be performed on an emergency basis by Liaisons:

- Commodity Pick Up and delivered and drop in a location to limit any personal contact with recipient
- Provide incontinent supplies by delivering and place in a location to avoid personal contact
- Pick up of emergency food boxes from Food Banks that use proxy methods for Elders

Important: NO TRANSPORTATION IS PROVIDED DUE TO THE INCREASE OF POSITIVE CASES

The Arizona Long Term Care System (ALTCS) Program:

The Arizona Long Term Care System (ALTCS) Program provides health insurance to individuals age 65 or older and/or physically disabled individuals. ALTCS covers many services, including provider visits, caregivers, equipment, and supplies.

To apply, contact the ALTCS Customer Services Line at 1-88-621-6880. For more information, contact the ALTCS Department at 520-562-3321 ext.1063.

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

Kotmatke 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



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GRHC:
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