

**Gila River Indian Community
CRISIS LINE
1-800-259-3449**



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Fire Drills and Fire Alarm Testing

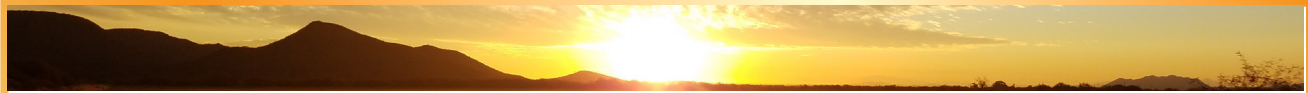
All hospitals nationwide are required to periodically conduct fire drills and fire alarm testing. It is mandated by the National Fire Protection Association (Life Safety Code NFPA101) and affects both patients and hospital staff. Gila River Health Care is prepared to respond to any fire incident with plans that ensure patient and employee safety. We respectfully request your patience and understanding while Gila River Health Care conducts required fire drills and fire alarm testing.

HOW DOES THIS AFFECT PATIENTS?

- When the fire alarm goes off, staff and patients must evacuate the building to a pre-determined meeting location which is different for each department.
- We ask that patients and their families stay with the department in which they are receiving service until the drill or alarm is cleared.
- **IMPORTANT** - Patients within the Inpatient / IMS Department and the Emergency Department are exempt from this requirement.

Thanks again for your understanding. If you have a question about fire drills or alarms, please contact:

Lantz Biles, Security Director x1146
Kathie Dumais, Safety Officer x1207
Keleto Sili, Facilities Management Director x1057



GRHC's Behavioral Health Services Prevention Program is offering classes for

- Active Parenting – giving you empowering tools to parent your teens
- Mental Health First Aid Training (MHFA) - assisting you to identify mental health issues and crises in others and how to identify mental health resources
- safeTALK – helping to identify those who may be considering suicide and how to take the first steps toward prevention
- Applied Suicide Intervention Skills Training (ASIST) – showing how to recognize suicide warning signs and give helpful information on intervention

For updated training dates, look for registration form postings. You may also contact the GRHC BHS-Prevention Program at (520) 562-3321 ext. 7157 or email BHSPrevention@grhc.org to request a registration form.

Visit GRHC.ORG/COMMUNITYINFORMATION for more information on each class.

GERMS! They're everywhere! Door knobs, faucets, towels, your desk.

"In fact - a cell phone carries 18 times more bacteria than most public toilet seats!"

Watch where you put your personal items – purses put on bathroom floors can pick up a slew of germs such as strep, staph, E-coli, MRSA, and much more!



Here are some interesting facts:

- When co-workers come to work sick, within 4 hours, 50% of surfaces and employees were contaminated with the virus!
 - Many people become ill from hospital or clinic-related infections NOT because these places are dirty but because there is a high concentration of vulnerable people and germs from people that are ill together in the same place.
- Many times sicknesses can be contagious before symptoms appear.

So what can you do to actively fight germs that are everywhere?

- **Wash your hands (or use hand sanitizer IF antibacterial soap and water are not available)!**
- **Use common sense: There IS such a thing as "too clean." Don't obsessively clean everything and everyone who crosses your path. Killing all germs prevents our bodies from building up resistance.**

