

# HEALTH ALERT

## NOVEL CORONAVIRUS (COVID-19)

It is important to know that the risk of contracting COVID-19 is low. The Centers for Disease Control and Prevention (CDC) recommends taking preventive measures.

### IMPORTANT REMINDER!

**Disinfectants are not to be ingested or injected into the body as a method for combating COVID-19.**

We at **Gila River Health Care** wish for all our patients to know that it is never appropriate to ingest or inject a disinfectant or household cleaner. Please use these products as intended – to clean a surface such as a countertop or a bathroom fixture. To do otherwise can cause grave injury or death.

If you or someone you know has ingested a cleaner or disinfectant, please seek emergency medical care immediately. To learn more about how to clean and disinfect your home correctly, go to [grhc.org/coronavirus](http://grhc.org/coronavirus).



### Gila River Health Care's Virtual Care Now Available at Ak-Chin Clinic

Schedule your virtual appointment, by calling (520) 568-3881.

### PREVENT THE SPREAD OF COVID-19



**Why should I wear a facemask?**

**A:** This can help keep you and your loved ones safer and low the spread of COVID-19.

**When should I wear a facemask?**

**A:** When you go out in public, especially in places like grocery stores, the post office, or to pick up a prescription at a pharmacy.

**Does wearing a mask mean it is safe for me to be closer than 6 feet to other people in the Community?**

**A:** NO! Masks have been shown to decrease the distance the virus can travel person to person but is not a substitute for proper physical distancing.

**What should the mask be made of?**

**A:** 100% cotton or denim material is easy to get and make.

**Is there someone in my family who should NOT wear a mask?**

**A:** Children under 2 years old and people who cannot remove the mask themselves or have trouble breathing should not wear masks.

**Is there a right or wrong way to wear a mask, how should I wear it?**

**A:** Yes, the mask should fit snugly but comfortably against the outside of the face. It should cover the nose, around the sides of the face and under the chin. Think of it as creating a good seal around this area so that little to no air comes in around the edges of the mask.

**If there are germs collecting on the mask, how do I take it off and what do I do with it after I use it?**

**A:** Just be careful not to touch your eyes, nose, or mouth when taking off the mask and put it in a regular washing machine. WASH YOUR HANDS after removing it.

For general info about Coronavirus, go to [GRHC.org/Coronavirus](http://GRHC.org/Coronavirus)

**GRHC CORONAVIRUS HOTLINE  
(520) 550-6079**

Reminder

### MEMORIAL DAY CLOSURE

Gila River Health Care's Administrative Offices and Outpatient Clinics will be

**CLOSED MONDAY, MAY 25, 2020**