

COVID-19 BASICS FOR COMMUNITY ELDERS



Gila River
HEALTH CARE



Facts About the Coronavirus

Coronavirus are type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

How does COVID-19 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.



Keep at least six feet from others when out in public



Always, wear a mask or cloth face covering when going out in public



Wash hands with soap and water, and use alcohol-based hand sanitizer if unable to wash hands



When possible, avoid being in any setting with more than ten people



Stay home when you are sick or if a household member has tested positive for COVID-19 (Except to get essential medical care, prescriptions, and food)

*Sources

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

COVID-19 Testing

I feel fine, should I get tested?

The short answer is – yes. Asymptomatic individuals (those who may have been exposed but do not show any signs of the illness) can spread COVID-19 without knowing it. If you don't have symptoms, please get tested at one of the Community Service Center testing sites; you don't need to go to KHC or HHKMH.

Is there a vaccine or treatment?

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

Where can I get tested?

NO SYMPTOMS? You can get tested for COVID-19 during the GRHC Community Testing Blitz. (Dates/Times/Locations listed below)

EXPERIENCING SYMPTOMS? (Difficulty breathing, fever, or cough) Call your provider immediately.

When can I get tested?

Services available twice daily: 9 am - 1 pm and 5 pm - 7 pm.

Testing dates may vary. Please contact your local District Service Center or Community Services for testing dates and times.

Non-emergent transportation services are available for Community members residing within GRIC boundaries. To schedule, call 520-562-3321 EXT. 1384, before 2 pm the day prior.

District Service Centers

District 1 Service Center - 520-215-2110

District 2 Service Center - 520-562-3450

District 3 Service Center - 520-562-3334

District 4 Service Center - 520-418-3661

District 5 Service Center - 520-315-3441

District 6 Service Center - 520-550-3805

District 7 Service Center - 520-430-4780

Snapshot of GRHC Services

(Most commonly used services used by elders)

***Additional Medical Services May Be Available, Call The Location For More Info.**

HU HU KAM MEMORIAL HOSPITAL 520-562-3321

PRIMARY CARE SERVICES

Direct phone number: 602-528-1200 EXT. 1495
Hours: Mon - Thu: 8 am - 7 pm
Fri - Sat: 8 am - 6 pm

OPTOMETRY

Direct phone number: 602-271-7960
Hours: Mon - Fri: 8 am - 5 pm

PHARMACY

Direct phone number: 602-528-1303
Curbside Service: 602-528-1203
INSIDE PHARMACY
Hours: Mon - Sat: 8:30 am - Midnight
Sun: 12 pm - 10 pm
PHARMACY CURBSIDE
Hours: Mon - Sat: 8:30 am - 7 pm
Sun: 12 pm - 7 pm

LAB

Direct phone number: 602-528-1220
Outpatient Lab Hours: Mon - Thu: 7 am - 7 pm
Fri - Sat: 7 am - 6 pm

PODIATRY

Direct phone number: 520-562-3321 EXT. 1258
Hours: Mon - Fri: 8 am - 6 pm

BEHAVIORAL HEALTH SERVICES -

New Beginnings

Direct phone number: 520-550-6008
Virtual appointments only

KOMATKE HEALTH CARE 520-550-6000

PRIMARY CARE SERVICES

Direct phone number: 520-550-6000
Hours: Mon - Fri: 8 am - 6 pm

PHARMACY - Drive thru only

Direct phone number: 520-550-6022
Hours: Mon - Fri: 8:30 am - 6 pm

LAB

Direct phone number: 520-550-6016
Hours: Mon - Fri: 8 am - 6 pm

PODIATRY

Direct phone number: 520-550-6000 EXT. 6520
Hours: Mon - Fri: 8 am - 6 pm

BEHAVIORAL HEALTH SERVICES - Shegoi

Direct phone number: 520-550-6008
Virtual appointments only

HAU'PAL (RED TAIL HAWK) HEALTH CENTER 520-796-2600

PRIMARY CARE SERVICES

Telemedicine service only appointment
Hours: Mon - Fri: 8 am - 6 pm

PHARMACY - Drive thru only

Direct phone number: 520-796-2601
Hours: Mon - Fri: 8:30 am - 6 pm

BEHAVIORAL HEALTH SERVICES

Direct phone number: 520-796-2620
Virtual appointments only

If you are experiencing any of the following symptoms of COVID-19, call your provider immediately:

- Fever/chills
- Fatigue
- New loss of taste/smell
- Cough
- Muscle/Body aches
- Sore throat
- Shortness of breath or difficulty breathing
- Headache
- Nausea/Vomiting

24 HOUR POLICE DISPATCH NON EMERGENCY NUMBER: 520-562-4511

ALWAYS call 911 in an EMERGENCY.

FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO
GRHC.ORG/CORONAVIRUS