COVID-19 NEWSLETTER
FOR COMMUNITY ELDERS

GRHC.ORG

JUNE 2022

D7 EMS Base Station Ground breaking. May 20, 2022.

THIS MONTH'S ISSUE INCLUDES:

- COVID-19 VACCINE BOOSTER UPDATE
- 5 THINGS TO KNOW
- INFORMATION ABOUT MONKEYPOX
- CHILDREN WITH HEPATITIS... AND MORE!

Healthy Kids & Families

Gila River HEALTH CARE

COVID VACCINE LOCATIONS

6/6	District 5 Service Center	9 am - 3 pm
6/7	District 5 Service Center	9 am - 3 pm
6/11	Hau'pal Health Center	10 am - 2 pm
6/13	District 2 Service Center	9 am - 3 pm
6/14	District 2 Service Center	9 am - 3 pm
6/18	Hau'pal Health Center	10 am - 2 pm
6/20	District 1 Service Center	9 am - 3 pm
6/21	District 1 Service Center	9 am - 3 pm

You may also visit a GRHC Primary Care Department for vaccines.

Walk-in or schedule an appointment by calling (602) 528-1482.

Scan for Vaccine Information

COVID-19 GENERAL INFORMATION

GRHC COVID-19 HOTLINE
(520) 550-6079

GRHC.ORG/HUB

COVID-19 Pfizer Vaccine
Booster Update
May 24, 2022

Healthy Kids & Families

3rd Dose Now Approved For Ages 5 +

BOOSTER ELIGIBILITY

If you received the...	Who is eligible for 1st booster shot?	When?
Pfizer	Individuals 5 years and older	Five (5) months after your second shot of Pfizer

COVID-19 VACCINE SHOT SEQUENCE

Vaccine	Primary Doses				1st Booster
Pfizer-Pediatric (5-11)	**1st Shot**	3-8 weeks	**2nd Shot**	At least 5 months	**3rd Shot**

SCAN TO SEE VACCINE CALENDAR

SCAN FOR VACCINE ELIGIBILITY

Walk-in to one of our GRHC Primary Care Departments or visit a vaccine clinic.

Gila River Tribal Health Department · Gila River Health Care · Gila River Indian Community Arizona

COVID-19 GENERAL INFORMATION

GRHC COVID-19 HOTLINE: (520) 550-6079
HOTLINE HOURS: 8 am - 6 pm, 7 days a week.

COVID-19 TEST RESULTS
IMPORTANT NOTICES

Your COVID test results will take **72 hours.**
We will call you as soon as we receive them.

Thank you for your understanding.

IMPORTANT NOTICE REGARDING MINOR VACCINATION BY GRHC

Please be advised that in order for GRHC to vaccinate minors, we must have documentation in the child's Medical Record indicating you are the child's parent or guardian.

If there is no documentation, GRHC cannot verify and vaccination or testing will not administered.

Thank you in advance for your cooperation.

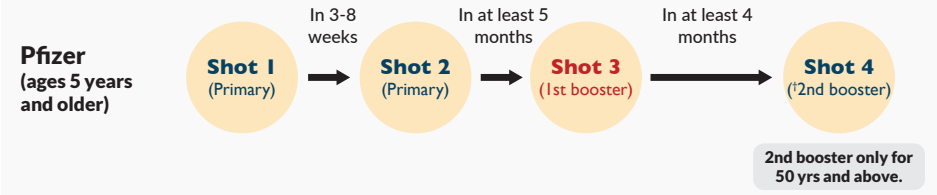
5 THINGS TO KNOW & SHARE!

Week of: 5/23/2022

1 New Pfizer Booster Eligibility

3rd Dose COVID Vaccine Booster Shot Now Approved for ages 5 and up.

COVID-19 VACCINE SHOT SEQUENCE:



Scan For Vaccine Eligibility

2 May Events & Holiday Safety Guidance

If you are planning to host an event, it is the responsibility of the host and the attendees of a gathering to abide by all COVID-19 prevention measures to help keep COVID-19 cases low and keep it safe for everyone. If you are planning to gather or host an event that exceeds the 50 person indoor gathering limit in Executive Order No. 14 Fifth Clause, you are required to request approval prior to doing so. *Please scan QR code to review the requirements and process.* We thank you in advance for adhering to these guidelines to protect our Community.

Scan to Review Requirements

3 Monsoon Season & Power Outage Safety

As monsoon season approaches please be prepared and check on family, friends and neighbors after an outage. If you have a medical condition that is impacted by a power outage call 911. For more information contact GRIC Office of Emergency Management at 520-796-3755 or email oem2@gric.nsn.us.

5 THINGS TO KNOW & SHARE!

Week of: 5/23/2022

4 GRIC District Service Centers

Service centers are now fully open to in-person visitors. Please remember to update your information by verifying your address when arriving. This information is helpful to GRIC Community Services during an emergency such as monsoon weather or power outage event.

5 REMINDER: GRHC Restricted Visitor Guidelines Remain in Place

- Visitor Guidelines Reminder: A parent, guardian, family member or others wishing to accompany or visit a patient at Gila River Health Care will not be allowed to do so in the Emergency Department, and Inpatient Unit or Clinical Departments (at all locations). ***Scan QR code to view*** the exceptions and special accommodations.

- Gila River Health Care's administrative offices and outpatient clinics will be closed on Monday, May 30, 2022 in recognition of Memorial Day and will re-open on Tuesday, May 31, 2022.

Scan to View Visitor Guidelines

COVID-19 GENERAL INFORMATION

GRHC COVID-19 HOTLINE: (520) 550-6079
HOTLINE HOURS: 8 am - 6 pm, 7 days a week.

We are so excited! Groundbreaking on EMS Station 437 (next to the District 7 Service Center) took place on Friday. Thank you to Delane Enos for providing the blessing, Vice Chair Robert Pablo, COO Carolyn Thompson and the GRHC and Pimmex/Chasse staff who organized and participated.

Gila River HEALTH CARE

Behavioral Health Services
JUNE 2022

(480) 868-7723 | GRHC.ORG/BHS | BHSprevention@GRHC.ORG
COVID Anxiety and Stress Helpline: (602) 528-7122

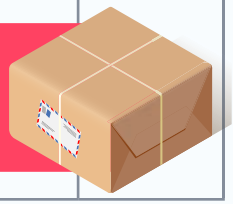
Scan the QR code then click the link to register!

Month Long Activities

- Opioid Awareness Book Club
- Medicine Disposal Safety
- Youth Drug Free Art Activity
- Youth Y2L Bingo Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sun.
			2 Online Learning: **Marijuana** (11a - 12p) Family, Friends & Neighbors (1p-3p)	3		
6 Online Learning: **Meth** (12p- 1p)	7 Active Parenting 0-5 (6/7, 6/8, 6/9) 9a-11a QPR Suicide Prevention (12p-1p)	8 Online Learning: **Healthy Relationships** (1p- 2p)	9 Online Learning: **Fentanyl** (2p - 3p) Family, Friends & Neighbors (1p-3p)	10 Healthy Relationship Paint Night (6p - 7:30p)		
13 QPR Suicide Prevention (6p-7p)	14 Online Learning: **Self Care** (11a- 12p)	15 Online Learning: **Alcohol** (11a - 12p) Online Learning: **Parenting as Prevention** (9a- 10a)	16 Online Learning: **Digital Wellness** (12p- 1p) Family, Friends & Neighbors (1p-3p)	17 Gila River Prevention Coalition Meeting (10a-11a) QPR Suicide Prevention (1p-2p)		
20 Teens: QPR Suicide Prevention (6p-7p)	21 Active Parenting General (6/21, 6/22, 6/23) 9a-11a	22	23 Family, Friends & Neighbors (1p-3p)	24 QPR Suicide Prevention (1p-2p)		
27 Online Learning: **Alcohol** (11a - 12p) Online Learning: **Parenting as Prevention** (1p- 2p)	28 Opioid Safety and Narcan (10a-11a)	29 Online Learning: **Current Drug Trends** (12p- 1p)	30			

To receive an Elder Care Package, Call Shayla at (520) 610-3445



National Suicide Prevention Lifeline: 1-800-273-8255

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449

Gila River HEALTH CARE

Children with **Hepatitis** of Unknown Cause

Hepatitis (liver inflammation) of unknown cause has been reported in children worldwide. The World Health Organization (WHO) has reported 340 probable cases of hepatitis in children from 20 countries. The CDC is investigating 109 cases of children with acute hepatitis of unknown cause in 25 states and territories in United States since October 2021.

OF THE 109 CASES IN THE US:

- The majority of cases were in young children, with a median age of 2 years
- More than half had a confirmed adenovirus infection, most commonly F type 41
- Ninety percent were hospitalized
- Fourteen percent required liver transplants
- While the majority fully recovered, five have died

CAUSE

At this time, the cause of hepatitis in these children is still unknown. While adenovirus has been detected in some children, we do not know if it is the cause of the illness.

WHAT PARENTS CAN DO

If you have any questions about your child's health, call your child's healthcare provider.

- **Be aware of the symptoms of liver inflammation, which include:**
  - Fever/fatigue
  - Loss of appetite
  - Nausea/vomiting
  - Abdominal pain
  - Dark urine
  - Light-colored stools (poop)
  - Jaundice (yellowing of the skin)

- **Keep children up to date on all their vaccinations.**

- **Help your child take everyday actions to help prevent disease, like:**
  - Washing hands often
  - Avoiding people who are sick
  - Covering coughs and sneezes
  - Teaching them to avoid touching their eyes, nose, or mouth.

Hepatitis vaccine does not protect against this type of hepatitis. This hepatitis outbreak does not appear to be COVID-related.

Our Pediatrics Locations:

Hu Hu Kam Memorial Hospital ..... 520-562-3321 ext. 2149

Komatke Health Center..... 520-550-6000

Hau'pal (Red Tail Hawk) Health Center..... 520-796-2600 ext. 2149

Ak Chin Health Clinic..... 520-568-3881

Gila River
HEALTH CARE

IMPORTANT PATIENT NOTICE

COVID HOTLINE HOURS

8 am - 6 pm
7 days per week.

GRHC COVID HOTLINE

520-550-6079

HU HU KAM MEMORIAL DEPARTMENT
EMERGENCY DEPARTMENT

COVID Testing Drive-Thru
(602) 528-1200 Ext. 1035
8 am – 8 pm

SCAN FOR VACCINE INFORMATION

Gila River HEALTH CARE

BABY FORMULA SHORTAGE - TIPS

Since the outbreak of COVID-19, there have been significant shortages of infant formulas in stores. Current shortages have been largely caused by supply chain issues and the recent recall due to contamination.

Here are some tips on finding formula your baby needs during the shortage, and what you may safely consider if you absolutely can't find any.

- Check smaller stores and drug stores, which may not be out of supply when the bigger stores are.
- If you can afford it, buy formula online until store shortages ease. Purchase from well-recognized distributors, grocers, and pharmacies rather than individually sold or auction sites.
- Check social media groups. There are groups dedicated to infant feeding and formula, and members may have ideas for where to find formula. Make sure to check any advice with your pediatrician.
- If you find it in stock, it can be tempting to buy as much formula as possible right now, but the American Academy of Pediatrics (AAP) advises buying no more than a 10-day to 2-week supply of formula to ease shortages.
- Mix formula per manufacturer instructions. Diluting the formula to make it last longer can cause electrolyte and water imbalance and seizures.
- Call your local WIC office at (520) 562-9698.

Keep in mind, this advice is strictly during this current URGENT formula shortage.
If you have any concerns about your baby's nutrition, please talk with your pediatrician.

For More Information visit:
https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Are-there-shortages-of-infant-formula-due-to-COVID-19.aspx

Gila River HEALTH CARE

FAMILY PLANNING MOBILE MEDICAL CLINIC

CALL OR TEXT (520) 371-0132 | *grhc.org/familyplanning*

OUR CLINICAL SERVICES FOR MEN & WOMEN:

- Family Planning counseling and education
- STD testing and treatment
- HIV testing and counseling
- Birth control and pregnancy education
- Well-Woman exams
- Pap smears and breast exams
- GYN diagnosis and treatment
- Emergency contraception
- Prenatal and postpartum care
- Preconception counseling
- Prevention counseling and education

ALL SERVICES ARE CONFIDENTIAL

We are flexible...Let us know what time works best for you!

June 2022

****The mobile unit is not handicap accessible.****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ak-Chin By The Clinic 9:00am - 4:00pm	2 D1 Multipurpose Building 8:30am - 4:30pm	3
6	7	8 D6 (Komatke) By Health Clinic 9:00am- 4:00pm	9 D2 Multipurpose Bld 8:30am - 12:00pm GRHC Under Awning 1:00pm - 4:30pm	10
13	14	15 D7 (Maricopa Colony) Multipurpose Bld 9:00am - 3:00pm	16 GRHC Under Awning 12:30pm - 4:30pm	17
20	21 D5 Multipurpose Building 8:30am -4:00pm	22 D6 (Laveen) Treatment Center By Appointment Only	23 D4 Multipurpose Building 8:30am - 4:30pm	24
27	28	29 GRHC Under Awning 8:00pm - 4:30pm	30 GRHC Under Awning 8:00pm - 4:30pm	

SUBJECT TO CHANGE WITHOUT NOTICE

Gila River HEALTH CARE

VOLUNTARY RECALL OF SELECT JIF® PRODUCTS

The J. M. Smucker Co. is recalling select Jif® peanut butter products sold in the U.S. due to potential Salmonella contamination. Salmonella is an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems.

Healthy persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain.

In rare circumstances, infection with Salmonella can result in the organism getting into the bloodstream and producing more severe illnesses such as arterial infections (i.e., infected aneurysms), endocarditis and arthritis.

The recalled peanut butter was distributed nationwide in retail stores and other outlets.

*Gila River Health Care Dietary Services does not have any of these products

Gila River HEALTH CARE

INFORMATION ABOUT MONKEYPOX

What is monkeypox?

Monkeypox is a viral disease that infects animals like rodents and monkeys and can spread to humans. Although monkey pox occurs predominantly in Central and West African countries, majority of the recent cases have been reported in Europe. As of 5/24/22 there has been 1 confirmed and 8 suspected cases reported in the U.S.

How does it spread?

- Close contact with an infected person. (The virus can enter the body through broken skin and mucous membranes, through the eyes, nose, mouth or respiratory secretions, or sexual contact.)
- Touching clothing and bedding used by someone with rash
- Contact with infected animals such as monkeys, rats and squirrels through a bite or contact with the animal's bodily fluids.

This virus is NOT as contagious as covid or flu virus

What are the symptoms of monkeypox?

Initial symptoms include fever, headaches, swollen glands, back pain, muscle aches.

These symptoms often are accompanied by a pimple-like or blister-like rash.

Most cases are mild, sometimes resembling chickenpox, and clear up on their own within a few weeks, though this may take up to 14-21 days

The severity of the illness will depend on the initial health of the individual, the route of exposure, and the strain of the infecting virus.

What do you do if infected or suspect you were infected with monkeypox?

Please seek medical attention immediately if you have fevers, body aches, and swollen glands, accompanied with a rash.

Please contact your healthcare provider for further evaluation if you feel sick AND have:

- Traveled to countries where monkeypox cases have been reported
- Have had contact with a person who has a similar rash or received a diagnosis of confirmed or suspected monkeypox
- If you are a male who has had close or intimate in-person contact with other men in the past month

What is the treatment? And how do you prevent infection?

- Outbreaks can be controlled by avoiding contact with infected person
- Available vaccines against smallpox is effective in preventing monkeypox infection
- Certain Antiviral drugs may also help.

NEW GUIDANCE ON ISOLATION

May 23, 2022

Home Isolation Guidance for People Who Test Positive or Have Symptoms Consistent with COVID-19*

Regardless of your vaccination status, if you test POSITIVE for COVID-19 with a COVID-19 lab test, you need to isolate at home for at least 5 days.

Wear well-fitting mask for a total of 10 days from day of positive test.

*If you have COVID symptoms, isolate at home and get tested by your medical provider.

Scan me to learn more

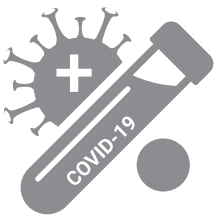
COVID-19 GENERAL INFORMATION | GRHC COVID-19 HOTLINE (520) 550-6079 | GRHC.ORG/HUB

Gila River HEALTH CARE

IMPORTANT NOTICE

REGARDING AT-HOME COVID-19 TESTS

- At-Home Testing Kits for COVID-19 are best used when an individual is experiencing symptoms.
- When an individual doesn't feel sick.
- The kits are most accurate when an individual is experiencing symptoms.



At-Home Test results are also not meant to invalidate positive results from a PCR test or one conducted by a health care provider.

A positive result from their healthcare entity is reported and used by the Tribal Health Department. Thank you for your cooperation.

Gila River HEALTH CARE

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MAY 17, 2022

VISITOR GUIDELINES REMINDER

Gila River Health Care continues to uphold visitor guidelines at all locations.

A parent, guardian, family member, friend, or others wishing to accompany or visit a patient at Gila River Health Care will not be allowed to do so in the following locations:

- ***Emergency Department***
- ***Inpatient Unit***
- ***Clinical Departments***

Exceptions

Special accommodations may be granted for visitors of patients:

- Patients who require assistance due to physical, mental, or age-related disability.
- One parent or guardian is allowed to accompany a minor child.
- One visitor or guardian is allowed if required to provide safe medical care. (e.g., Native American interpreters).

Important Notice

- **Patient screeners will have discretion to determine the number of visitors/guardians that may be needed to assist the disabled patient.**
- **If permitted, visitors must first pass the GRHC screening process and comply with GRHC infection control policy and wear a mask before entrance into the facility will be allowed.**

GRHC Emergency Department (ED) and Clinical Departments

Individuals or groups without a legitimate medical reason for being at a GRHC location, will not be allowed into in the facilities and asked to leave.

THESE VISITOR GUIDELINES ARE SUBJECT TO CHANGE AT ANY TIME AND WILL REMAIN IN EFFECT UNTIL FURTHER NOTICE.

FREQUENTLY CALLED EXTENSIONS

Hu Hu Kam Memorial Hospital - Main Number: (520) 562-3321

Behavioral Health ..... Ext. 7100
Dental ..... Ext. 1209
Imaging ..... Ext. 1232
Infusion Clinic ..... Ext. 1219
Inpatient Clinic ..... Ext. 1218
Laboratory ..... Ext. 1220
Life Center ..... Ext. 7940
Optometry ..... Ext. 7365
Pharmacy Refill Line ..... Ext. 1270
Physical Therapy ..... Ext. 1230
Podiatry ..... Ext. 1258
Primary Care ..... Ext. 1495
Women's Clinic ..... Ext. 1400

Komatke Health Center - Main Number: (520) 550-6000

Behavioral Health ..... Ext. 6008
Dental ..... Ext. 6015
Imaging ..... Ext. 6044
Laboratory ..... Ext. 6016
Life Center ..... Ext. 6470
Optometry ..... Ext. 6012
Pharmacy Refill Line ..... Ext. 1303
Physical Therapy ..... Ext. 6213
Podiatry ..... Ext. 6025
Primary Care ..... Ext. 6000
Women's Clinic ..... Ext. 6110

Hau'pal (Red Tail Hawk) Health Center - Main Number: (520) 796-2600

Audiology ..... Ext. 2965
Behavioral Health ..... Ext. 2620
Dental ..... Ext. 2682
Imaging ..... Ext. 2655
Infusion Clinic ..... Ext. 1219
Inpatient Clinic ..... Ext. 1218
Laboratory ..... Ext. 2651
Life Center ..... Ext. 2657
Optometry ..... Ext. 2690
Physical Therapy ..... Ext. 2715
Podiatry ..... Ext. 2644
Primary Care ..... Ext. 2697
Women's Clinic ..... Ext. 2693

Behaviorial Health Services - Main Number: (602) 528-7100

COVID Anxiety and Stress Helpline ..... (602) 528-7122
Gila River Indian Community Crisis Line 1 (800) 259-3449
National Suicide Lifeline 1 (800) 273-8255

District Service Centers

District 1 ..... (520) 215-2110
District 2 ..... (520) 562-3450
District 3 ..... (520) 562-3334
District 4 ..... (520) 418-3661
District 5 ..... (520) 315-3441
District 6 ..... (520) 550-3805
District 7 ..... (520) 430-4780