

Update for Navajo Area

6-5-2020

(Changes in **blue**)

SNAPSHOT

• Reported:

- 1,875,402 cases of COVID-19 in the United States
- 108,278 COVID-19 related deaths
- 8,353 cases in New Mexico
- 22,886 cases in Arizona
- 27,346 in Colorado
- 10,813 in Utah

MAIN KEY POINTS

- There is an expanding global outbreak of respiratory illness called COVID-19 caused by a novel (new) coronavirus.
- We are placing patients in the Isolation Care Facilities on the Eastern and Western side of the Navajo Nation
- The Alternate Care Sites in Chinle in Gallup continue to receive patients
- All placements in the Isolation facilities are by referral and for COVID positive people and we now have patients in Chinle, Aztec, Gallup and Albuquerque
- All people on Navajo Nation should make every attempt to STAY HOME and SHELTER in PLACE
- BE STRATEGIC ABOUT THE TIMES YOU GO SHOPPING FOR FOOD
- No gatherings greater than 5 people should be attended, avoid all gatherings
- If you have to work or go out please do the following
 - Try to keep your shoes outside or near the door and clean them off
 - Wash your hands before you touch anything in your home
 - Wipe down your car, especially steering and drivers area
- Wear a mask any time you go outside your home, or if you are living with a person under investigation for COVID or is known positive
- Healthcare workers caring for patients with COVID-19 are at elevated risk
- The IHS Epi Response Teams are working with Navajo Nation Epi teams and NM DOH to trace contacts for positive patients in Navajo County and McKinley County

- There will be training of non-clinical staff to assist with EPI response investigations
- The Public health efforts in Navajo Area at this time are focused concurrently on containing spread of this virus and continued community mitigation with enforcement of Shelter in Place!!!
- At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat. However there are new reports of possible medications that may be beneficial, the IHS is acquiring those medications for possible use
- All communities can take measures to reduce the spread of COVID-19. Everyone has a role to play in getting ready and staying healthy.

SITUATION UPDATE

- The Emergency Operations Center at NAO is being staffed 7 days a week
- We are getting supplies and are delivering them to the service units quickly
- Gowns and masks were received as well as face shields
- We received 50 ventilators for our service units
- A group of providers and nurses from the HEAL program at USCF arrived today to assist at NNMC, Chinle and GIMC
 - To date over 150 volunteers have been placed across Navajo
 - Over 200 deployed personnel have helped across Navajo
- Testing:
 - We have deployed the Abbott machines to all of the service units and Healthcare centers for rapid testing
 - LabCorp turnaround is to 1-2 days for results
 - The Rapid testing using the Cepheid GenXpert platform is being used
 - We are testing patients based on priority guidelines so that the sickest patients and healthcare workers that are exposed are tested. We have expanded that criteria to test additional people. We are expected a steady supply of testing supplies for both the Cepheid and Abbott equipment
 - We are scheduling additional testing on the East and West sides of Navajo Nation
 - NM DOH will be hosting a testing event in Thoreau June 5, 2020 in the morning up to 300 patients will be tested
 - We have received a supply of Remdesivir (anti-viral) which is being used to treat patients of COVID. Early results show promise is decreasing the severity of the illness.

PEOPLE AT HIGH RISK OF SERIOUS COVID-19 ILLNESS

- Older adults and persons who have severe chronic medical conditions seem to be at higher risk for more serious COVID-19 illness.
- Early data suggest older people are twice as likely to have serious COVID-19 illness. This may be because:
 - As people age, their immune systems change, making it harder for their body to fight off diseases and infection.
 - Many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness.
 - If you are at increased risk for COVID-19 complications due to age or a severe underlying medical condition, it is especially important for you to take actions to reduce your risk of exposure.

WHAT YOU CAN DO

- Everyone can help respond to this emerging public health threat **PLEASE STAY HOME**
- It is currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.
- Individuals and communities should familiarize themselves with recommendations to protect themselves and their community from getting and spreading COVID-19
 - If you are sick please **STAY HOME** and monitor your temperature 3-4 times per day, if you develop a cough or difficulty breathing please call the nearest healthcare facility and tell them your symptoms. The facility will guide you to the appropriate resources for screening and possible testing
 - If you call 911, please tell the dispatcher you have symptoms consistent with COVID-19
 - Difficulty breathing
 - Cough
 - Fever
- This notification will allow EMS to prepare to transport you to the hospital
- If you cannot come to the Healthcare facility to pick up your medications please call the facility so they can arrange for you to get your medications

COMMUNITY BASED INTERVENTIONS (AKA COMMUNITY MITIGATION)

- Personal protective measures
 - Shelter in Place: Stay home
 - Home isolation of ill persons with self-monitoring
 - Home quarantine with active monitoring: someone will contact you to check on your status
 - Wash your hands with soap and water for 20 seconds frequently during the day
 - Wipe the frequently touched surfaces in your home
 - Cover your cough or sneezing with your arm or a tissue
 - Don't share personal items
 - Maintain social distancing of at least 6 feet
 - Communicate by phone, face time
 - If you are essential personnel at work, change your clothes as soon as you get home and keep your laundry separate

ANNOUNCEMENTS

- We are currently working on a plan for a gradual return to work in June, following the guidance by Headquarters
- Upon return we will require you to wear a mask and practice social distancing
- You do not require to be tested to return to work unless you are symptomatic or you are sharing a home with a positive COVID person
- We are expanding testing across NAIHS
- Follow us on Navajo Indian Health Service Facebook
- For more information, please visit the Coronavirus Disease 2019 Outbreak Page at www.cdc.gov/COVID19
- There is still a daily curfew from 8pm to 5am the following morning still in effect
- Please take a moment to thank all of the Navajo Area Office Emergency Operations Center (EOC) staff. They have been working hard to provide resources to all of our service units and healthcare facilities 7 days a week!

- Many thanks to the Navajo Area Office EPI team, Shawnell and Chelsea, for all their hard work overseeing the tracing and tracking those with COVID-19 as well as all the data they review and provide on a daily basis
- Thanks to our Patient Mobilization Team, Kimberlyn, Hosun, Renee, Bernadine and Elfreida assisting in the placement of patients in the Isolation sites and ACS sites
- Thanks to our Volunteer Manager, Brenda and all the NAIHS credentialers and HR personnel that have helped us onboard volunteers to support our service units.

We are sad to report the death of three more employees to COVID-19. This brings the total to five employees during this COVID pandemic. We thank them for their service to the Navajo people and send our blessings to their families and to all the staff of Navajo Area IHS as we mourn their loss.

For the Navajo Area Office we mourn the loss of Thomas Etsitty our friend and security guard. He was laid to rest yesterday with full military honors.

PLEASE STAY SAFE!!!!

COVID DATA as of 6-4-2020

20485 Total IHS Tested

5744 IHS positive cases

