



Tribal Health Department

Disease Surveillance Program

Post Office Box 7 | 433 W. Seed Farm Road

Sacaton, Arizona 85147

Phone: (520) 562-5132

CDC's Interim guidance for preventing 2019 Novel Coronavirus (2019-nCoV) from spreading to others in homes and communities

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This interim guidance is based on what is currently known about 2019 novel coronavirus (2019-nCoV) and transmission of other viral respiratory infections. CDC will update this interim guidance as needed and as additional information becomes available.

- Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or cough or sneeze in your sleeve and wash your hands with soap and water for at least 20 seconds.
- Avoid sharing household items: Dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a person who is ill with a respiratory illness. After a person uses these items, you should wash them thoroughly.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables every day.
- Monitor your symptoms – Seek medical attention if your illness is worsening and take steps to keep other people from getting infected. Call ahead and tell them you are coming, wear a facemask when you are in a room with other people. Masks are available at the entrances of most facilities.

If you have recently traveled to Wuhan, China and have developed fever with cough or shortness of breath within 14 days of your travel, or have had contact with someone who is suspected to have 2019 Novel Coronavirus, stay home and call your healthcare provider right away. If you do not have a health care provider, you may need to be seen at your local hospital emergency room/urgent care center. Please call the emergency room/urgent care center to get instructions before going in.

For the most up to date information, please visit the CDC website:

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>;

If you have any general questions, call your local health department.

****This is an emerging, rapidly evolving situation and CDC will provide updated information as it becomes available, in addition to updated guidance.****

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