

Centers for Disease Control and Prevention has announced that the NOVEL CORONAVIRUS is Now (COVID-19)



GRIC:
www.mygilariver.com
Phone:
520.562.5132
Email:
Elizabeth.antone@gric.nsn.us



GRHC:
www.grhc.org
Phone:
520.562.3321
Email:
swelch@grhc.org



OEM:
www.gricsafety.org
Phone:
520.610.8120
Email:
OEM2@gric.nsn.us

This interim guidance is based on what is currently known about the 2019 Novel Coronavirus (COVID-19) and the transmission of other viral respiratory infections. The CDC will update this interim guidance as needed and as additional information becomes available.

To help control the spread of the coronavirus, the CDC recommends the following:



WASH HANDS WITH
WATER AND
SOAP/SANITIZER,
AT LEAST 20 SECONDS



COVER YOUR NOSE
AND MOUTH WHEN
SNEEZING



WEAR
A SURGICAL MASK

- 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 daily.
- 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 healthcare facilities.

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, please contact your provider at
Gila River Health Care: 520.562.3321**