

# GILA RIVER TESTING BLITZ

## COVID-19 TESTING INFORMATION

### Get Tested - Keep Your Family Safe

Although you may experience minor discomfort during the nasal swab, please consider that being tested for COVID-19 will prevent you from unknowingly spreading the virus to your loved ones.

It takes 3-5 days to get results. During that time we ask that you follow the guidelines below.

#### Who should get tested

- All Community members and those residing within the boundaries of the GRIC.

#### Get your home ready

- Consider members of the household that may be at greater risk such as older adults and people with severe chronic illnesses.
- Choose a room in your house that can be used to separate sick household members from others.

#### Everyday preventive actions:

Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Fever, Cough, Sore Throat, Chills, Muscle pain, Headache, New loss of taste or smell

Take additional precautions for those at highest risk, particularly older adults and those who have severe underlying health conditions.

Stay at home and away from crowds if you or a family member are an older adult or have underlying health issues

- Make sure you have access to several weeks of medications and supplies
- Practice good hand hygiene
- Drink plenty of water and get plenty of rest



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FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO [GRHC.ORG/CORONAVIRUS](https://www.grhc.org/coronavirus)  
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079