

WHAT TO DO IF YOU'RE SICK



Izee' Baa Gowah
San Carlos Apache Healthcare



San Carlos Apache Tribe
DEPARTMENT OF HEALTH
& HUMAN SERVICES

STAY HOME EXCEPT TO GET MEDICAL CARE

You should avoid activities outside your home, except if you need medical care. **AVOID PUBLIC AREAS.**

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME

As much as possible stay in a specific room and away from other people in your home. You should also use a separate bathroom if your home has more than one bathroom.

CALL AHEAD BEFORE GOING TO THE HOSPITAL

If you have an appointment call ahead to the **24 HOUR NURSE HOTLINE** at **1-833-361-9550** and let them know you are sick. This will help in the hospital taking steps to keep others from getting sick or exposed.

COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw your tissue in a lined trash can and **IMMEDIATELY** wash your hands with **SOAP AND WATER FOR AT LEAST 20 SECONDS.**

AVOID SHARING ITEMS

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with others in your home. After using these items they should be washed with soap and water.

CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. This is your best defense. Avoid touching your eyes, nose and mouth with unwashed hands.

MONITOR YOUR SYMPTOMS

If you are having trouble breathing or your sickness is getting worse, call the **24 HOUR NURSE HOTLINE** at **1-833-361-9550**. They will help you get the care you need and avoid others in the hospital from being exposed.