

Nimiipuu Health

COVID-19 Informational Guide

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What is COVID-19?

COVID-19 is a novel coronavirus which means it is a new coronavirus that has not been previously identified. The virus causing COVID-19, is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

How is COVID-19 spread?

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths).

It spreads through respiratory droplets or small particles produced when an infected person coughs, sneezes, sings, talks, or breathes.

These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. This is thought to be the main way the virus spreads.

Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.

It is possible that COVID-19 may spread through the droplets and airborne particles that are formed when a person who has COVID-19 coughs, sneezes, sings, talks, or breathes. There is growing evidence that droplets and airborne particles can remain suspended in the air and be breathed in by others, and travel distances beyond 6 feet (for example, during choir practice, in restaurants, or in fitness classes). In general, indoor environments without good ventilation increase this risk.

COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

What are the symptoms of COVID-19?

People with COVID-19 have reported a wide range of symptoms – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19 (this list does not include all possible symptoms):

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Abdominal pain

How can I reduce my chances of contracting/spreading COVID-19?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

It's especially important to wash:

Before eating or preparing food

Before touching your face

After using the restroom

After leaving a public place

After blowing your nose, coughing, or sneezing

After handling your mask

After changing a diaper

After caring for someone sick

After touching animals or pets

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Inside your home: Avoid close contact with people who are sick.

If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household.

Remember that some people without symptoms may be able to spread virus.

Stay at least 6 feet (about 2 arms' length) from other people.

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Wear a mask when around others.

Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

Cover coughs and sneezes.

Clean and disinfect frequently touched surfaces.

Monitor your health daily.

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Take your temperature if symptoms develop.

Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

What should I do if I feel sick?

Most people who get COVID-19 will be able to recover at home. CDC has directions for people who are recovering at home and their caregivers, including:

Stay home when you are sick, except to get medical care.

Use a separate room and bathroom for sick household members (if possible).

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others.

Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.

However, some people may need emergency medical attention. Watch for symptoms and learn when to seek emergency medical attention. (*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.)

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

What should I do if I have had close contact with someone who has COVID-19?

Stay home for 14 days after your last contact with a person who has COVID-19.

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

When can I get tested for COVID-19?

It is possible for a person to test negative and shortly after test positive. You may test negative if the sample was collected early in your infection. You could also be exposed to COVID-19 after the test and get infected then. Even if you test negative, you still should take steps to protect yourself and others.

It will take at least 3 days after symptom onset for virus particles to be detectable, even so it can take up to 5 days after symptom onset for virus particles to be detectable if they are present. Call your provider to ask if or when you should be tested for COVID-19.

What should I do if I test positive for COVID-19?

Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Stay home except to get medical care

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

- Stay in a separate room from other household members, if possible.

- Use a separate bathroom, if possible.

- Avoid contact with other members of the household and pets.

- Don't share personal household items, like cups, towels, and utensils.

- Wear a mask when around other people, if you are able to.

When can I be around others again?

When you can be around others (end home isolation) depends on different factors for different situations.

I think or know I had COVID-19, and I had symptoms

You can be with others after:

At least 10 days since symptoms first appeared and

At least 24 hours with no fever without fever-reducing medication and

Other symptoms of COVID-19 are improving**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

10 days have passed since the date you had your positive test.

I had COVID-19 or I tested positive for COVID-19 and I have a weakened immune system

If you have a weakened immune system (immunocompromised) due to a health condition or medication, you might need to stay home and isolate longer than 10 days. Talk to your healthcare provider for more information.

Are there vitamins or supplements that I can take the help prevent me from getting sick?

There have not been any good studies to indicate any specific vitamin or supplement to treat or prevent COVID-19 infection. Also keep in mind that supplements are not regulated by the FDA, so there is no way of knowing for sure what is actually in the vitamins and supplements that are bought over the counter.

Vitamin D: There have been prior studies that show people with low vitamin D levels may have worse respiratory infections. You can get vitamin D in food (fortified dairy products and cereals and fatty fish) and with direct sunlight exposure (avoid burning or sun tanning). There are also over the counter vitamin D supplements. There are studies being done now for vitamin D and COVID-19 infection.

Zinc: Zinc is known to play a role in our immune function, it helps our body make white blood cells and antibodies (infection fighting cells). High dose zinc has been shown to help reduce symptoms of common cold but its role in COVID-19 infection is not clear at this time and is currently being studied.

Vitamin C: Acts as an antioxidant and some studies have shown that it can help our immune system (infection fighting system). Clinical trials are being done now to determine if vitamin C might be helpful in COVID-19 infection.

What is a pulse oximeter?

A pulse oximeter is a device used to measure your pulse (heart beat) and your oxygen levels. Some people that have COVID-19 infection can get the infection in their lungs causing their oxygen levels to be low. When our oxygen levels are low this can put increased stress on our hearts and brains and other organs, which can be very dangerous.

Oxygen levels should be above 90% when you are at rest and when you are walking. It is important to check when walking as well because some people only show low oxygen levels with activity, but this can be an early sign of a worsening disease. If oxygen levels are low with or without activity, it is important to seek medical care. It is also important to check oxygen levels even if you feel ok, some have low oxygen levels even if they don't have symptoms.

Note that cold fingers or dark nail polish can cause inaccurate readings.

Is there a number I can call if I have questions?

Nimiipuu Health (Lapwai)- (208)843-2271

Nimiipuu Health (Kamiah)- (208)935-0733

St. Mary's Medical Clinic (Kamiah)- (208)935-2585

Idaho Public Health District 2- (208)748-0400

Washington State Hotline (7-Days/week)- 1(800)525-0127

Check with your insurance provider- Regence: 1(888)367-2117

St. Joseph Regional Medical Center (Lewiston)- (208)743-2511

Tristate Memorial Hospital (Clarkston)- (509)758-5511

Gritman Medical Center (Moscow)- (208)882-4511

Pullman Regional (Pullman)- (509)332-2541

Clearwater Valley Hospital (Orofino)- (208)476-4555

St. Mary's Hospital (Cottonwood)- (208)962-3251

NMPH Mental Health (Lapwai)- 1(888)891-2920

NMPH Mental Health (Kamiah)- 1(888)891-2924

SAMHSA Disaster Distress Helpline- 1(800)985-5990

Idaho Suicide Hotline- (208)398-4357

Are there any resources available if I am in quarantine/isolation?

Room accommodations if unable to safely quarantine/isolate at home

Emergency food boxes (delivery possible)

PPE

Cleaning supplies

Atomizer rental for home cleaning

Fuel assistance

Call: (208)621-4854 to have your request directed to the appropriate person

Email: NPTemergencyoperations@nezperce.org