

## **COVID-19 Triage line in STHC**

Currently with the rise in number of COVID-19 positive persons in our community, the Sault Tribe Health Division recognizes that not every Patient will need to be seen in person. It is our goal to care for these persons, while maintaining their isolation process, thus reducing potential transmission to others in the community.

Therefore, beginning Monday, January 24, 2022, when a Patient calls and identifies themselves as testing positive or symptomatic for COVID -19, they will be advised to call the main number 906-632-5200 and Press #1 for Medical Scheduling. They will then be transferred to a Triaging line. A Triage Nurse will answer or call Patient back to answer questions and give guidance. In some cases, a provider will call Patient that same day for a Telemedicine appointment for further evaluation, instruction, and guidance.

### **Team Members' Health Service: COVID-19 Testing of the Sault Tribe Team Members**

It has been brought to our attention that there is some confusion regarding the Team Members' testing and notification process. Health Division's Team Members' testing is conducted promptly. All Sault Tribe Team Members are notified by phone if results are positive (negative results are called if workload allows) as soon as possible when samples are submitted by 10:00 AM and tests are completed and results available, usually, by 12:00 PM on the same business day. Please, keep in mind the response time may vary due to unpredictable number of specimens submitted for processing and a time of submission. It is the responsibility of Team Members to inform their supervisor of their results. All test results for Team Members are communicated via email to their supervisors to confirm whether or not an employee is fit to come back to work by 05:15 PM no later than the following business day. However, all efforts will be made to notify on same day if possible. In STHC Team Members, if release is signed, can pick up their COVID-19 test reports at Medical Records. Please, note that the speed of delivery of Lab reports and with that their availability in Medical Records varies due to fluctuating volumes. Also, supervisors can contact Team Members regarding their return to work.

## COVID-19 Updates and Recommendations

The COVID-19 virus continues to mutate and is rapidly spreading through our area. The best ways to protect yourself from COVID-19 are:

- A. Wash your hands frequently
- B. Social distance by staying 6 ft apart
- C. Wearing your mask in public places and consider the use of N95 respirator (instead of cloth or surgical mask) if you can tolerate it
- D. Frequent cleaning of high touch areas and your home
- E. Obtain the recommended vaccinations against COVID-19 as soon as possible. Vaccines are widely available and free. Vaccination is the best way to avoid severe disease

### Quarantine vs. Isolation

- You **quarantine** when you have been exposed to the virus and may or may not have been infected.
- You **isolate** when you are sick or when you have been infected with the virus, even if you don't have symptoms.

Always follow your medical provider's advice. You may use OTC Tylenol or Motrin for body aches, headaches, and fevers. OTC cough medication for coughing.

You may qualify for antiviral treatment with Paxlovid or Molnupiravir or a treatment called Monoclonal Antibodies if you test positive for COVID-19 and meet certain criteria which put you at risk for more severe illness. You can contact your local hospital or medical provider to see if you would qualify for these treatments.



## INDIVIDUALS 12 OR OLDER MAY QUALIFY FOR A MONOCLONAL ANTIBODY TREATMENT IF THEY HAVE CERTAIN AGE-BASED RISK FACTORS

AGES 12–17	AGES 18–54	AGES 55–64	AGES 65 OR OLDER
<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Heart condition that is congenital or acquired such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)</p> <p>Sickle cell disease</p> <p>A developmental condition like cerebral palsy</p> <p>Daily medicine for asthma or another long-term lung disease</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>Heart condition such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)</p> <p>Pregnancy</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Obesity*</p> <p>Diabetes</p> <p>Chronic kidney disease</p> <p>A condition or are taking medication that weakens the immune system**</p> <p>Heart or circulatory disease</p> <p>High blood pressure</p> <p>A long-term lung disease like chronic obstructive pulmonary disease (COPD) or asthma</p> <p>Dependent on regular use of medical technology like a ventilator or feeding tube</p>	<p>Anyone 65 or older qualifies</p>

\*Obesity is defined as: 18 or older with a body mass index (BMI) of 35 or above or for 12–17 year olds with a BMI above the 85th percentile for their age and gender based on Centers for Disease Control and Prevention growth charts.

\*\*Up to the individual healthcare provider's judgment.

Source: [CombatCOVID.hhs.gov](https://www.combatcovid.hhs.gov)

## Emergency Warning Signs

**If you experience emergency warning signs medical attention is needed immediately.** Call 911 or your local emergency number if you notice any emergency signs, including.

- Trouble breathing
- Persistent chest pain or pressure
- New confusion
- Bluish lips or face
- Inability to stay awake

## Self-Care During Isolation

To take care of yourself follow these steps:

- Maintain a daily home routine
- Take breaks from COVID-19 news, including social media.
- Eat healthy meals and stay hydrated.
- Exercise.
- Get plenty of sleep.
- Avoid use of drugs and alcohol.
- Stretching, breathe deeply or meditate.
- Focus on enjoyable activities.
- Connect with other and share how you're feeling.

Caring for yourself can help you cope with stress. It will also help you be able to support your loved one's recovery.

If you have **anxiety or depression** and the conditions worsen please contact your health care provider or the Sault Tribe Behavioral Health program by telephone **906-635-6075**.