

COVID-19 Guidance
White Mountain Apache Tribe

As you are aware, there has been a recent uptick in COVID-19 cases. This has been true both nationally and here in the Whiteriver area. The current dominant strains of disease have not been shown to be as dangerous as previous strains. There has not been an increase in hospitalizations. We will monitor cases and hospitalization rates and keep up to date with all recommendations from the United State Centers for Disease Control and Prevention (CDC) and provide additional community interventions as needed.

Guidance for People Who Test Positive:

If a person tests positive for COVID-19 they must Isolate which means staying away from places, building, or people and keeping a minimal contact with others. Isolate means the same thing as quarantine. They should isolate as much as possible.

Anybody who tests positive for COVID-19 must isolate for five (5) days. The day of exposure is considered 'day zero.' On day six (6) after testing positive for COVID-19:

- If you have no symptoms including having no fever, or temperature greater than 100.4, without fever reducing medication for 24 hours, you can end isolation but continue to wear a face mask until day 10;
- If you feel better without any type of medication, you can end isolation but continue to wear a face mask until day 10;
- If your COVID-19 symptoms are not improving continue to isolate until your COVID-19 symptoms improve or until the end of day 10;
- If you have difficulty breathing, were hospitalized, or have a weakened immune system you must continue to isolate until day 10.

If your COVID-19 symptoms worsen at any time you should seek medical care and advice immediately.

WRSU still has home test kits available at the front desk and the ER check-in.

Those considered high risk (age, chronic illness/disease, immunosuppressed, BMI > 30) should check with their PCP nurse to see if they should receive treatment. Treatment is available at the WRSU.

Guidance for People Who are Exposed:

Exposure means being in contact with something or someone for at least 15 minutes within a 6 ft radius regardless of wearing a face mask or not, or as defined by your medical provider or local public health officials.

If you are exposed to anybody who tests positive for COVID-19 or shows any COVID-19 symptoms you should:

- Immediately wear a face mask for at least 10 days;
- Monitor yourself for COVID-19 symptoms;
- Take a COVID-19 test at day 6 regardless of having COVID-19 symptoms or not;
- The day of your exposure is considered day 0.

Guidance for the Community:

- Stay current on all your vaccinations;
- Wash your hands with soap and water where possible, use hand sanitizers alternatively;
- Clean and sanitize your home and work areas regularly;
- Stay home from work and school when sick;
- Avoid closed areas in the public while sick;
- The wearing of a facemask is encouraged especially when sick.

The Tribe will continue to work with the Whiteriver Indian Health Service to monitor COVID-19 cases, hospitalizations, and risk levels to help provide guidance to the community. This guidance comes from the CDC recommendations and may change. Please be assured that this situation is being closely monitored by the Tribe and IHS.