



## EASTERN ALEUTIAN TRIBES

### **At this time, there are NO confirmed cases of COVID 19 in the Eastern Aleutian Tribes region !!**

1. If you have flu-like symptoms (fever, cough, shortness of breath) DO NOT go to the clinic, but rather call your local clinic to be triaged over the phone.
  - Clinics will be postponing all preventative appointments including physicals, annual woman exams, and well child exams until further notice.
  - The exception to the above are well child exams for 15 months and younger as it is important that they stay on the immunization schedule.
  - Medically fragile patients without acute issues are postponed.
  - Clinics will try to do as much over the phone, including answering questions about COVID 19.
2. Anticipate flight and mail disruption. Look at your supply of food, cleaning products, medication and hygiene products (soap, hand sanitizer, paper towels, toilet paper, trash bags). Determine if you have a 6-week supply.
3. We recommend no large gatherings of 10 or more people until further notice.

#### **Steps to Protect Practice good hygiene:**

- Stop handshaking.
- Wash your hands.
- Avoid touching your face.
- Cover coughs and sneezes.
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly.
- Limit food sharing.
- Stay at least 6 feet away from other people especially if you don't feel well.
- Stay at home if you feel sick.
- Do not leave home if you have a fever or have had one in the last 72 hours.
- Consider staying at home if you have a sick family member.

#### **Special travel considerations:**

- Avoid all non-essential travel. Consider self-isolating upon return.