



To our valued patients of Billings Urban Indian Health and Wellness Center,

Greetings. We pray that you and your families are healthy. We would like to give you information on the COVID-19 virus that is impacting our nation. NADC-BUIHWC is monitoring the information coming from the Center for Disease Control, Montana Public Health Department, Yellowstone County Health Department, Riverstone Health Clinic, St Vincent Hospital, and Billings Clinic, regarding the outbreak of respiratory disease caused by the novel coronavirus COVID-19.

Billings Urban Indian Health and Wellness Center will follow established planning and coordination with local, state and federal officials to provide continuity of operations and services. We receive guidance daily from St. Vincent's who is a member of the Unified Health Command leaders in Yellowstone County. We will add new information to our Facebook page to give you the most updated links to help you be informed and make your best health care decision. As Chief Plenty Coups stated, "education is your most powerful weapon".

Currently, Billings Urban Indian Health and Wellness Center is not testing for the COVID-19 as we do not have testing supplies. These are limited to the local hospitals and county health department. If you are having a respiratory illness such as cough, trouble breathing and/or have traveled or been exposed to someone that has traveled, please go to St Vincent, Billings Clinic or Riverstone Health Clinic. Per SCL health (St. V's) COVID-19 testing availability remains challenging and treatment continues to be supportive for mild disease. Depending on the clinical situation, patients in the outpatient setting who have mild symptoms with no co-morbid conditions and who are younger than 65 may be advised to stay home and self-isolate without testing at this time.

Below are links to the CDC page on information and keeping your home and workplace safe:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>

General - <https://www.cdc.gov/nCov>

### **WHAT CAN YOU DO TO HELP?**

The Center for Disease Control (CDC) recommends individuals and families follow everyday preventive measures:

- **Respiratory Etiquette:** Cover coughs and sneezes with a tissue, then throw it in the trash.
- **Hand Hygiene:** Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, sneezing or coughing. If soap and water are not readily available, then utilize an alcohol-based sanitizer with 60% to 95% alcohol.
- **Environmental Health Action:** Routinely clean frequently touched surfaces and objects.
- **Voluntary Home Isolation:** Stay home when you are sick with respiratory disease symptoms. At the present time the symptoms are most likely to be influenza or other respiratory viruses than the COVID-19 related virus.
- **Community Measures:** If COVID-19 disease is occurring in your community, state and local public health authorities may decide to implement:



- \* Temporary closures or dismissals of childcare facilities and schools
- \* Other social distancing measures that increase physical space between people, including:
  - \* Workplace social distancing measures such as replacing in-person meetings with tele working.
  - \* Modifying, postponing, or cancelling mass gatherings.

Routine use of these measures by individuals and their families will increase community resilience and readiness for responding to an outbreak. As this global concern evolves, it is important that everyone in our community follow recommended guidelines and plan accordingly. At BUIHWC out of respect for our fellow patients, we ask that you please wash your hands when entering the building. We are sanitizing our facility daily with approved sanitizers and cleaning supplies.

Billings Urban Indian Health and Wellness Center will do our best to inform our consumers and staff of updates of the COVID-19 as they relate to our consumers.

Stay Healthy 😊,

Your Billings Urban Indian Health and Wellness Center health care team and Native American Development Corporation