



HELENA INDIAN ALLIANCE (HIA)  
LEO POCHA MEMORIAL HEALTH CLINIC (LPC)  
501 EUCLID AVENUE HELENA, MT. 59601  
(406) 442-9244 (PH) (406) 449-5371(FAX)

## **HELENA INDIAN ALLIANCE COVID-19 Preparedness**

**The Helena Indian Alliance is actively coordinating their communication, preparedness, and response activities for COVID-19, and working closely with the IHS and local authorities to prepare our health system for the spread of the virus. While there are no patients currently being evaluated, Helena Indian Alliance remains active to scale our response in anticipation of potential cases, due to increasing global spread of COVID-19.**

### **Control Guidance for Preventing Transmission of Respiratory Illness**

STAY HOME if you are feeling ill. DO NOT GO TO A WALK IN APPOINTMENT OR TO URGENT CARE JUST BECAUSE YOU MIGHT HAVE A VIRAL ILLNESS. STAY HOME AND DRINK WATER, REST AND TAKE OVER THE COUNTER MEDICATIONS FOR DISCOMFORT. THERE IS NO TEST FOR THE NEW VIRUS, AND NO MEDICATION FOR CURE OF THE VIRUS. IT IS SIMILAR TO OTHER COMMON VIRUS' IN THE COMMUNITY ONLY SYMPTOMS CAN BE MORE SEVERE. THE ELDERLY AND THOSE WITH OTHER CHRONIC ILLNESS ARE AT HIGHER RISK FOR DEVELOPING SYMPTOMS THAT WOULD REQUIRE HOSPITALIZATION. THIS IS THE INDIVIDUALS ALSO THAT ARE AT GREATER RISK OF DEATH. **Healthy people are known to recover. The important part is to avoid spreading the virus to others. Stay home.**

### **WASH YOUR HANDS**

The most important way to help prevent transmission of respiratory illness is through practicing good hand hygiene.

Washing hands for 20 seconds with soap and water is most effective in killing viruses.

Hand sanitizer with 40-60% alcohol is an alternative until you can wash your hands with soap and water.

## **COVER YOUR COUGH AND SNEEZE**

Cough and sneeze into your elbow to prevent the spread of germs.

Throw used tissues into the garbage. Immediately wash your hands after coughing or sneezing.

**STAY HOME** if you are feeling ill.

Do not go to work if you have a respiratory illness.

Do not travel if you have a respiratory illness.

## **GET YOUR FLU SHOT**

Influenza symptoms are very similar to COVID-19 and the flu is more common than COVID-19.

This will also help your doctor narrow the diagnosis if you were to get symptoms later.

## **MASKS**

No masks are required or suggested for healthy individuals. They will not prevent you catching the virus, and may give you and others a false sense of security.

Surgical masks are worn to help a coughing person prevent spread of droplets. The CDC considers this 'source control' a highly effective method to prevent the spread of infection.

N95 masks need to be fit tested to work properly, and they have a very limited time span of efficacy. An N95 mask is for use by healthcare workers to prevent infection.

Masks should not be worn while traveling in an airplane, in airports, on buses or in cars by people who are not coughing as they do not prevent viral infection.

Stay away from people who are coughing, or who cannot control their cough at a minimum distance of three feet. A six-foot distance is optimal.

## **CALL AHEAD AND TALK TO A PROVIDER AT YOUR CLINIC OR URGENT CARE TO SEE IF YOU NEED TO BE SEEN.**

If you need to go to the doctor for SEVERE respiratory symptoms, call ahead to your primary care provider or to Urgent Care/ER. This allows clinics and healthcare providers to properly ensure they can protect others, including those who may be in the waiting areas, health care workers, your family and friends. **YOU CAN TAKE IBUPROFEN OR TYLENOL FOR ACHES AND PAINS. PURCHASE OVER THE COUNTER COUGH SYRUP TO HELP WITH YOUR COUGH.**

**DO NOT** go to work if you have a respiratory illness.

**DO NOT** travel if you have a respiratory illness.

## **GET YOUR FLU SHOT**

Influenza symptoms are very similar to COVID-19 and the flu is more common than COVID-19.

This will also help your doctor narrow the diagnosis if you were to get symptoms later.

You can find information on-line about the Coronavirus COVID-19

- 1) Lewis and Clark City-County Health Department is the best resource for local, public health information.
- 2) Centers for Disease Control and Prevention
- 3) World Health Organization