

What do I do if I'm worried about COVID-19?

Nisqually Tribal Health Center STEP BY STEP GUIDE

1. If you think you may have COVID-19, please do not walk into the Nisqually Clinic. We are here to help you but *please call first*.

2. If you can, check your temperature and take note of your symptoms.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever



Cough



Difficulty breathing



3. Call the clinic at 360-459-5312, we are here to help you.

- a) As a family practice clinic, we are not currently able to provide testing. There is currently no COVID-19 specific treatment.
- b) We can complete a screening with you over the phone and help you figure out next steps.
- c) We can also go over recommendations for self-care and self-isolation.

4. If you have fever and respiratory symptoms please self-isolate right away. We will do whatever we can to support you.

- a) We want you to stay home as safely as possible and have a few supplies of food to help with that if necessary.
- b) You'll need to check your temperature daily and note your symptoms. If you have questions, feel free to contact us for phone advice.
- c) ***If you experience worsening shortness of breath and difficulty breathing, call 911.***
- d) The CDC guideline is to stay home in self-isolation for 72 hours *after* fever is gone.

5. If you don't have symptoms, still it is a good idea to stay home. This is the best way to take care of the whole community. Sending texts and funny pictures is a wonderful way to keep in touch!

IMPORTANT RESOURCES

Call the Nisqually Tribal Health Center at 360-459-5312

Washington State Novel Coronavirus (COVID-19) Call Center

• 1-800-525-0127

• Open 7 days a week from 6:00am – 10:00pm

Thurston County Public Health and Social Services Department

• Phone: 360-867-2500

• WA Relay: 711 or 800-833-6338

• COVID-19 Webpage: <http://bit.ly/ThurstonCOVID-19>

Public Health – Seattle & King County, 206-477-3977.