



**TULE RIVER INDIAN HEALTH CENTER, INC. (TRIHCI)**

**PO BOX 768 • PORTERVILLE, CALIFORNIA 93258**

**PHONE: (559) 784-2316 • FAX: (559) 781-6514**

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TO: Tule River Tribal Council

FROM: Tule River Indian Health Center, Inc.,

DATE: 03/17/2020

RE: Tule River Tribe State of Emergency Declaration; COVID-19 Stage 1 Revision

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On March 13, 2020, the Tule River Tribal Council has delegated the Tule River Indian Health Center, Inc. (TRIHCI) as a Public Health Authority. The following guidelines have been identified by the Tule River Public Health Authority as a precaution to prevent the spread of COVID-19, and shall remain in effect until APRIL 13, 2020:

- **NON-ESSENTIAL WORK TRAVEL:** NO travel to Washington & New York States, No travel through airports, essential work travel only.
- **ESSENTIAL WORK TRAVEL:** USDA, Government to Government, Meals on Wheels, CHRs, Medical transports (case by case, determined by Medical Staff), TRAP.
- **PERSONAL TRAVEL:** Travel exceeding 200 miles (radius/crow's flight) from the main reservation entrance will be subject to a 14-day shelter-in-place. Contact your respective Human Resources to discuss wage replacement options. Employees are required to disclose such personal travel to their respective Human Resources. Personal travel exceeding 200 miles should be reported to [PublicHealth@trihci.com](mailto:PublicHealth@trihci.com)
- **GATHERINGS:** No gatherings larger than 50 people, Groups should be small enough to maintain a safe social distance of 6 feet, No rodeos, No Pow Wows, No Sweats (professional opinion), No health fair, No tribal Easter fun day, No gatherings of 10 or more for high-risk (Elders) population specifically **NO GATHERINGS AT THE ELDERS BUILDING AND THE TULE RIVER VETERANS BUILDING.**
- **TOWANITS AND CHILD CARE:** Shall remain open & will coincide with PUSD or State schedules
- **TRTC/EDC:** Proceed with business as usual, in the event of a potential case, CCEMSA Incident response plan will be activated
- **CASINO:** Proceed with business as usual, in the event of a potential case, CCEMSA Incident response plan will be activated
- **TRIHCI:** Proceed with business as usual, in the event of a potential case, CCEMSA Incident response plan will be activated

Any questions or concerns with the aforementioned information please direct them to [publichealth@trihci.com](mailto:publichealth@trihci.com)

**NOTE: THESE GUIDELINES ARE SUBJECT TO CHANGE AT ANYTIME.**



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## Guidelines for the Tule River Indian Reservation

### Guidelines for COVID-19

Refer to CDC for identifying symptoms for those who believe you may have contracted the Coronavirus (COVID-19), **please call (559) 784-2316**.

Monday through Friday, 7:30 AM to 5:00 PM, staff will direct calls based on request. Any calls after-hours, your calls will be sent to TRIHCI's answering service. These calls will be connected to TRIHCI's medical providers.

In the event you are not connect to any providers. **Please call Tulare County Public Health (559) 685-5720, for After-Hours calls please call (559) 471-7092.**

TRIHCI will be implementing a questionnaire for screening. As screening develops, TRIHCI will be informing the community through publications, social media.

Protocols for those sheltering-in-place will be provided soon.

### References

California Executive Order in response to COVID-19

<https://www.gov.ca.gov/2020/03/12/governor-newsom-issues-new-executive-order-further-enhancing-state-and-local-governments-ability-to-respond-to-covid-19-pandemic/>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

White House Guidance

[https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20\\_coronavirus-guidance\\_8.5x11\\_315PM.pdf](https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf)

CDC COVID-19 Prevention

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention.html)

On March 12, 2020, Governor Gavin Newsom issued a new executive order further enhancing California's ability to respond to the COVID-19 pandemic.

The Governor's order:

- Waives the one-week waiting period for people who are unemployed and/or disabled as a result of COVID-19;
- Delays the deadline for state tax filing by 60 days for individuals and businesses unable to file on time based on compliance with public health requirements related to COVID-19 filings;
- Directs residents to follow public health directives and guidance, including to cancel large non-essential gatherings that do not meet state criteria;
- Readies the state to commandeer property for temporary residences and medical facilities for quarantining, isolating or treating individuals;
- Allows local or state legislative bodies to hold meetings via teleconference and to make meetings accessible electronically; and
- Allows local and state emergency administrators to act quickly to protect public health

### **State Efforts to Assist California Workers**

California will continue acting swiftly to help workers hurt by COVID-19. Affected workers can visit the Labor & Workforce Development Agency's website to review what benefits are available to them. For instance,

- If you're unable to work because you are caring for an ill or quarantined family member with COVID-19 you may qualify for Paid Family Leave (PFL).
- If you're unable to work due to medical quarantine or illness, you may qualify for Disability Insurance. Those who have lost a job or have had their hours reduced for reasons related to COVID-19 may be able to partially recover their wages by filing an unemployment insurance claim.
- If a worker or a family member is sick or for preventative care when civil authorities recommend quarantine, workers may use accrued paid sick leave in accordance with the law.
- If workers are unable to do their usual job because they were exposed to and contracted COVID-19 during the regular course of their work, they may be

eligible for workers' compensation benefits. All information and resources can be found at [Ca.Gov/Coronavirus2019](https://www.ca.gov/coronavirus2019)

**All Community Guidance Released from CDPH:**

The California Department of Public Health has consolidated state guidance on how to prepare and protect Californians from COVID-19 in a [single location](#). This includes guidance for:

- Health care facilities, including long-term care facilities
- Community care facilities, including assisted living facilities and child care
- Schools and institutions of higher education
- First responders, including paramedics and EMTs
- Employers, health care workers and workers in general industry
- Health care plans
- Home cleaning with COVID-19 positive individuals
- Gathering Guidance
- Guidance for Using Disinfectants at Schools and Child Care
- Laboratories
- Health care facilities from Cal/OSHA
- Homelessness Providers

**What to Do if You Think You're Sick:**

Call ahead: If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider or local public health department first before seeking medical care so that appropriate precautions can be taken.

**California's Response to COVID-19:**

We have been actively and extensively planning with our local public health and health care delivery systems. Here are some of the things we are already doing:

- As in any public health event, the California Department of Public Health's Medical and Health Coordination Center has been activated and is coordinating public health response efforts across the state.
- California continues to prepare and respond in coordination with federal and local partners, hospitals and physicians.
- Governor Newsom declared a State of Emergency to make additional resources available, formalize emergency actions already underway across multiple state agencies and departments, and help the state prepare for broader spread of COVID-19.

- Governor Gavin Newsom requested the Legislature make up to \$20 million available for state government to respond to the spread of COVID-19.
- California activated the State Operations Center to its highest level to coordinate response efforts across the state.
- 24 million more Californians are now eligible for free medically necessary COVID-19 testing.
- California made available some of its emergency planning reserves of 21 million N95 filtering face piece masks for use in certain health care settings to ease shortages of personal protective equipment.
- The Public Health Department is providing information, [guidance documents](#), and technical support to local health departments, health care facilities, providers, schools, universities, colleges, and childcare facilities across California
- The California Employment Development Department (EDD) is encouraging individuals who are unable to work due to exposure to COVID-19 to file a Disability Insurance claim.
- EDD is also encouraging employers who are experiencing a slowdown in their businesses or services as a result of the Coronavirus impact on the economy to apply for an Unemployment Insurance work sharing program.
- California continues to work in partnership with the federal government to aid in the safe return of 962 Californians from the Grand Princess cruise ship. This mission is centered around protecting the health of the passengers, and ensuring that when the passengers disembark, the public health of the United States, the State of California, and partner communities is protected.
- The Public Health Department is coordinating with federal authorities and local health departments that have implemented screening, monitoring and, in some cases quarantine of returning travelers.
- In coordination with the CDC, state and local health departments, we are actively responding to cases of COVID-19.
- The Public Health Department is supporting hospitals and local public health laboratories in the collection of specimens and testing for COVID-19.

The California Department of Public Health's state laboratory in Richmond and 18 other public health department laboratories now have tests for the virus that causes COVID-19. Eighteen of them are currently conducting tests, with the others coming online soon.

For more the most up to date information on COVID-19 and California's response, visit the [CDPH website](#).

# SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms\* can include

**FEVER**



**COUGH**



\*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**SHORTNESS OF BREATH**



For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)

# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



# 15 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

**IF YOU FEEL SICK**, stay home. Do not go to work. Contact your medical provider.

**IF YOUR CHILDREN ARE SICK**, keep them at home. Do not send them to school. Contact your medical provider.

**IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE** for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

**IF YOU ARE AN OLDER PERSON**, stay home and away from other people.

**IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION** that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit  
**CORONAVIRUS.GOV**



# DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

**IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY**, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

**AVOID SOCIAL GATHERINGS** in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

**AVOID DISCRETIONARY TRAVEL**, shopping trips, and social visits.

**DO NOT VISIT** nursing homes or retirement or long-term care facilities unless to provide critical assistance.

## **PRACTICE GOOD HYGIENE:**

- *Wash your hands, especially after touching any frequently used item or surface.*
- *Avoid touching your face.*
- *Sneeze or cough into a tissue, or the inside of your elbow.*
- *Disinfect frequently used items and surfaces as much as possible.*

**CORONAVIRUS.GOV**

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.