

RESOURCES

Please visit the following pages for up-to-date information on disease occurrence and what you can do to protect yourself!

Great Plains Tribal Epidemiology Center COVID-19 Webpage

<https://gptec.gptchb.org/covid-19/>



State Health Departments

Iowa - 515-281-7689

Nebraska - 402-552-6645

North Dakota - 1-866-207-2880

South Dakota - 1-800-997-2880

Centers for Disease Control and Prevention COVID Information

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Johns Hopkins

Coronavirus Resource Center

<https://coronavirus.jhu.edu/map.html>



Great Plains Tribal Epidemiology Center

2611 Elderberry Rd.
Rapid City, SD 57703

Email: gptec@gptchb.org

Oyate Health Center

3200 Canyon Lake Dr.
Rapid City, SD 57702

gptchb.org
Email: info@gptchb.org

This publication was supported by the Cooperative Agreement Number, U1B1HS0007, funded by the Indian Health Service. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Indian Health Service or US Department of Health and Human Services.

Protect Your Family

Coronavirus 2019

(COVID-19)



“Hecel Oyate Kin Nipi Kte”

“So That The People May Live.”

Great Plains Tribal Chairmen’s Health Board

2611 Elderberry Rd. | Rapid City, SD 57703
(P) 605.721.1922 | (F) 605.721.1932



What is Coronavirus Disease 2019 (COVID-2019)?

A respiratory illness spread from person to person.

Who is at risk?

General population, but especially:

- Elderly
- Individuals with existing health conditions (e.g. diabetes, heart disease)

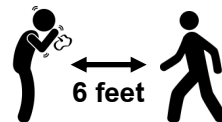
How it is spread?

Person to Person — Close contact with an infected person by inhaling respiratory droplets produced through coughing and sneezing. (Most Common)

Frequently Touched Surfaces —By touching these surfaces and objects and then touching mouth, eyes, or nose. (Less Likely)

KEEPING YOURSELF HEALTHY

Keep a safe distance (6 feet) from sick individuals



Avoid touching your eyes, nose, and mouth with unwashed hands



Wash your hands often with soap and water for at least **20 seconds**

Stay home when you're sick



SYMPTOMS INCLUDE:



• Cough

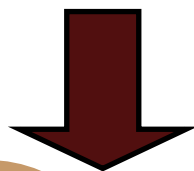


• Fever or chills



• Shortness of breath

If you experience any of the following



Isolate yourself to prevent spread

Call your health provider

PREPARING YOUR HOME

- Create a household Plan of Action •

- ✓ Talk with household members and relatives about the plan
- ✓ Talk with elders or individuals with health conditions in your home about planning for care and include information from your health care provider.
- ✓ Identify accurate and up-to-date information/resources, including:
 - CDC Website
 - IHS Website
 - State Health Department Websites
 - gptec.gptchb.org/covid-19
- ✓ Identify where you will access:
 - Healthcare services
 - Mental health counseling
 - Food
 - Household supplies
- ✓ Create an emergency contact list
 - Tribal Officials/Emergency Management
 - Tribal Health Directors
 - Relatives and Family Members
 - HealthCare Providers
 - Teachers and Schools
 - Employers
 - Other Community Resources