

Written by By William Madaras For the Sun
Friday, 20 March 2020 06:16



Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1 Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2 The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4 You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

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.

FACT 5 There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: www.cdc.gov/COVID19



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Coordinating with GIMC-HIS, NM Department of Health,

Center for Disease Control

GALLUP SUN STAR RMCHCS implements plans for treating COVID-19

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Rehoboth McKinley Christian Health Care Services is monitoring the spread of the Coronavirus with an eye on McKinley County and the rest of New Mexico. It is also watching adjacent states as it prepares to care for residents should the virus spread to the area. The hospital is also closely coordinating its plans with the New Mexico Department of Health, the Gallup Indian Medical Center-Indian Health Service and the Center for Disease Control.

“Our efforts are primarily focused on five specific areas,” RMCHCS CEO David Conejo said. “Testing anyone showing symptoms, providing adequate care for infected residents, preparing hospital staff with infection control related practices, updating the community through our website and sharing information with local and state medical officials.”

The coordinator for the coronavirus at RMCHCS is Dr. Christopher Gonzaga, an Infectious Disease Specialist, along with the hospital’s Infection Control Team.

RMCHCS Preparations

Plans by the hospital include weekly meetings to ensure adherence to state and national guidelines, monitoring of supplies such as personal protective equipment, respiratory equipment and masks for medical staff and patients suspected to have the virus, sanitation supplies for hand washing and normal hospital disinfectant solutions. There are also four respiratory airborne precaution isolation rooms at RMCH for people who contract the coronavirus to prevent their infections from spreading through the hospital.

RMCHCS will only allow two adults who have been screened by the hospital to visit patients. The hospital has also created a dedicated waiting area for those with respiratory symptoms in the emergency department and in its satellite clinics Red Rock, Urgent Care, and College Clinic. The hospital urges those who believe they have the coronavirus to call ahead so it can plan a safe entrance that minimizes the exposure to others.

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A plan is being developed to set-up a coronavirus hotline to answer residents' questions or report any cases so those with symptoms can be tested and isolated, if recommended. Residents will be able to call a hotline 24 hours a day, seven days a week. The RMCHCS website will offer updates on this and other coronavirus updates. In the meantime, it would be best for patients to call their medical providers for questions or refer to the CDC and NMDOH websites: cdc.gov/COVID19

or

<https://cv.nmhealth.org/>.

What To Do If You Are Quarantined At Home

If you are asked to quarantine at home, a charge nurse will call to get updates on your condition each morning. Turnaround time for coronavirus test results is 24-48 hours. If you haven't heard from RMCHCS by noon each day, call the COVID triage (505) 236-1874.

If you feel worse, develop shortness of breath, or are concerned your symptoms are becoming more serious, call RMCHCS right away.

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