

PSA Script for COVID-19 (August 18th, 2020)-

Hello (Keshi)- This is Dr. Tom Faber, Clinical Director of the Zuni IHS hospital, here to give a quick update on the COVID-19 situation here in Zuni. This message is being recorded on August 18th, 2020.

I am happy to say that, as a result of the great job the whole community has done to prevent spread, we have successfully limited new infections within Zuni. After experiencing a peak of over 250 new infection in June, we've seen fewer than 30 new infections in the past month. Of course, one infection is too many, and the virus could quickly spread out of control once again if we do not remain vigilant.

In previous messages, I've outlined some important facts to know about the virus, its symptoms, and how it is spread. Today, I will just provide a quick reminder regarding what we all need to be thinking about every day in order to keep COVID-19 from spreading within Zuni. If you have any specific questions about COVID-19, please call our COVID-19 hotline at 782-7591 between the hours of 1:00 pm and 5:00 pm Monday through Friday. You can also check out the CDC or New Mexico Department of Health websites for accurate information.

So what can we do to keep new COVID-19 infections down in Zuni?

First, keep wearing a mask every time you leave the house or are around another person who do not live with you. If you are going to be around other people, this is the most important thing to remember. If someone is infected with COVID-19, then a mask will keep that person from spreading it to others. Remember that COVID-19 spreads on tiny water droplets that leave the mouth or nose every time someone breaths, coughs, or sneezes. Wearing a mask makes the difference between those water droplets traveling several feet away and landing in another person's nose versus landing harmlessly within the mask. Remember that many people infected with COVID-19 have no symptoms at all, so everyone needs to wear a mask all the time- whether they feel sick or not. If you do not have COVID-19, then wearing a mask will also help keep the virus from entering your body. Remember that a mask needs to cover your mouth and nose. If you're making your own mask, it needs to be at least three layers of cloth thick.

While wearing a mask when you leave the house or are around anyone you don't live with is critical, it's not enough all by itself. You also need to stay six feet apart from others whenever possible. Since the virus usually has to travel in the air to infect a person, the farther away you are the less chance there is for that virus to enter your eyes, nose, or mouth. Along with this advice is: avoid crowds or gatherings of people, especially if they are indoors.

Next is hand washing and cleaning of surfaces. While most people become infected with COVID-19 from virus floating in the air on little water droplets, some people are infected when they touch a surface with the virus on it. Once the virus is on their fingers, it can enter the body if they then touch their eyes, nose, or mouth before washing or disinfecting their hands. So- clean surfaces like counter tops, door handles, and keyboards with a disinfecting spray or wipe often. And of course wash your hands often. It's recommended that you wash with soap and water for at least 20 seconds and if that's not possible use a hand sanitizer with at least 60% alcohol.

Lastly, if you think your feeling sick and might have COVID-19, please come in to be tested. Concerning symptoms are a loss of smell or taste, fever, cough, shortness of breath, and sometimes stomach upset. Remember, you can get tested through our hospital drive-through center Monday- Friday from 9:00am to 12:00pm. Those people who are experiencing severe symptoms like shortness of breath, weakness, high fever or just feel very sick, should be seen and tested in our emergency department. If you are positive for COVID or you have been in contact close contact with anyone who is positive, please isolate yourself from others in your home and separated from others. For questions about this process, please call your doctor or the Zuni IHS COVID-19 hotline at 782-7591.

Based on the decreasing numbers of COVID-19 cases and the protection provided by the measures we just discussed, we at the hospital are starting to reopen in-person medical visits. Soon we hope that children will be able to return to school, and life will start to feel more normal. As this happens, however, please remember that this does not mean we can become careless with prevention. In fact, it's just the opposite. As we start to move around more, wearing a mask, staying 6 feet apart, cleaning hands and surfaces, getting tested if you feel sick, and isolating if you are sick or exposed to COVID-19 are what will make the difference between staying healthy or a return to widespread infection.

Thank you for your attention. As always, please remember that we at the hospital remain here to help you 24/7. Thank you for all of your hard work. Let's keep it up.

Thank you