

# Helpful tips to prepare for and respond to a COVID-19 case in your community

YKHC offers the following preparedness and planning recommendations for tribes and cities to discuss and consider as you prepare for, or respond to, COVID-19 in your community.



## How to support COVID-19 positive individuals or known close contacts in your village

Quarantine is very difficult. Any support the community can provide to individuals isolating or quarantining can be helpful for them to stay home. Remember, quarantine is the only treatment the global medical community has for COVID-19. During this time, households will need help getting food, water, medicine, picking up packages from the post office, etc.

### Helpful tips for how to help residents in quarantine:

- Use Tribal or City CARES money to support people remaining in quarantine, as it is more effective than punitive approaches. *YKHC cannot provide legal guidance on how to spend CARES funding. Be sure to receive legal advice from your organization's attorney on specific and appropriate use of your CARES funding.*
- Incentivize quarantine, and make it easier to stay inside. Examples include:
  - » Free movie rentals
  - » Free internet
  - » Access to iPad(s) or other electronic devices
- Develop support services, like a quarantine worker, who can help to run errands for individuals/families in quarantine. Examples include:
  - » Checking mail at the post office
  - » Quick shopping trips to the grocery store
  - » Helping to haul water/honeybucket waste



## General guidance for communities when there is a known COVID-19 case in your village

To prevent widespread exposure risk to COVID-19, which is a highly contagious virus, YKHC recommends communities consider enacting the following, or similar, protective measures

- No visiting, but do call and check on elders and friends often!
- Require wearing masks in public (outside of the home)
- Do not steam or perform subsistence activities with individuals outside your immediate household.
- Children who do not reside in the same household should limit interaction during this pandemic.





- Restrict number of people in post office, grocery store, and washeteria.
  - » Maintain 6 feet separation between non-household members at all times.
  - » Limit the number of people in the space at a time.
  - » Require customers to wear masks at all times. Masks should cover both the nose and mouth.
  - » Post signs that encourage frequent handwashing.
  - » Ensure there is frequent disinfecting/cleaning of high traffic areas, such as counters, doorknobs, buttons/knobs, etc.
- Close non-essential businesses where possible and allow people to work from home.
- Essential workers should be put on rotating shifts, so they are not exposed to each other. This will ensure essential services do not need to fully shut down if a positive case is identified within essential employees.
- Remove public basketball hoops; do not allow kids in stores; establish a community curfew.
- Create programs to deliver food, stove oil, chop wood, ice, and medicine to elders and high-risk individuals who may not feel comfortable going out.
- Follow YKHC quarantine/isolation guidelines.
- Cancel or indefinitely delay community gatherings.
- Think about how you'll communicate updates to residents — VHF, social media, etc.

### When does YKHC deploy its village rapid response team if a COVID-19 case is found in a service area village?

YKHC's village rapid response team offers community-wide, in-village testing for COVID-19 in certain circumstances. Decisions to activate village response are made on a case-by-case basis and subject to judgement based on public health need, resource limitations and clinical context, which is determined by COVID-19 clinicians and contact tracing team.

Remember, a village response is not a replacement for quarantine. The only way to prevent transmission of COVID-19 is isolation, physical distancing, universal masking, and other known mitigation strategies.

### Do you have questions about any of this?

Contact YKHC's OEHE On-call at **800-478-6599** or email at [OEHE\\_Epi@ykhc.org](mailto:OEHE_Epi@ykhc.org).