



SOUTHERN INDIAN HEALTH COUNCIL, INC.

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www.SIHC.org

Dear SIHC Members:

Our commitment to keeping SIHC's members/patients we serve safe is always our number one priority. Following the Coronavirus disease (COVID-19) outbreak, it is important that you know Southern Indian Health Council, Inc. is committed to preventing any spread of the COVID-19 virus, and to treating any one with the virus' symptoms. We are also closely monitoring reports from the Centers for Disease Control and Prevention (CDC), Indian Health Services (IHS), and our local health department for all updated information.

As a reminder, we recommend these preventive actions every family should take to prevent exposure to COVID-19.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Try to avoid mass gatherings and avoid traveling to affected areas
- Follow CDC's recommendations for using a facemask:
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often:
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
 - Always wash hands with soap and water if visibly dirty.

Should you have any questions or concerns about this information, please do not hesitate to contact the Quality Management Department directly at (619) 445-1188 ext. 361.

Our commitment to you, your family and our staff is unwavering.

Sincerely,

Kathy Friend RN, MSLS, CPHRM
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