



TOHONO O'ODHAM NATION HEALTH CARE

For Immediate Release

Friday, September 1, 2023

TONHC-2023-QM-017

Hospital & Health Centers

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TON San Xavier
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COVID-19 Cases are on the Rise on the Tohono O'odham Nation

Cases have almost doubled since this summer. Gatherings and large groups of people contribute to the spread of COVID-19. With the upcoming holidays, do your part to protect you, your family, and the community.

Updated Vaccine Coming Soon:

- There is an updated COVID-19 monovalent vaccine that is expected to be approved in mid-September 2023.
- The vaccine will provide coverage for the XBB.1.5 variant.
- Everyone 6 months and older should get an updated COVID-19 vaccine.
- Like the flu, there are different strains of COVID-19 circulating now and the updated vaccine will provide protection against it.

If you Test Positive for COVID-19:

- Day 1 is the first full day after the day you were tested or the day after your symptoms started.
- Stay home for at least 5 days and isolate from others in your home.
- Wear a well-fitting mask around others in your home.
- Don't share household items.
- End isolation after 5 full days if you are fever-free for 24 hours, without the use of fever reducing medication.
- Antiviral medications are used to stop the virus from multiplying in the body, helping to prevent severe illness and death. They may be available for certain people, speak to your provider about it.

If you are Exposed to COVID-19:

- Start taking precautions immediately.
- Wear a mask for 10 days any time you are around others inside your home or indoors in public.
- Get tested at least 5 full days after your last exposure.
- You don't need to quarantine, but need to monitor your symptoms for 10 days after the exposure.
- If you test positive or are showing symptoms, isolate immediately.

When to Get Tested for



COVID-19

COVID-19 is still spreading on the Tohono O'odham Nation. Below is information on when to get COVID-19 testing. When you get tested make sure to test at the right time.



Key times to get tested:

When you are sick and have symptoms: Test immediately.

When you have been exposed: If you do not have symptoms but have been exposed to COVID-19, wait at least five (5) full days after your exposure before taking a test.

If you are doing a home covid test, follow directions as recommended by the FDA. If you do not, your results may not be reliable. If your home covid test is negative, take another test after 48 hours, for up to three (3) times.

You must call to schedule an appointment for COVID-19 testing at TONHC:

Sells Hospital: 520-383-7200, extension 5044 or 5045

Testing available by appointment: Monday, Tuesday, Thursday, and Friday between 8:00 am – 9:00 am

San Xavier Health Center: 520-993-3995.

Testing available by appointment: Monday, Tuesday, Thursday, and Friday between 8:00 am – 11:00 am.

San Simon Health Center: 520-362-7007, extension 6013

Testing available by appointment: Monday, Tuesday, and Thursday between 8:30 am – 10:00 am

Santa Rosa Health Center: 520-361-2261

COVID-19 testing is not available at this site.

