



How to Prepare For Isolation & Quarantine

What does Isolation mean?



Isolation means keeping sick people away from well people. When people are isolated they have to stay home in their rooms until they get better and can't spread sickness to someone else. They cannot leave home to go to school or work.

What does Quarantine mean?

Quarantine means keeping healthy people who have been around or near sick people away from others to wait & see if they get sick too. This take about 14 days.

If they get sick, then they go into isolation until they get better. But if they don't get sick, they can come out of quarantine and go back to school and work.



Why do we isolate and quarantine?

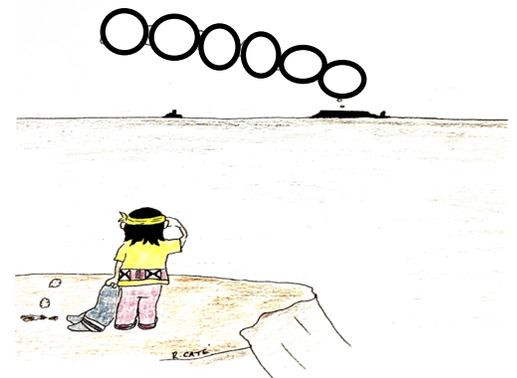
People are isolated and quarantined when there is a bad sickness that easily spreads from one person to another by coughing, sneezing, or sharing belongings. There might not be a medicine that can stop it from spreading.

Isolation & quarantine slow the sickness from spreading to quickly and can keep healthy people from getting sick.



How will we know if we have to isolate and quarantine?

Tribal and public health officials will tell you if you need to isolate or quarantine someone in your family or community. As fewer people get sick, tribal and public health officials will tell you when you can stop isolation and quarantine.



How can my family prepare to isolate and quarantine?

Be prepared today to isolate and quarantine. Learn from your elders. They have lived through many hard times. Be ready with supplies that you need. Talk with your family and make a plan. Be strong and help take care of each other in your household and elders in your community.

FOOD: Keep your kitchen well stocked with enough food on hand for your family.

- Store foods that require no refrigeration, water, special preparation or cooking.
- Keep food in a dry, cool spot– a dark area



WATER: Store at least 2 gallons of water for each family member to use each day to drink and cook with. 5-gallon plastic containers are easiest to move and store.

- Water is the best way to stay hydrated but hot Indian tea can be used to relieve a fever & sore throat, if needed.
- Juniper tea can settle a queasy tummy, nausea, and aches & pains.

MEDICINE: Talk with your provider to find out if you can keep more than a 30-day supply of your medicine at home. If not, refill your prescriptions as soon as you can. Important medicine to keep at home:

- High blood pressure medication
- Diabetes medication
- Heart medication
- Fever/Pain Reliever

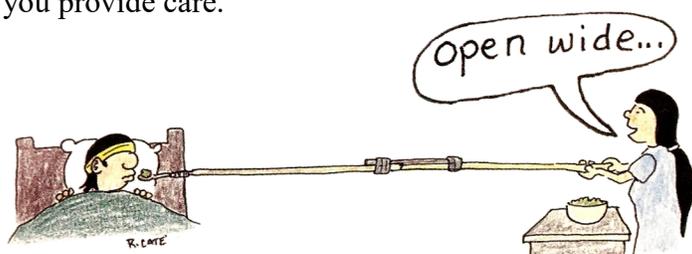


OTHER ITEMS:

- Tissues
- Household bleach
- Thermometer
- Infant formula and diapers
- Hand Soap
- Livestock feed
- Hand Sanitizer
- Food for pets
- Humidifier

How do I care for someone in isolation?

First, take care of yourself by getting enough to eat, drink lots of water, and get plenty of rest. You'll need to wash your hands often, especially before and after you provide care.



YOU WILL NEED:

- A room or separate area in your house where you can keep sick people away from the rest of your family.
- A window to open for fresh air in the room or area at least once a day for 10 minutes.
- To explain to family members how to isolate:
 - * Caregivers will need to immediately wash their hands before going into the sick persons room and immediately after they come out.
 - * Other family members should not enter the sick persons room or area.
 - * One family member should take care of the isolated person.
- The right supplies to take care of a person in isolation include: thermometer, tissues, masks, and gloves.
- To use your supplies correctly:
 - * Don't share the sick persons supplies with anyone else.
 - * Place used supplies in a trash bag & throw them away after use.

How do I care for someone in quarantine?

Explain to family members that they're protecting others and themselves by staying home.

Keep family members busy with activities at home:

- Doing chores
- Baking/Cooking
- Traditional crafts
- Caring for pets
- Reading
- Indoor physical activities like stretching
- Board games



Where can I get more information?

Nationally: Centers for Disease Control website @ www.cdc.gov/COVID19

Locally: the NM Department of Health website @ www.nmhealth.org

NMDOH Hotline available 24/7
1-855-600-3453

POL Public Health Nurse (505) 552-5748

ACL Hospital (505) 552-5300

