**PUBLIC NOTICE**

**Activities of COVID-19 Exposure Risk**

Choctaw Health Center and Public Health Services, in conjunction with the Choctaw Tribal School System, has noticed a significant increase in children being sent to school with COVID-19 symptoms. DO NOT SEND YOUR CHILD TO SCHOOL IF THEY ARE SICK. This can actually be an opportunity for putting others at risk for being exposed to the virus. By becoming exposed, we increase the risk to spreading this virus to our loved ones and others. Should you become exposed or when you or a household member becomes sick with symptoms of COVID-19 or tests for COVID-19, stay home and contact your employer or your child’s school by phone to notify them of your situation. Also notify those you may have been around recently so that they can be aware of the situation. Those who have been exposed, are recommended to self-quarantine and monitor for symptoms for the 14-day time period. Symptoms can appear 2 – 14 days after an exposure, and generally can start around the 5th – 8th day after exposure. If symptoms develop any time during your 14 days of quarantine, follow up at CHC Drive-Thru Testing Tent (near the CHC ER) for testing Sunday through Saturday from 8:00 am until 6:00 pm. Those who have been exposed will be contacted by a CHC Contact Tracer who will provide a check on the individual, provide education and will assist with questions. Should an individual require further recommendations or documentation needs such as Return to School/Work statements, or if you are in doubt about yours or your child’s symptoms, you may contact a nurse practitioner or physician at the CHC Telehealth Clinic at 601.389.4313 or 4315.

If you have questions about COVID-19, you may contact the Public Health Services Hotline at 601. 389.4109 or 4118 Monday – Friday 8:00 am to 4:30 pm and Saturdays 9:00 am – 1:00 pm.

It is critical that we continue to be vigilant in following the CDC’s recommendations of:

* Wearing cloth face coverings (masks) over our nose and mouth, if you will be with or around other people.
* Practice social distancing of 6 feet or greater from others avoiding close contact, especially of those not of your household.
* Washing your hands often with soap and water for at least 20 seconds or use hand sanitizer (60% alcohol based or more.)
* If you or anyone in your home are experiencing symptoms of coughing, sore throat, congestion or runny nose, fever, chills, body aches, fatigue, headache, shortness of breath or difficulty breathing, nausea, vomiting, diarrhea, or a loss of taste & smell, you may have COVID 19, you should seek testing immediately and should remain home until you get your test results. Contact your medical provider for further instructions or if symptoms worsen.
* For any emergencies, CALL 911.

By following these actions, we can protect ourselves, as well as our families, neighbors & visitors during this time while the virus continues to circulate within our tribal communities.

Choctaw Health Center and Public Health Services sincerely appreciates everyone’s understanding and patience as we continue to work together to persevere through the issues of COVID-19 and the impact on our tribal communities.

Again, as a reminder, the CHC Drive-Thru Testing Tent is open for testing 7 days a week from 8:00 am to 6:00 pm