



COVID REPORTING GUIDELINES

The Oregon Health Authority (OHA) implemented new guidelines in mid-January. Moving to an "opt-in" model for investigating COVID-19 cases. At Yellowhawk we are prioritizing efforts to educate and consult with community members and other CTUIR entities to promote compliance with outbreak reporting, quarantine, isolation, and infection control measures. We are encouraging symptomatic persons and their close contacts to test and follow isolation and quarantine recommendations provided by OHA.

"Yellowhawk will continue to verbally inform individuals of their test results and the Yellowhawk Public Health team will continue to call persons to ensure they have a case ID number, provide education and links to resources," stated Interim CEO, Aaron Hines.

While it is not required for individuals to report at-home test results, it is highly recommended to do so, and to let close contacts know about potential exposure. Hospitals, health care providers, labs and local public health authorities are required to report test results.

The OHA decision to revise these guidelines for investigating COVID-19 cases, is to focus less on interviewing individual cases and conducting contact tracing, and more on outbreaks in high-risk settings, such as those in congregate care, health care, K-12 education and food chain industries.

For more updates on guidelines, please visit our website at yellowhawk.org/covid19-information.

Get FREE COVID-19 At-Home testing kits! CDC is offering households 4 free rapid antigen at-home COVID-19 tests. Typically ship in 7-12 days and must be ordered directly at www.covidtests.gov. FREE N95 masks are available at participating locations. Yellowhawk will be offering FREE COVID-19 at home tests throughout February - stay updated on how to receive your tests from Yellowhawk, by checking our website and social media.

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**Have you tested positive
 for COVID-19?**



Visit Oregon.gov/positivecovidtest

- Need more health information?
- Questions about isolation or quarantine?
- Wondering how to tell your close contacts they may have been exposed to COVID-19?
- Fill out the COVID-19 Case Survey to help public health.

Talk to a Public Health Representative.
Call: 866-917-8881 toll free



HEALTH CARE

TRANSPORTATION

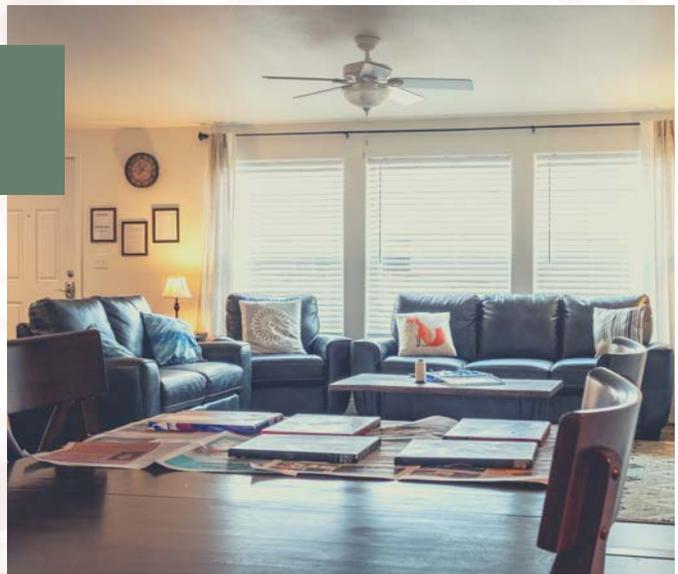


Yellowhawk's Health Care Transportation service can be called upon by eligible Yellowhawk patients after all other means of public and private transportation options have been exhausted. Prioritization is given to higher medical needs patients and may be limited by driver availability.

Call the transportation line to make an appointment for your health care related transportation needs and to see if you are eligible at 541.240.8432.

PINÁNAYKUKT

Pinánaykukt "Gathering Oneself Together", our Sober Transitional House opened in 2020. Since implementing our program we have been serving a handful of patients for a full year now! Due to the pandemic, in 2021 we were limited to 50% capacity. We are excited to announce we can accept new patients as we can be open to full capacity in 2022. Learn more by contacting our Behavioral Health team.



VISITING



In order to ensure the safety of our staff and patients, we are still utilizing our screening process upon entering the facility. Please stop at the main entrance to be screened before heading to your appointments. We ask that you arrive no more than 15 minutes before your scheduled appointment.

COVID-19 TREATMENT OPTIONS

Your Primary Care Provider (PCP) might recommend over the counter medications or at home therapies to relieve symptoms such as:

- Taking Acetaminophen or Ibuprofen to reduce fever.
- Drinking water or clear non-caffeinated fluids to stay hydrated.
- Getting plenty of rest to help the body fight the virus.

For persons at high risk of disease progression of COVID-19, your PCP may recommend that you receive additional treatment, like a Monoclonal antibodies, (mAbs) treatment. Your PCP will decide which, if any, treatment is appropriate to treat your illness. The mAbs treatment does not replace the need for the immunity from the vaccine but it can help you if you are at high-risk for developing serious COVID-19. Please note some treatments are not effective against the Omicron variant which is now the most prevalent in the U.S.

To be assessed for further treatment after testing positive for COVID-19, please call your PCP and ask about your specific options. Infusion therapy is referred to St. Anthony's emergency department for administration with the recommendation from your PCP. Due to high demand and low supply, oral anti-viral treatments are limited but may be available through the coming weeks. Please contact your PCP for further questions.

Due to limited supplies and high demands of treatments, precautions are still our best option for fighting illness. **Vaccination, washing hands, wearing a proper mask and social distancing are still critical.**



Do you follow our social media? Learn more about programming, public service announcements, events, and watch our promotional videos.

HEART HEALTH MONTH



When you make healthy choices, you can lower your heart disease risk and prevent other chronic conditions like type 2 diabetes and some cancers. Protect your heart by managing weight, reducing stress, and lowering blood pressure and cholesterol. Stress relief and physical activity are both important factors in having a healthy heart. It is recommended to get at least 150 minutes of moderate-intensity aerobic activity each week to improve cardiorespiratory fitness. Managing stress is good for your well being and is associated with reducing the risk of heart disease.

HEART HEALTHY LIFESTYLE TIPS

- Learn your health history
- Choose heart healthy foods
- Move more, sit less
- Quit smoking
- Take medication as directed
- Monitor your blood pressure
- Rethink your drink
- Get enough good quality sleep
- Manage stress



DON'T WAIT UNTIL IT HURTS!

February *Call to schedule your annual appointment or cleaning 541.240.8698* National Children's Dental Health Month



Did you Know?

First Tooth, First Birthday, First Dental Visit. It's never too early to start focusing on your child's oral health!

Tooth pain is the second leading cause for missed school!

The American Association of Pediatric Dentists recommends that parents establish a dental home for their child by their first tooth or first birthday.

Yellowhawk offers sedation and nitrous to our patients, making long procedures more tolerable, and helps patients with trauma/phobia of the dentist.

**National Diabetes Prevention Program | 16 weekly classes | Wednesday's beginning February 2, 2022
11:30 am - 12:30 pm at Yellowhawk Laxsimwit Conference Room | Yellowhawk patients 18+
To register contact: Chelsey Minthorn | chelseyminthorn@yellowhawk.org | 541.240.8443
Registration is open through February 8!**

**GET THE
NEWSLETTER VIA
EMAIL BY SIGNING
UP ONLINE!**

Yellowhawk Tribal Health Center
46314 Timíne Way
Pendleton, OR 97801
www.yellowhawk.org

YELLOWHAWK.ORG/NEWSLETTER

Main Line - 541.966.9830
Behavioral Health - 541.240.8670
Business Office - 541.240.8696
Lab & X-Ray - 541.240.8699
Pharmacy - 541.240.8691
Dental - 541.240.8698
Public Health - 541.240.8697
Optometry - 541.240.8565
Medical Records- 541.240.8751