



CANONCITO BAND OF NAVAJOS
HEALTH CENTER

129 Medicine Horse Drive – To'Hajiilee, NM 87026
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INC.

11/4/2022

Dear Community Members

Covid, Omicron variant, is on the rise here in To'Hajiilee, nearly 30 new cases in the past 7 days. CBN Health Center and the To'Hajiilee Community School are working closely to minimize the spread and keep everyone informed. The school is following regulatory guidelines, consulting with the CBNHC and taking precautions to keep families safe while delivering education. APS is not required to monitor or report Covid and adheres to different regulatory guidelines. That said, it is our job to provide safety guidance which take into consideration the various factors that impact the spread of Covid within To'Hajiilee. **EVERYONE CAN HELP**, please spread calmness, safety awareness and kindness while doing the following:

1. **Stay home if feeling sick** (Covid, RSV and stomach bugs are going around)
2. Wear masks while on school buses, To'Hajiilee and APS buses. (Minimize the spread)
3. Use hand sanitizers and maintain good hand hygiene. (Wash hands with soap and water)
4. If sick with Covid symptoms, get tested. Clinic testing is available daily or home test kits.
5. Obtain Covid home test kits from the clinic and the school.
6. If you test negative, but have Covid exposure, still wear a mask and practice Covid safety. (Wash hands, social distance, wear mask, etc.)
7. If you test positive, contact the clinic and isolate (stay home) for at least five days.
8. Do not return to work or school if you still have symptoms after 5 days, continue to isolate 5 more days. (10 days total)
9. **Masks minimize the spread**, wear a mask if positive exposure within the household exists.
10. Surgical masks work, N95 masks are recommended for higher risk patients.
11. High risk patients (elderly, those with other health conditions) within infected households wear N95 masks if possible, wash counter surfaces, wash hands and social distance.
12. Schedule your flu and Covid vaccine.
13. TCS has increased fogging and terminal cleaning in all areas of school including buses.
14. CBNHC has increased terminal cleaning and restricted patient count in public areas.
15. We recommend no social gathering or community events which involve eating together.
16. Continue to wear masks in public areas including churches, shopping and public rides.

If you have questions please contact the clinic 505-908-2307. Let's continue to work together to keep our community health and prosperous.

Kind Regards,

Cindy Browning, CEO

CC: To'Hajiilee Community School Administration
To'Hajiilee Chapter Officials
CBN Health Center Board of Directors