

## **Frequently asked Questions**

### **Contact/Spread**

#### **How can I stop the spread of COVID-19?**

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Outside your home: Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread virus.

Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.

Cover your mouth and nose with a mask when around others. You could spread COVID-19 to others even if you do not feel sick. The mask is meant to protect other people in case you are infected. (Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.)

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Monitor Your Health Daily. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.

Report your symptoms to the Stockbridge-Munsee Health and Wellness Center and your employer.

#### **If I touch something at work, where a person with COVID-19 was working, am I considered a close contact?**

Studies show that COVID-19 viruses can live up to 72 hours on surfaces, that is why it is important to disinfect surfaces. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads. In general, the more closely a person interacts with others and the longer that interaction, the higher the risk of COVID-19 spread.

Surfaces in the work place or home should be cleaned and disinfected with an EPA approved disinfectant to kill the viruses. As an employer, the Stockbridge-Munsee Community conducts frequent disinfecting of surfaces, including regular deep cleaning/disinfecting.

Everyone should also wash their hands frequently to reduce further spreading of Covid-19.

### **Why must everyone wear a mask if it does not allow the wearer to be considered safe from close contact?**

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

While masks offer a level of protection, the exact effectiveness is not known and close contact is the most common way for COVID-19 to be spread. To take precautions in stopping the spread of COVID-19, contact tracers are used to track close contact.

### **What do you do if you are in a house with a sick person?**

Isolate at home and do not have others over. You will need to isolate for 14 days after the sick person is off of quarantine or your last contact with the sick person

If possible, maintain 6 feet between the person who is sick and other household members.

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean AND disinfect frequently touched surfaces

### **Testing**

#### **Can I get tested for COVID-19 at the SMHWC**

Yes, if you receive care from the SMHWC, or if you are a community member, or if you are an employee of the Stockbridge-Munsee Community and North Star, or if you are referred by SMHWC contact tracers.

#### **What do I need to be tested?**

Call triage at 715-793-5087 to schedule the test

#### **What Tests are available?**

The SMHWC frequently uses a nasal swab collection that is sent out to the reference lab. The clinic also has an in-house rapid test.

**Are Rapid Tests Effective/Accurate?**

Yes, the clinic offers rapid tests through Abbot ID Now testing platform. These tests can be completed in approximately 20-30 minutes. These tests are as effective as the send out lab tests in detecting COVID-19, but they return a higher level of false positives.

**Why doesn't the clinic use only Rapid Tests since the results are available quicker?**

The clinic has a limited number of in-house analyzers, which limits the number of quick tests that can be completed each day. The clinic has a large capacity to test via the send out lab. Send out tests generally take 2-5 days for results to be returned.