



K'IMA:W MEDICAL CENTER

P.O. Box 1288, Hoopa, California 95546

Telephone (530) 625-4261

Admin. Fax (530) 625-4842 * Medical Fax (530) 625-4781

An Entity of the Hoopa Valley Tribe

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KMC COMMUNITY ALERT ON INCREASED RESPIRATORY ILLNESS

Currently, KMC is detecting an increased number of ill persons coming to the clinic for testing and/or services. On Monday (11/28/22) alone, 55 persons tested for respiratory illnesses in our back KMC pull in. While COVID19 cases are still present in the community, there is also an uptick in “flu” (influenza), RSV (Respiratory Syncytial Virus Infection), and other illness. As people gather indoors for cold weather and travel for the holidays, transmission of infections becomes more common.

INFLUENZA

According to the CDC (Center for Disease Control), over 6 million flu illnesses in the United States have been recorded this year. Roughly $\frac{3}{4}$ of these cases are the H3N2 strain of influenza A and $\frac{1}{4}$ are H1N1 strains. Both strains of the flu can result in severe illness. Common symptoms of the flu include, but are not limited to fever, aches, chills, headache, cough, sore throat, and weakness. If you have any of the following symptoms, please get medical attention immediately:

- Difficulty breathing or shortness of breath
- Chest pain
- Ongoing dizziness
- Seizures
- Severe weakness or pain

Flu vaccines remain available at the clinic, which can be beneficial in prevention of cases and severity of cases. There are treatments to help alleviate flu symptoms including antiviral treatments like Tamiflu (oseltamivir phosphate), which can be prescribed by a provider.

RSV (Respiratory Syncytial Virus Infection)

RSV is the most common cause of bronchiolitis (inflammation of the small airways of the lung) and pneumonia (infection of the lungs) in children younger than one year of age. This common respiratory virus usually causes mild, cold-like symptoms and individuals recover within a week or two. RSV can be serious, especially for infants and elders. Early symptoms of RSV include runny nose, decreased appetite, and cough. There is no vaccine available for RSV. Most cases are mild but as with any infection especially in young children, decreased appetite/fluid intake and problems breathing to the point of low oxygen level can require hospitalization. Call x 0218 to schedule an appointment for evaluation or call the after-hours line to discuss concerns with a KMC provider. If there are extreme breathing problems do not hesitate to call the ambulance.

COVID-19

Symptoms of COVID-19 include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. If you develop symptoms of COVID-19 please call K'ima:w Medical Center at 625-4261 Ext 0218 and make an appointment with the COVID Team to be tested and quarantine (stay home). COVID-19 vaccines and booster shots remain available at the clinic. Through provider prescription, Paxlovid and other medications are available for treatment.

SUPPLIES

Please be aware there are a host of ongoing national supply issues associated with the uptick in illnesses across the country. Supply shortages include children's ibuprofen and acetaminophen (aka Tylenol), some cough medicines and some antibiotics: amoxicillin and augmentin commonly used for ear infections. We are working with partners to help address these issues.

PREVENTION

- **Wash your hands often:** Wash hands with soap and water for at least 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Keep your hands off your face:** Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Consider wearing a mask:** Protect yourself and limit what you could transmit to others.
- **Avoid close contact with sick people:** Avoid close contact and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue or your upper shirt sleeve when coughing or sneezing. Throw the tissue in the trash afterward.
- **Clean and disinfect surfaces:** Clean and disinfect surfaces and objects that people frequently touch, such as toys, doorknobs, and mobile devices. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- **Stay home when you are sick:** If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.

TREATMENT

If you are symptomatic with illness, please call extension 0218 to talk to our care team. If you test positive for COVID-19 via a home test, please call extension 0272 during the work hours or contact the on-call provider during after hours (530-625-4261 extension 1).

Illnesses have directly impacted KMC staffing so please take this into account as our team does it's best to provide healthcare services. We apologize for any delays or difficulties with scheduling.