COVID-19 INFORMATION RELEASE

Because of the increase of COVID-19 patients, CVRMC has reinstated a NO VISITOR policy with minimal exceptions to take effect immediately:

- 1 Designated Visitor (the same visitor) is allowed in the hospital or clinics for:
  - Mother in Labor
  - Pediatrics
  - Surgery, Outpatient Driver
  - Special Needs

  *Special circumstances will be reviewed for approval by Administrator on call.*

- Telemedicine clinic appointments are available as well as walk-in visits. Clinic numbers are listed on Page 5.

- Everyone entering the hospital MUST PROVIDE YOUR OWN MASK.

- MASK INFORMATION - Please have your nose and mouth covered throughout the duration of your time at CVRMC.

- Everyone entering the hospital or clinics will be screened. If the Designated Visitor or Employee has a temperature, they will not be allowed to enter the hospital or clinics.

- Two entry points remain in place at the hospital:
  - Main Entrance is open 6:30 AM – 5:30 PM – Closed Saturdays (Use Emergency Entrance after hours)
  - Emergency Entrance never closes.

- PHYSICAL THERAPY will be screening patients at the Physical Therapy department. If the patient is special needs (physically or mentally), requires special assistance, or a child, 1 person may accompany the patient on the visit. If you have any questions, please call 928-402-1280.

- PHARMACY – Please call ahead for “curb side” service, 928-402-1192, push #3 to let the Pharmacy know you are at the curb. Patients may text ahead to 520-357-0163 and leave your name, date of birth, and description of your car. If you arrive at the front of the hospital, with or without calling ahead, a greeter will get your name and date of birth and pick-up your prescription and bring it to you.

- MEDICAL RECORDS would like to encourage patients to use the “Patient Portal.” If the patient is unable to use the “Patient Portal,” call 928-402-1166 and someone from Medical Records will get your information. A time for pick-up will be given to the patient. When you arrive call 928-402-1166 and someone will run the patient records. Patients must sign and show identification.

- Law enforcement, Firefighters/EMS, on campus physicians and office staff can enter the hospital through the two screening points.

- If you have, or are being evaluated for COVID-19, please follow the instructions found on Page 2 and Page 3 of this document.

- CVRMC is providing testing for anyone who would like to be tested for COVID-19. Monday – Friday 7:00AM – 4:00PM. Walk-in, on campus, follow the signs.
Symptomatic Guidance for COVID-19

Symptoms (Symptomatic) of COVID-19 may include:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

Methods for testing for COVID-19:
- PCR—polymerase chain reaction technique copies small amounts of DNA to detect the presence of the SARS-CoV virus antigen—collected by swabbing the nasal cavity
- Antigen Testing (not done at CVRMC)—detects a part of the SARS-CoV virus that causes COVID-19—Collected by swabbing the nasal cavity
- Serology—detects antibodies, the body’s response to the virus—collected by a blood test
If you are Asymptomatic (NO symptoms)

TESTED?

If a person is asymptomatic and awaiting COVID-19 test results:
- No isolation is required while waiting for test results. Take everyday precautions to prevent the spread of COVID-19. Once results are available, follow recommendations based on results.

Type of Test?

Serology Antibody

Test Positive for Serology Antibodies?

If a person is asymptomatic and tested positive for COVID-19 by serology (antibodies):
- No isolation is required since there is a low likelihood of active infection. Take everyday precautions to prevent the spread of COVID-19.

PCR

Test Positive?

If a person is asymptomatic and tested positive for COVID-19 by PCR or antigen testing:
- Stay home away from others or under isolation precautions until 10 days have passed since specimen collection of the first positive COVID-19 PCR/antigen testing while asymptomatic. If symptoms develop, follow guidance for symptomatic and tested positive for COVID-19.

If a person has other non-compatible symptoms and has not been tested for COVID-19

Stay at home away from others or under isolation precautions until you have had no fever for at least 24 hours without the use of medicine that reduces fever; AND
- Other symptoms have improved.

If a person is asymptomatic and tested negative for COVID-19 by PCR, antigen testing, or serology (antibodies):
- No isolation is required. Take everyday precautions to prevent the spread of COVID-19.
WHY CHANGES?

The surge capacity of the hospital is 50 beds (14 ICU) and we are caring for more COVID-19 patients. If this disease continues to spread, the number of needed beds may surpass the number of beds available. This is why wearing a mask in public, social distancing, washing your hands, limiting personal contact, covering your cough and sneeze, and staying at home when possible, are critical actions. These behaviors help slow down the spread of COVID-19 to people at high risk who may need hospitalization. Patients who are hospitalized for other medical conditions need to be considered in this bed count, also.

Q: “Why can’t I stay with my loved one in the hospital?”
A: Limiting the number of people in and out of the hospital has been very beneficial in slowing the spread of the disease. We have to work together to slow the disease down in order to have enough medical supplies, personnel and beds to care for those who might become sick. We highly encourage phone calls, Facetime, Skype, Facebook, etc. to keep in contact with your loved one.

If a cell phone is not available, family/friends can call 928-402-2866 to be connected by phone with your loved one.

TREATMENT

- There is no medication to treat COVID-19. It is a viral infection and has to run its course. Stay in bed, get enough rest, drink plenty of water, etc.
- People that are hospitalized due to extreme, severe symptoms have to receive special respiratory care during the illness.
- People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care.

EVERYDAY PRECAUTIONS TO SLOW DOWN OF THE SPREAD

- Wear a face covering when in public areas.
- WASH YOUR HANDS frequently for at least 20 seconds.
- Cough/sneeze with your mouth tightly nestled into your elbow or into a tissue tightly around your mouth. Wash or sanitize your hands after each event.
- Refrain from touching the “T Zone” of your face --- eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean and disinfect high-touch surfaces often.
- Avoid shaking hands or other close contact greetings.
- Whenever possible, keep a safe distance from others, 6 – 10 feet.
- Stay home when you are sick.
- Coronavirus Disease spreads through droplets from close personal contact with a sick person.
- Symptoms may show up 2-14 days after contact with an infected individual.

FOR THE MOST CURRENT INFORMATION:

- AZ Department of Health Services: https://www.azdhs.gov/
Local Primary Care Physician Office Phone Numbers

**CV Family Practice**  928-425-7108
Dr. Douglas Campbell  Dr. Travis Charles  Mark Wyma, PA-C
Tyler Foulger, PA-C  April Allen, F-NP-C

**CV Red Rock Clinic**  928-425-8151
Dr. Joseph Ring  Dr. Bradley Werrell  Tyler Foulger, PA-C

**CV Clinics @ the Hospital**  928-425-3247
Beau Bradley, PA-C  Zach McBride, PA-C  Tanner Carlson, PA-C

**CV Pediatrics**  928-425-3247
Dr. Robin Broz

**CV Superior Clinic**  520-689-2423
Blaine Jensen, PA-C  Dr. Douglas Campbell

**CV Tonto Basin Clinic**  928-479-2871
Dr. Douglas Campbell  Beau Bradley, PA-C

**CV Pleasant Valley (Young, AZ)**  928-462-6644
Blaine Jensen, PA-C

**CV Kearny Clinic**  520-363-5573
Tanner Carlson, PA-C

**Palo Verde Family Care**  928-425-6592
Dr. Oscar Andrade  Dr. Melde  Tina Mugford, NP

**Hope Family Care**  928-425-8200
Dr. Holly Rooney  Chad Campbell, PA-C

**Pinal Mountain Internal Medicine**  928-402-0096
Dr. Brent Layton

**Canyonlands Healthcare**  928-402-0491
Sara Bennett, NP  Jenni Kuker, NP  Jean Turney-Shaw, NP