

A Message from Dr. Hu

I know you are probably aware of this already, but wanted to make sure everyone who is doing school planning has the same information. We are in the midst of a surge of COVID19 disease across the Navajo Nation, and Tuba City service area and Coconino County are now seeing very large increases in cases – over 100 per week in the past 2 weeks through our testing program as well as increasing hospital admissions including sick adults requiring ICU care.

This is unfortunately like numbers seen earlier in the pandemic- although the big issue is many of these clusters are FAMILY BASED transmission in extended families or GROUP ACTIVITY based transmission from funerals, birthday parties, dinners, etc. We do have more younger adult cases and children who are infected – but that is because we did not test kids in the beginning of the pandemic, and we are now encouraging families with cases to get ALL HOUSEHOLD and immediate contacts to get tested

It is critical that you and your staff understand the need for NON ESSENTIAL personnel to SELF ISOLATE if positive – 10 days minimum from the date of diagnosis or onset of symptoms with at least 1 day of no fever and improving symptoms. BUT Also QUARANTINE for 14 days from last contact for any person in contact with an infectious case- especially while awaiting test results but even if there is a NEGATIVE test result, efforts should be made to have NON essential personnel work from home and not come to the work place. ESSENTIAL personnel who have been exposed and are negative can return to work with stringent masking, social distancing, and restriction of contact with others in any unmasked situation (like eating or drinking) but NO ONE with SYMPTOMS should report to work, even without a known exposure- they should come to our triage tent for testing.

I hope that you understand this pandemic is fluid and we are trying to keep you all up to date as much as we can. Please help us communicate to your students, parents, and staff messages about how to stay safe- UNIVERSAL MASKING even in homes and cars if there non household members present, how to restrict visitors, how to limit travel and exposure, how to celebrate holidays without family gatherings, try not to dine in enclosed restaurants, etc. We are all worn down by this virus, but we must remain vigilant – we have a long way to go this year...

Please contact me if you have any questions about this information

Thank you for all you do and please stay safe.

Diana

Diana Hu, MD FAAP
MCH consultant:NAIHS
Pediatrics: TCRHCC
Cell 928-707-4857