

Yáat'ééh Newsletter

Shí | Summer 2022



Winslow Indian Health Care Center's Division of Community Health Services newsletter publication is dedicated to strengthening positive attitude, action and knowledge of health awareness.



Dilkon Medical Center: Construction Complete, Grand Opening Postponed



Dilkon, Arizona - The Winslow Indian Health Care Center (WIHCC) is excited to be in the final stages of preparation of the new Dilkon Medical Center. Construction of the new facility was completed on June 30, 2022 with the departure of the construction company, Flintco. As the new facility sits idle awaiting offsite-utility improvement projects by Navajo Tribal Utility Authorities (NTUA) and Indian Health Services (IHS), the WIHCC has been diligently working to complete installation of all furniture, medical equipment, implementation and training of key staff that oversee daily maintenance and operations. The WIHCC has also acquired a Navajo Nation Council Resolution #NABIJN-19-22 for the WIHCC to own the new facility once completed. Until off-site utility projects are completed, final

inspections, transfer of ownership and grand opening have been postponed. On June 09, 2022 the Naabik'iyáti' of the 24th Navajo Nation Council approved legislation #0097-22, which supports the transfer of ownership of the Dilkon Medical Center from the Indian Health Services to the WIHCC after the new facility is completed, this includes the 109 staff quarters.

Progress also continues on the 109 staff quarters as 66 units that make up the south campus are on schedule to be completed September 30, 2022 followed the remaining 45 units to be completed at north Navajo Route 15 by December 30, 2022. (Cont. Page 3)

Awarded Accreditation by



ACCREDITATION ASSOCIATION
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@wihcc_



@WIHCC



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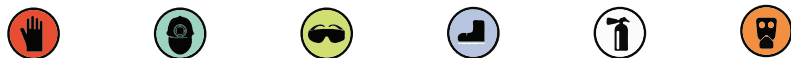
WIHCC Safety Program

National Safety Month 2022



According to the National Safety Council, the United States, in 2019, saw the highest number of workplace deaths since 2007 – 5,333 fatal workplace injuries. Safety professionals work hard to reduce these as well as injuries in the workplace. With existing challenges like complacency, lack of resources, and reactive safety management, 2020 and beyond has brought new challenges like the pandemic, remote work, and major societal changes.

June is National Safety Month. People say, why is Safety Month only one month? Safety should be a focus year-round. This year, more than ever, it is necessary to take the energy and momentum from National Safety Month and use it to keep safety as a value, priority, and action for the entire year. Here at Winslow Indian Health Care Center we celebrate National Safety Month to help employees identify risks and take proactive safety measures to create a safe workplace. Each week is celebrated while getting WIHCC Employees engaged and rewarding them for participation with a relevant safety incentive.



Week 1 – Musculoskeletal Disorders: MSDs are a leading cause of workplace injury and cost billions each year in workers’ compensation and lost productivity. MSDs, also known as ergonomic injuries, are complex ailments resulting from exposure to repetitive movements, awkward or static postures and forceful exertions. Understanding the facts and scope of these injuries can assist you in recognizing risk factors in your environment – ultimately helping to prevent injuries for yourself and others.

Week 2 – Workplace Impairment: We all know the dangers of substance use on the job. But did you know mental distress, stress and fatigue are also impairing? Impairment has been a workplace safety issue for decades. The pandemic, however, forced a new era of workplace safety, one where employers are grappling with increased substance use and misuse as well as increased mental health concerns, including depression and anxiety – medical conditions that are frequently interrelated.

Week 3 – Injury Prevention: The leading causes of workplace death and nonfatal injuries and illnesses are not always the same. While transportation incidents were the leading cause of workplace death in 2020, exposure to harmful substance or environments was the leading cause of injuries and illnesses involving days away from work, which includes contagious and infectious diseases such as COVID-19. Overexertion (e.g., lifting, pushing, holding and carrying objects) and bodily reactions have long been the leading cause of work-related injuries and illnesses, with the exception of 2020 due to COVID-19.

Week 4 – Slips, Trips and Falls: Slips, trips and falls were the second-leading cause of workplace death and the third leading cause of workplace injuries resulting in days away from work in 2020 – a real safety threat. Falls can happen anywhere. Whether it’s working at heights or tripping on the same level, you always need to keep your eyes out for hazards.

Let’s work together to keep each other safe!

-Carlyn Belone, Interim Safety Officer

OBJECTIVES OF #WBW2022

Inform
people about their role in strengthening the warm chain of support for breastfeeding

Anchor
breastfeeding as part of good nutrition, food security and reduction of inequalities

Engage
with individuals and organisations along the warm chain of support for breastfeeding

Galvanise
action on strengthening capacity of actors and systems for transformational change

WABA | WORLD BREASTFEEDING WEEK 2022

Why is Breastfeeding Important?

Breast milk helps keep your baby healthy. It protects against allergies, sickness, and obesity. It protects against diseases, like diabetes and cancer. It protects against infections, like ear infections. It is easily digested – no constipation, diarrhea or upset stomach.

WIHCC provides our patients with Breastfeeding support at their parental and post-partum appointments but most importantly patients can call the Winslow Indian Health Care Breastfeeding Hotline (928) 386-3439 for questions or concerns.

Why should I breastfeed?

Breastfeeding helps defend against infections, prevent allergies, and protect against a number of chronic conditions. The AAP recommends that babies be breastfed exclusively for the first 6 months. Beyond that, breastfeeding is encouraged until at least 12 months, and longer if both the mother and baby are willing.

**-Sylvia Begishie, BS
Laction Consultant/ Educator**

Benefits of Breastfeeding

Breast milk is the best source of nutrition for most babies. It can help protect babies against some short and long-term illnesses and diseases. Breast milk shares antibodies from mother with her baby. Mothers can breastfeed anytime and anywhere. It can reduce the mother’s risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

**WIHCC Breastfeeding hotline
(928) 386 - 3439**

Thank you for having the courage to breastfeed in public. Each time you nurse, you help to normalize breastfeeding and make it easier for mothers of today and tomorrow to feed thier babies.

Dilkon Medical Center, Continued...

The WIHCC will continue to solicit and recruit additional staff in anticipation of providing health care at its new location for the southwest Navajo people.

The new facility is located in the Dilkon community and will host a broad range of ambulatory

care and inpatient medical services, including but not limited to 12- bed inpatient care, level III emergency/trauma center, primary care, dental, diagnostic imaging, laboratory, pharmacy, physical therapy, behavioral health and others.

- VanDerrit Poyer, Sr Project Manager Dilkon Medical Center Project



Aerial view of the Dilkon community including Dilkon Medical Center



Rendering of Dilkon Medical Center's front entrance



For more information, contact the WIHCC Dilkon Medical Project Office @

- (928) 289-9776
- email: DMCProject@wihcc.org,
- or visit our website www.wihcc.com.

Jeddito's Newest WIHCC Board of Director



Leroy Willie

Jeddito Chapter

“Introducing our new WIHCC Board of Directors member Leroy Willie representing Jeddito Chapter. His clans are Maternal: Toh’soh’niini, Paternal: Ta’baha’, Maternal Grandfather: Ta’chi’niini and Paternal Grandfather: Tsin’na’jinni. Originally from Beshbitoh, Arizona, grew up and lived there his entire life. He considers himself as an educator and a rancher. Attended the University of Arizona in Tucson, Arizona and graduated with a Bachelor’s degree in education with an emphasis in Special Education and Rehabilitation. Have worked 38 years in various field in human services such as vocational rehabilitation counselor, early childhood itinerant teacher, social worker, mental health counselor, etc. He is a true advocate for social justice and responsibility. Hobbies include carrying for his livestock that is horses, cattle and goats. Livestock work, ear tagging / marking, branding and shearing. He likes to read, sport coaching, storytelling and loves to play basketball and volleyball. You can see his picture in the WIHCC website. Ahe’hee”

WIHCC Board of Directors



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WIHCC COVID TESTING & VACCINE HOURS:

MONDAY - FRIDAY

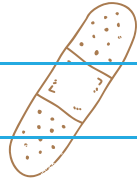
8:30AM - 4:00PM MST

CLOSED FOR LUNCH 12:00PM-12:45PM

Back to School Check List



- ✓ Covid Vaccine
- ✓ Covid Booster
- ✓ Clean Masks
- ✓ Hand Sanitizer
- ✓ Feeling Well
- ✓ Enough Sleep



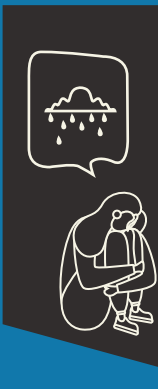
WIHCC | WINSLOW INDIAN HEALTH CARE CENTER

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline

IT'S OKAY TO ASK FOR HELP

CALL OR TEXT 988

TO REACH THE NATIONAL SUICIDE PREVENTION AND MENTAL HEALTH LIFELINE



REMINDER: PHARMACY WILL BE CLOSED ON THE FIRST TUESDAY OF EACH MONTH FROM 8AM-1PM & WILL REOPEN AT 1PM THE SAME DAY. AHEHEE'! THANK YOU!

WINSLOW INDIAN HEALTH CARE CENTER
YOUTH WELLNESS PROGRAM

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

PRACTICE HEALTHY HABITS AS A FAMILY!
SEPTEMBER EVENTS

09/08 - LEUPP COMMUNITY SOFTBALL FIELD

09/15 - WINSLOW VARGAS PARK RAMADAS

09/20 - WHITECONE CHAPTER HOUSE

09/27 - DILKON FAIRGROUNDS

Health Fair @ 4:00 pm MST

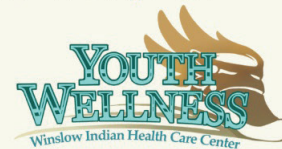
2-Mile Walk/Run @ 5:00 pm MST



- ACTIVITIES -

- Various Health Booths
- Brief presentations
- Diabetes and A1C Screening
- Incentives
- School Supplies
- 2 mile walk/run

FIRST 50 PARTICIPANTS RECEIVE A TSHIRT.



Questions? | 928-289-6194 or 928-288-9219
sausha.nellsewihcc.org



JUST MOVE IT 2022 Recap

Ahéhee' ! Thank you to everyone one who participated in our JMI 2022 Series and Virtual Series! WIHCC encourages you to be active everyday for at least 30 minutes for adults or 60 minutes for children. Here is a collage of photos to recap our 2022 JMI Series! T'áá Hwó' Aji T'éego!

Dilkon • Holbrook • Leupp • Jeddito • Winslow • Dilkon



Navajo Traditional Teachings

Learning Dine B'í'záád

Navajo language is one of the most complicated languages in the world to learn.

Our Dine' elders told the Dine' emergence oral story and taught the language simultaneously. This gave the words relevancy and understanding. Without the Dine' Bahane' (Story of the People) it is difficult to understand the proper meaning of the words and its use in conversational structure, thereby words being mispronounced and its meaning being partially lost. Our people have been through four trials to keep the Dine language. We were granted by the holy people on the fourth trial to keep our language.

Nevertheless here are four areas of where you can still learn the general Diné language other than Dine' College and Navajo Technical University.

- Conversational- **k'é** (greeting), **áh'dóó'neeh** (clanship). A general conversating will start with an introduction in Dine language upon a first time meet and greet occasion. This can lead to a wonderful conversation while learning about each other.
- Reservation Store or Flee Market Convos- upon entering the store you browse through the items and often ask **dí'qweé** (how much). The store owner will reply with a dollar and cent amount in Dine language. For example, \$3.35- **táá'beeso dóó'bih'áá táádóó'glízh dóó'bí'áh ásh'lááh sín'dawóó**. It gets very interesting when you continue to browse and conversate. It is a good way to learn.
- Ceremonial- **tsóó'dí'zín** (prayer), **sín** (songs). Again, listening to the elders, and medicine men/women when they are singing, and praying is a good way to learn the language as well. Some of the ancient words are still embedded in the prayers or song versis.
- Christian/Gospel - **dí'yín** (God), **yáá'ash** (Heaven). The first Navajo Bible was painstakingly translated in bits and pieces since 1910. Words in the songs, prayers, and teaching were captured prior to the significant loss of words as is today. Listening to a Dine' pastor is another way to learn the language.

The Dine language is very unique and beautiful to speak. We are often reminded to teach our young generation to speak it so that it will continue to bring great blessings and be carried on for many generations to come.

Ahxé'héé (Thank you)

Office of the Navajo Traditional Medicine Program
Winslow Indian Health Care Center



COLON CANCER

Among Arizona American Indians

What is colon cancer?

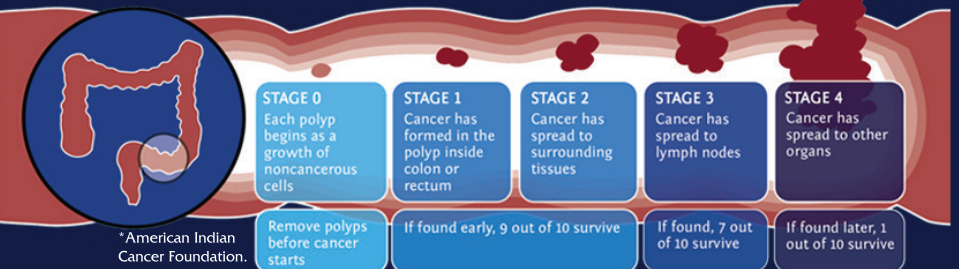
A disease in the large intestine (colon) and rectum. Most colon cancers start as small non-cancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

Colon cancer is the 2nd leading cause of cancer death in American Indians.



- ▶ Colon cancer often has no symptoms in the early stages.
- ▶ Screening is recommended for men & women ages 45 - 75 years.
- ▶ Talk to your health care provider about when screening is best for you.

Stages of Colon Cancer



WIHCC
Winslow Indian Healthcare Center
500 N. Indiana Ave.
Winslow, Arizona 86047
(928) 289-4646

- ▶▶▶ To learn more information about colorectal cancer or to get screened, please feel free to contact our community health representatives for more information.

Anisia McCabe
Patient Navigator
(520) 878-6329 / (928) 289-6177
anisia.mccabe@wihcc.org



THE UNIVERSITY OF ARIZONA
Cancer Center
Community Outreach & Engagement



Arizona Cancer Center



uazcancer_coe



@UAZCancer_COE

PROTECT YOUR BABY

COVID-19 Vaccines are now available for children 6 MONTHS and older!

WIHCC strongly recommends getting your baby and children COVID-19 vaccinated to reduce the risk of severe infection.



WIHCC COVID-19 Vaccine Clinic

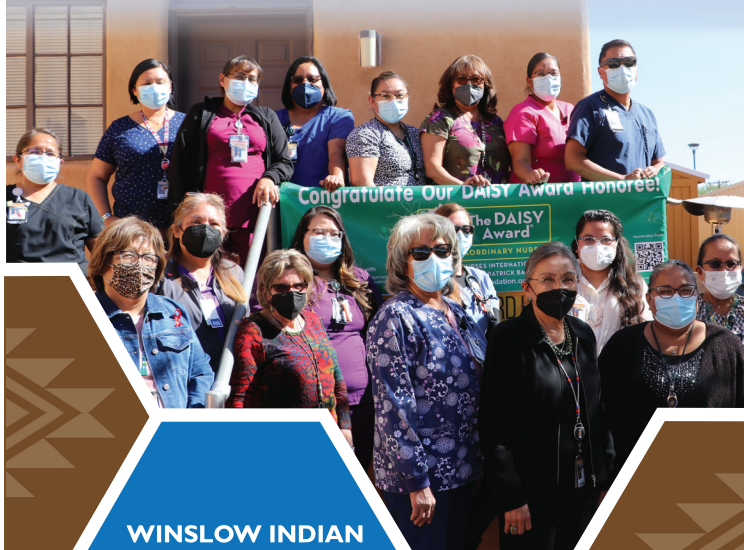
Monday - Friday

Vaccine Hours: 8:30am - 4:00pm MST

Closed for Lunch 12:00pm - 12:45pm

WIHCC

DIVISION OF NURSING



WINSLOW INDIAN HEALTH CARE CENTER

WIHCC
DILKON
MEDICAL CENTER

WIHCC

WINSLOW INDIAN HEALTH CARE CENTER

Hózhóǫ́jí dóó k'í

WIHCC's Summer Student Program - Nursing's Youth Development in Health

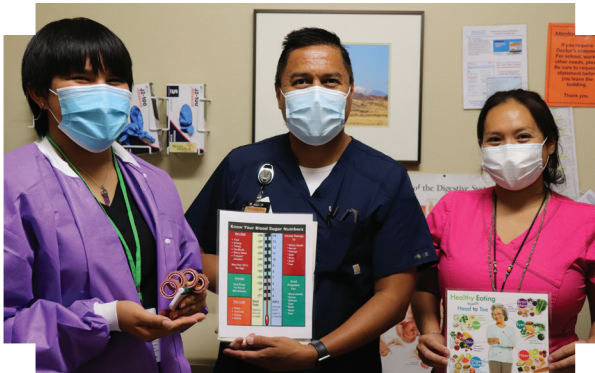
During school summer break, WIHCC Division of Nursing offers a unique opportunity for Native American students, ages 15-19 years old, to participate in a summer program called Nursing's Youth Development in Health. This opportunity is designed to introduce students to the field of health care. The length of the program lasts two weeks, working 32 hours per week.

This 2022 summer, we had the opportunity to work with a total of 17 students, coming from different parts of the Navajo Reservation, including Tuba City and Window Rock. Some of our students are enrolled at the local high school

in Winslow, and the surrounding area, Holbrook, Joseph City, and Flagstaff.

While here at WIHCC, they rotated through the Outpatient Clinic, Urgent Care, Dental, Physical Therapy, Human Resources, Wellness Center, Social Work, and Lab. They were able to sit in on training to get certified in First Aid/CPR, with Brandon, a WIHCC Paramedic. At the end of each day, there were different presenters who talked to them about some of the different careers within the healthcare field, and the degrees needed for those job titles.

- Leandra Elthie, MSN, RN, Nurse Educator



Student shadowing Diabetes Mellitus (DM) Clinic Nurse Ted Chater & DM Nutrition Tech, Marla Muzzie.



Student shadowing in Dental for the day!

At the end of the sessions, the students completed surveys, and some of the responses were:

"It really helped me want to become a CNA or an RN, and the lectures also gave me good info on future careers. It takes time, but I will get there."

"Learned to treat patients respectfully"

"Working together as a team and talking to each other"

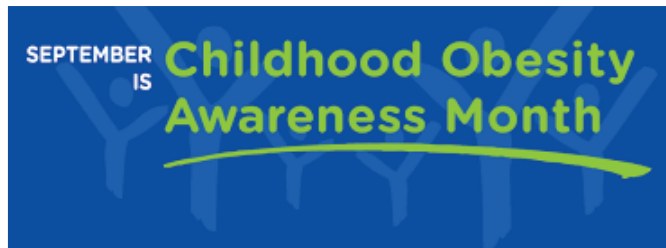
"It was a great feeling to make someone feel nice even though they came in sick. The communication between certain nurses and patients was nice and cool to watch."

"The most important thing I think I learned was how to do CPR."

"The most important thing I learned was that you have to be outgoing and be happy to get the same energy your giving people to treat you with respect."

"It inspired me to go into the Dentistry field, and gave me insight of all the things behind closed doors."

"The most important thing I learned: That all of our healthcare workers are awesome, and that they are doing the greatest every day."



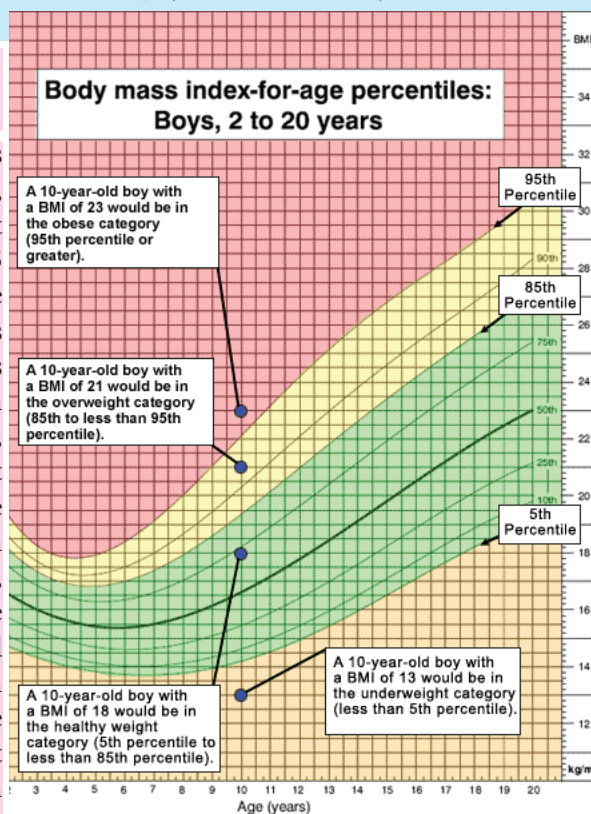
National Childhood Obesity Awareness Month is in September, and it is dedicated to educating children and their families on how to prevent childhood obesity.

What is Childhood Obesity?

Childhood obesity is when a child is well above the healthy weight for his or her age and height. For children, if the child is above the 95th percentile on the growth chart (red area), the child is in the obesity weight range. If the child is above the 85th percentile, the child is in the overweight range. Your child's doctor can review your child's growth chart with you at his/her physical exam. Yearly examinations for children are important.

Why is Childhood Obesity a Concern?

Childhood obesity is a serious problem in the United States, putting children and teens at risk for poor health. One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. Prior to the 1980s, type 2 diabetes was thought to be an adult-only disease. For 40 years, type 2 diabetes has become more common among pre-teen and teens. Obese children are much more likely to become obese adults. Obesity puts people at risk to develop other health issues besides diabetes and high



blood pressure. For example, adults and children with obesity are more at risk to develop a stroke, cancer, fatty liver disease, sleep apnea and joint problems. Children who are obese are much more likely to be bullied than their normal-weight peers. The poor treatment that children with obesity experience—from children and adults alike—can create scars that last a lifetime.

What is the Cause of Childhood Obesity?

Inactive lifestyles, unhealthy eating habits, eating large portions of food, eating foods high in starch, eating high amounts of carbohydrates often and a lack of parental supervision are all factors that contribute to childhood obesity. There is also concern about the rise in popularity of video games among children and teenagers, which

may be contributing to their obesity. Kids snack a lot, especially when they are watching T.V. or playing video games. Snacking on junk food and sugary treats adds extra calories, which leads to weight gain.

How is Childhood Obesity Prevented?

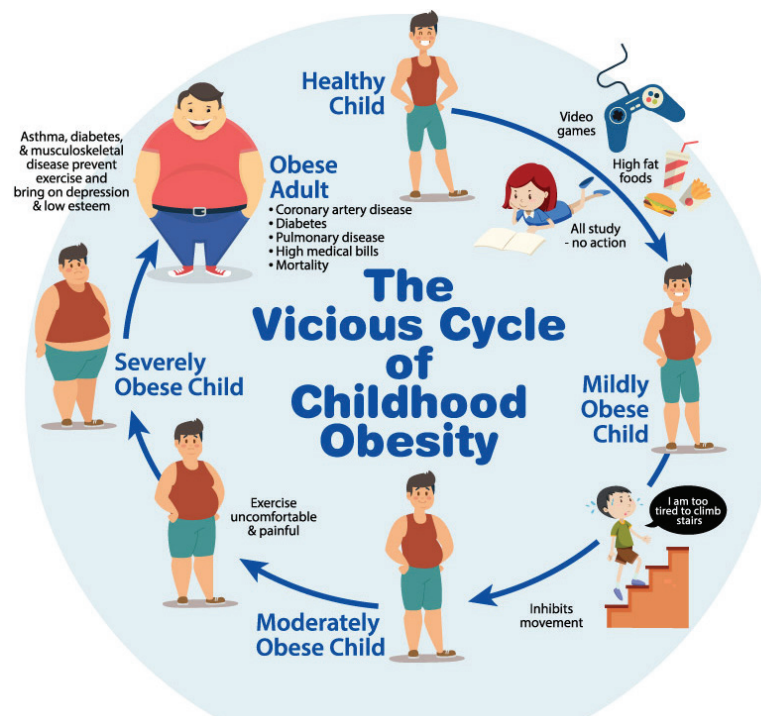
Avoid drinking sugar sweetened beverages, drink more water, eat more non-starchy vegetables and fresh fruit, avoid eating junk food, limit eating food high in fat and sugar (desserts, pastries, fried foods), eat the right portion of food, eat small portions of starchy foods (potatoes, corn, pasta, rice, all breads), increase regular physical activity (1 hour

per day), and limit screen time (watching tv, playing video games, using phones and tablets), and get plenty of sleep.

This month, parents and guardians can learn more about how they can give attention to their child's health. Healthy eating habits and an active lifestyle starts in the home environment. Parents and guardians are encouraged to be role models for their children by eating healthy foods, being physically active, and limiting screen time.

- Sausha Nells, RN, Youth Wellness Nurse

Practice Healthy Habits as a Family!



Winslow Indian Health Care Center's Youth Wellness Program offers a specialty clinic named Victory for children and teens who are above the 95th percentile on the growth chart. Victory clinic involves the family in chronic disease prevention education, nutrition education, fitness activities, body composition measurements and tracking of blood pressure, BMI, hemoglobin A1C and other labs. Ask your medical provider for a referral for your child to participate in Victory Clinic.

For more information, call 928-289-9219.



Patient Centered Medical Home

A patient centered medical home (PCMH) is a model of care in which patients are engaged in a direct relationship with a chosen primary care provider (PCP) and a clinical care team. This model emphasizes a team-based approach to health care. It involves communication, coordination, and collaboration among the clinical care team, the patient, and their families. Patients are provided with the education and support they need to make informed decisions on their health. PCMH's have been shown to improve patient experience and satisfaction.

Patient-Focused Care

- Treats the whole person through all stages of life
 - Puts the needs of the patient first
 - Engages patients in their care
- Provides self-management direction and counseling

Coordination of Care

- Referrals to specialists and other community agencies
- Post-hospital follow-up, in person or by telephone
- Transition from hospitalization back into primary care
- Assistance in navigating the medical system
- After-hours access to a doctor or nurse

Patient Responsibility

- Patients and their caregivers/families are active decision makers in their care plans
- Communication between patients and their care team
- Discuss any changes to your health or medications with your doctor/primary provider
- Keep your follow-up appointment

Welcome Home



If you do not have a primary care provider please call the appointment desk @ **928-289-6193** and make an appointment to ESTABLISH CARE. We look forward to having you on one of our PCMH teams.

WIHCC BELIEFS

MISSION

Accessibility, Quality, and Cost-Effective Health Care

VISION

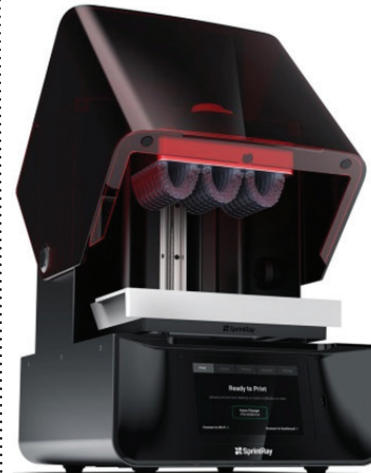
A healing and Harmonious environment in partnership with communities.

VALUES

Hozhooji doo k'e (Harmonious Relationships)

Dental's 3D Printer is Up & Running!

WIHCC is a public health leader in digital dentistry. Technology is making treatment easier and quicker for patients. The SprintRay Pro 3D Printer is our newest piece of equipment. It allows us to make lab-quality night guards right inside our building!



How does it work? A normal printer creates documents by depositing ink on paper. A 3D printer creates objects by using a light to cure layers of resin on a platform. A computer guides the process allowing the printer to produce these objects with extreme detail. To have a guard made, the dentist takes a digital scan of your mouth. (No goopy impression material required!) The data is sent to a digital design center. Here a digital guard created. This design is then sent directly to the printer. A guard is usually printed in 300 layers. The print is then washed, dried, cured, and delivered to the patient. This process can be completed in just a few days, whereas the traditional method used to take 3 weeks.

Who needs a night guard? Anyone who notices:

- » pressing teeth together during the day or at night.
- » headaches or a sore jaw in the morning
- » chipping/shortening of teeth.
- » teeth that have become extremely flat.



Many of our patients suffer from severe grinding. This puts them in pain. Often, teeth are worn down to the nerve and the bite becomes severely collapsed. When this happens, sometimes the only option to get patients eating and looking good again is to take the teeth out and make dentures. A guard can stop this process, keeping teeth healthy and strong! Ask your dentist about it today.

Available in Winslow and Dilkon.

- Kimberly Meyers, DMD



What City Was Named the “Fittest City” in America for 2022?

Terri Little, Fitness Tech – ACSM GEI

According to the annual Fitness Index rankings, Arlington, VA was named “America’s Fittest City”. This was Arlington’s 5th time holding the #1 spot. The rankings were published by the American College of Sports Medicine (ACSM) and the Elevance Health Foundation.

ACSM/Elevance Health assessed 100 cities in America by using 34 evidence based indicators. The full rankings, reports and scores can be found on the Fitness Index Website.

The Top 10 Fittest Cities in America are:

2. Madison, Wisconsin
3. Minneapolis, Minnesota
4. Washington, D.C.
5. Seattle, Washington
6. Irvine, California
7. Portland, Oregon
8. St. Paul, Minnesota
9. Denver, Colorado
10. Chicago, Illinois

In case you’re curious:

35. Tucson, Arizona
42. Glendale, Arizona
58. Chandler, Arizona
60. Scottsdale, Arizona
65. Mesa, Arizona
66. Phoenix, Arizona
73. Gilbert, Arizona
100. Oklahoma City, Oklahoma.

Earning the “Fittest City” title had much to do with city planners and leaders who bring in more walking paths, bike paths, and making improvements to their City Parks and playgrounds. All these efforts encourage community members to be outside to move, relax and enjoy time with their friends and families. However, cities must do much more to keep their towns people active. For instance, providing fitness classes, having outdoor events like walking/running groups or organized sport competitions. They must also keep infrastructures clean and maintained so people feel safe and can appreciate the environment.

An interesting fact to note in the Fitness Index report, is four cities in the top 25 also ranked among the cities with the poorest mental health. Cities reporting the highest rates of poor mental health (from highest to lowest) were: New Orleans, LA; Laredo, TX; San Francisco, CA; Washington, D.C.; San Jose, CA; Madison, WI; Lubbock, TX; Stockton, CA; Riverside, CA, and Cincinnati, OH.

Mental Health funding for local municipalities is costly. It can also be difficult for smaller cities to obtain mental health providers. The great news is we can all strive to improve our mental health by simply enjoying in some physical activity. Physical activity is proven to be effective in reducing symptoms of anxiety and depression, improving mood and self-esteem, and improving quality of sleep.

ACSM and the Centers of Disease Control & Prevention (CDC) recommend all healthy adults aged 18-65 yoa to participate in moderate intensity aerobic physical activity for a minimum of 30 min on five days per week, or vigorous intensity aerobic activity for a minimum of 20 min on three days per week. Every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week. Children and adolescents should aim to be physically active for at least 60 minutes per day every day of the week.



Just Move It Participants during Winslow JMI

Complete Overall Rank-100 Fittest Cities 2022

- | | | |
|-----------------------|-------------------------|-------------------------|
| 1. Arlington, VA | 35. Tucson, AZ | 69. San Antonio, TX |
| 2. Madison, WI | 36. Richmond, VA | 70. St. Louis, MO |
| 3. Minneapolis, MN | 37. Durham NC | 71. Jacksonville, FL |
| 4. Washington, D.C. | 38. Pittsburgh, PA | 72. Greensboro, NC |
| 5. Seattle, WA | 39. St. Petersburg, FL | 73. Gilbert, AZ |
| 6. Irvine, CA | 40. Miami, FL | 74. Garland, TX |
| 7. Portland, OR | 41. Long Beach, CA | 75. Fort Wayne, IN |
| 8. St. Paul, MN | 42. Glendale, AZ | 76. Columbus, OH |
| 9. Denver, CO | 43. Virginia Beach, VA | 77. El Paso, TX |
| 10. Chicago, IL | 44. Omaha, NE | 78. Fresno, CA |
| 11. Oakland, CA | 45. Newark, NJ | 79. Laredo, TX |
| 12. Boise, ID | 46. New Orleans, LA | 80. Irving, TX |
| 13. Boston, MA | 47. Norfolk, VA | 81. Corpus Christi, TX |
| 14. San Francisco, CA | 48. Chula Vista, CA | 82. Fort Worth, TX |
| 15. Aurora, CO | 49. ColoradoSprings, CO | 83. Arlington, TX |
| 16. Lincoln, NE | 50. Reno, NV | 84. Toledo, OH |
| 17. New York, NY | 51. Orlando, FL | 85. Bakersfield, CA |
| 18. Atlanta, GA | 52. Los Angeles, CA | 86. Lubbock, TX |
| 19. Jersey City, NJ | 53. Winston-Salem, NC | 87. Chesapeake, VA |
| 20. San Jose, CA | 54. Charlotte, NC | 88. Kansas City, MO |
| 21. Buffalo, NY | 55. Cleveland, OH | 89. Wichita, KS |
| 22. Honolulu, HI | 56. Anchorage, AK | 90. Riverside, CA |
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| 33. Albuquerque, NM | 67. Baltimore, MD | |
| 34. Raleigh, NC | 68. Cincinnati, OH | |

WHAT IS HANTAVIRUS?

Protect Yourself From Rodent Diseases



Office of Environmental Health



What are Hantaviruses?

Hantaviruses are a group of viruses that may be carried by some rodents. Hantavirus can cause a rare but deadly disease called Hantavirus Pulmonary Syndrome. The disease is called HPS for short.

How does the virus spread?

Hantavirus is spread by rodents. Infected rodents shed the virus in their saliva, feces and droppings. People can become infected by breathing in the air contaminated after fresh rodent waste or nesting materials are stirred up. HPS is not spread from person-to-person contact.

Who is most affected by HPS?

Anyone who comes into contact with rodents that carry Hantaviruses is at risk of HPS. Rodent infestation in and around the home remains the primary risk for Hantavirus exposure. Even healthy individuals are at risk for HPS infection if exposed to the virus. Below are examples that can put people at risk for HPS:

- Touching mouse or rat feces, droppings, or nesting materials that contain the virus and then touching your eyes, nose, or mouth.
- Cleaning a shed or cabin that has been closed for some time.
- Working areas where mice and rats may live (such as barns).
- Campers and hikers near areas infested with deer mice or other infected rodents.

Signs and Symptoms:

Symptoms may develop between 1 and 8 weeks after exposure to fresh feces, droppings, or saliva of infected rodent.

- **Early Symptoms:** Fever, headaches, muscle aches, stomach problems, dizziness and chills.
- **Late Symptoms (4-10 days after initial phase of illness):** Coughing, lungs fill with fluid and shortness of breath

Treating HPS:

There is no specific treatment, cure, or vaccine for Hantavirus infection. However, if infected individuals are recognized early and receive medical care in an intensive care unit, they may do better. In intensive care, patients are intubated and given oxygen therapy to help them through the period of severe respiratory distress. The earlier the patient is brought in to intensive care, the better. If a patient is experiencing full distress, it is less likely the treatment will be ineffective.

Prevention:

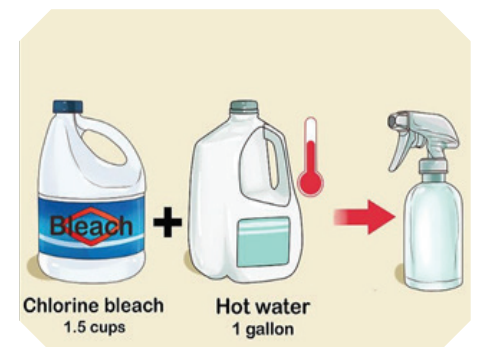
Eliminate or minimize contact with rodents in your home, workplace, or campsite. Seal up holes and gaps in your home or garage. Place traps in and around your home to decrease rodent infestation. Clean up any easy-to-get food.

How to clean up after mice and rat feces? :

- oWear proper PPE (rubber gloves).
- oSpray feces and droppings with disinfectant or a mixture of bleach and water (Mix 1 ½ cups of household bleach with 1 gallon of water).
- oMake sure to soak infested areas for 5 minutes.
- oUse paper towel to wipe feces or droppings and discard used paper towel in the garbage.
- oMop or sponge the area with a disinfectant or bleach solution.
- oWash gloved hands with soap and water or spray a disinfectant or bleach solution on gloves before taking them off.
- oWash hands with soap and warm water after taking off gloves.

Clean-up tip:

oDo not sweep or vacuum up the mouse or rat feces, droppings, or nests. This will cause virus particles to go into the air, where they can be breathed in.



Resources:

CDC - Hantavirus Pulmonary Syndrome (HPS) - Hantavirus
<https://www.cdc.gov/hantavirus/resources/covid-vs-hantavirus.html>
 COVID-19 vs. Hantavirus Pulmonary Syndrome | Hantavirus | DHCPP | CDC



Stop The Spread
 Stay home if you
 are feeling sick!

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