





Blackfeet COVID-19  
Incident Command

# Prevent the spread on the Rez

Stay home. 



Wash your hands for 20 seconds.

Avoid touching your face. 



Keep 6 feet of physical space.

Protect elders & vulnerable. 

If you are experiencing COVID-19 symptoms, call Blackfeet Community Hospital's Coronavirus Hotline at (406) 338-6304 to discuss your condition before visiting a clinic. If you are in need of immediate medical care, dial 911.

## Frequently Asked Questions About COVID-19

### What is COVID-19?

Commonly just called the coronavirus, COVID-19 is a respiratory disease that can lead to lower respiratory illnesses like pneumonia and bronchitis, and is spread from person to person.

### Who can get COVID-19?

Anyone can contract and transmit COVID-19. Many people do not show symptoms and can be carriers, so it is important that people stay home and practice social distancing so others at greater risk are not exposed to the virus.

### Who is at greater risk from COVID-19?

Most people will recover on their own, but some people can develop more serious complications and require medical care or hospitalization. People at greater risk are: elders; people with weak immune systems; pregnant women; people with underlying conditions like asthma, heart disease, or diabetes.

### How is COVID-19 spread?

It is most commonly spread from person to person through: uncovered coughing and sneezing; close personal contact; and touching an object or surface with the virus on it and then touching your mouth, nose, or eyes before washing your hands.

### What are the common symptoms?

Symptoms generally appear two to 14 days after exposure and commonly consist of: cough; fever; shortness of breath; muscle aches; and sore throat.

### What is the treatment?

Currently, there is no vaccine to prevent COVID-19, which is another reason why it is so important to prevent the spread of it.

## What should I do if I think I have COVID-19?

If you are experiencing COVID-19 symptoms, call Blackfeet Community Hospital's Coronavirus Hotline at (406) 338-6304 to discuss your condition before visiting a clinic.

If you develop any of these emergency warning signs\* for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.*

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## Resources and Health Facilities Near You

### **If you live on the Blackfeet**

**Reservation**, here you can find information for health facilities near you.

### **If you live off the Blackfeet**

**Reservation**, contact your local clinic for instructions.

### **Cut Bank**

**Northern Rockies  
Medical Center**  
802 2nd St. S.E.  
Cut Bank, MT 59427  
Main: (406) 873-2251  
Clinic: (406) 873-5507

### **Glacier Community Health Center**

519 East Main Street  
Cut Bank, MT 59427  
Phone: (406) 873-5670  
Toll Free: (877) 873-5675

### **Heart Butte**

**Heart Butte Health Station**  
P.O. Box 80  
Heart Butte, MT 59448  
Main: (406) 338-2151  
Fax: (406) 338-5613

### **Browning**

**Blackfeet Community Hospital**  
760 Hospital Circle  
P.O. Box 760  
Browning, MT 59417  
Phone: (406) 338-6154

## References:

Prevent the spread of COVID-19 if you are sick (2020, April 16). Retrieved April 24, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

What to do if you have confirmed or suspected coronavirus disease (2020, March 17). Retrieved April 24, 2020 from <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

Information for general public (2020, March 3). Retrieved April 24, 2020 from <https://www.uihi.org/resources/covid-19-information-for-general-public/>