

How to Protect Yourself from COVID-19 Staying Safe & Healthy During a Global Pandemic



Dr. Travis Henderson, MD, FACP, and Dr. Josh Henderson, DO, FACP, provide prevention measures residents should practice to help slow the spread of COVID-19 in the community.

Our providers and medical staff at Mobridge Regional Hospital & Clinics are here for you while we all navigate the COVID-19 pandemic together. We want you to feel protected and to know how to stay safe and healthy during this unpredictable time.

“There is a lot you can do protect yourself and our community,” said Travis Henderson, MD, FACP, Internal Medicine Provider at MRH&C. “We’re all in this together. If we work together and help each other, we can minimize our risk.”

Prevention

The best way to prevent illness is to avoid being exposed to the virus. The virus is thought to spread mainly from person to person when people are in close contact with one another, which means less than six feet of distance.

“Some people with COVID-19 may not feel sick but can still spread it to others; this is why it’s a good idea to avoid large groups of people,” Dr. Travis Henderson explained.

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Stay Up to Date on Local COVID-19 News

For the most current information on how Mobridge Regional Hospital & Clinics is handling the COVID-19 crisis, such as protocol and facility updates, please refer to our website and Facebook page:

www.mobridgehospital.org

Most recent information from our administrative staff can be found in the main menu at the top of the homepage under the “News” tab.

[www.facebook.com/
MobridgeRegionalHospital](https://www.facebook.com/MobridgeRegionalHospital)

CEO Update

Letter from John



John Ayoub, CEO

To be honest, we had a completely different community newsletter planned to share with you. We instead pivoted to provide you this information and feel it will be beneficial during these challenging times. Having said that, it's hard to know what to write with things changing so quickly. For that reason, I will focus on the things I know will not change now or any time in the future.

Mobridge Regional Hospital & Clinics, and all the fine people associated with it, exists to provide high-quality healthcare services in a compassionate and professional manner for people throughout

the region. This was true yesterday, this is true today, and this will be true tomorrow.

We will continue to provide you the information you need to keep yourself and your loved ones as safe and healthy as possible online, in writing, and on the radio. We will do our best to keep you informed of our efforts, services, and other offerings through our website (www.mobridgehospital.org) and Facebook page, and we encourage you to check back frequently for the latest information as things change rapidly.

Our people will continue to do their best, no matter the circumstances, to serve you and our whole community. We will continue to keep our focus on dealing with our changing circumstances, and the uncertainty that surrounds them, with kindness and compassion. I encourage you to do the same and focus on ways to help others during this pandemic and afterwards.

We will get through this and emerge on the other side. We will get through this together, stronger because of our shared struggle and will look back with pride on what we did and how we did it. It will always be about life and about you!

John J. Ayoub, FACHE, Chief Executive Officer
Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital & Clinics

Mobridge Regional Hospital
1401 10th Avenue West
Mobridge, SD
605-845-3692

Mobridge Medical Clinic
1309 10th Avenue West
Mobridge, SD
605-845-3692

Prairie Sunset Village – Assisted Living and Senior Housing
1320 West Grand Crossing
Mobridge, SD
605-845-8193

West Dakota Health Center
906 Main Street
Timber Lake, SD
605-865-3258 (MT)

West River Health Clinic
103 1st Avenue East
McLaughlin, SD
605-823-4253 (MT)

Social Distancing vs. Self-Quarantine vs. Isolation

When to Practice Each During COVID-19

Social Distancing



Social distancing is intentionally increasing the physical space between people to avoid the spreading of COVID-19. By staying at least six feet away from others, the likelihood of catching the virus is decreased. Partaking in large groups and crowds is not recommended during this time.

These individuals are not sick, but rather are taking the necessary precautions to avoid getting sick. They can continue to go for walks, complete yard work, or get essential items from the grocery store, but they should still **stay at home** as much as possible and **refrain from having visitors**.

Self-Quarantine



Individuals who believe they may have been exposed to COVID-19, or who are at higher risk for COVID-19, should self-quarantine for about 14 days — enough time to know whether or not they have the virus. These individuals should continue practicing standard hygiene practices, stay at home, and avoid hosting visitors. If they reside with others, they should stay at least six feet away and not share items. They may or may not become sick, but their chances are higher than someone who is practicing only social distancing.

Once self-quarantine has ended and no symptoms are shown, talk to your provider on how to transition back to social distancing practices.

Isolation



Individuals who are sick, contagious and have been confirmed of having COVID-19 should isolate themselves. They must avoid any and all contact with other people, which can either be done at home, hospital, or other care facility. They should not leave their home for any reason, should have food and medicine delivered and left at their door, and should not have any visitors in their home. After at least 72 hours of being symptom-free, they can discuss with their provider about next steps.

Source: Johns Hopkins Medicine

How to Protect Yourself from COVID-19

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Other prevention measures to practice include:

- Avoid close contact with people who are sick.
- If you have a cough or fever, stay home to avoid spreading germs to others.
- Avoid touching your eyes, nose and mouth because these sites are where viruses enter and leave our bodies.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray and/or wipes.
- If you have a cough and must go out in public, wear a mask.
- Wash your hands often with soap and water; wash for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Remember: soap and water are best if your hands are visibly dirty.

Signs & Symptoms

Symptoms for COVID-19 typically appear within two days to two weeks of exposure. Common symptoms include fever, cough and shortness of breath.

According to the Centers for Disease Control and Prevention, more than 80 percent of all cases of the virus have been mild, with the remaining leading to severe illness and even death. Those at higher risk for severe illness and more information can be found at [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov).

Remember to Call Ahead



If you believe you have been exposed and are showing symptoms of COVID-19, we ask that you please call ahead at **605-845-3692** before arriving at the hospital. By calling ahead, you can help us expedite your care and keep others from getting sick.

“While there’s more to learn about COVID-19, a lot about what we do know is encouraging,” said Josh Henderson, DO, FACP, Internal Medicine Provider at MRH&C. “Most people who get COVID-19 will not get seriously ill. People who are older or have certain chronic medical conditions are at increased risk for complications, but the majority of people in these categories are going to be fine.”

Staying Mentally Well

Social distancing and self-isolation, as well as a bombardment of constant messaging through television, social media and community networks about COVID-19 can create anxiety, worry and other negative emotions. While it’s important to stay physically well during this time, the state of your mental health is just as important.

Tips for staying mentally well include:

- Focusing on healthy habits, such as meditation, going for a walk and getting enough sleep.
- Checking in with others, utilizing technology such as phones and computers.
- Engaging and connecting wisely by minimizing screen time, learning a new hobby or revisiting “old-fashioned” entertainment such as puzzles and board games.
- Taking the time to relax. This could mean spending time in your garden, reading, at-home exercise or some other activity that you find soothing.

“Thank you for allowing us to care for you and our community,” Dr. Josh Henderson concluded. “Remember: common courtesy and common sense can go a long way in preventing transmission of this and other respiratory illnesses.”

Home vs. Hospital

When to Self-Treat COVID-19 & When to Seek Medical Attention

In the midst of the COVID-19 pandemic, first signs of mild symptoms are no reason for immediate panic. It’s important to know when individuals can handle treatment at home and when it’s appropriate to seek medical attention. Hospital resources are valuable, and should be used for patients with more serious, intense cases of COVID-19 — which account for less than 20 percent of total cases.

“Most people who get sick with COVID-19 will have only mild illness and should recover at home,” according to the Centers for Disease Control and Prevention. “Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.”



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Home vs. Hospital: When to Self-Treat COVID-19 & When to Seek Medical Attention *continued from page 3*

Home

Home management is appropriate for patients with a mild infection who can be isolated in the outpatient setting. If you believe you are showing symptoms of COVID-19 (fever, cough, lethargy), call your provider to see if they can guide you through at-home treatments while in isolation. Most will suggest getting plenty of rest, to drink a lot of fluids, to utilize over-the-counter medicines, and to completely isolate yourself.

For most people, symptoms last a few days and get better after a week. If symptoms worsen or do not improve, hospital care is appropriate. Most people will not need hospital care if they contract the virus.

Hospital

Individuals at greater risk for developing serious complications for COVID-19, such as older adults and those with underlying medical conditions like lung disease, heart disease, and diabetes, should seek medical attention as soon as COVID-19 symptoms start. Those experiencing or showing emergency warning signs, such as difficulty breathing, chest pains, bluish lips/face, and new onset of confusion, should also seek medical care.

Overall, unless your symptoms are severe, help us stop the spread of this virus, and help our medical staff to stay safe by staying home.

If symptoms are severe, Mobridge Regional Hospital & Clinics asks patients to please call ahead at 605-845-3692 before arriving at the hospital.

For Most Current COVID-19 Updates at MRH&C:
For updates and news on how Mobridge Regional Hospital & Clinics is handling the COVID-19 crisis, such as protocol and facility updates, please refer to our website and Facebook page:
www.mobridgehospital.org  www.facebook.com/MobridgeRegionalHospital

Mission:
The mission of Mobridge Regional Hospital & Clinics is to provide high-quality healthcare services in a compassionate and professional manner for people throughout the region.

Vision:
To become one of America's finest rural health providers.

Mobridge Regional Hospital & Clinics does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, religion, color, national origin, gender, sexual orientation, age, military status, disability, genetic information, ability to pay, or on any other basis that would be in violation of any applicable federal, state, or local law. For a full non-discrimination statement, visit: mobridgehospital.org/patients-and-visitors/pay-a-bill/non-discrimination-and-privacy-policy.