COVID-19 (Novel Coronavirus) is actively responding to COVID-19, the updated name for the 2019 Novel Coronavirus, which is a new respiratory virus first identified in Wuhan, Hubei Province, China.


Know the factors that put you at a higher risk of contracting COVID-19: Travel within the past 14 days to one of the countries identified through CDC’s travel warnings Level 3, and alerts Level 2, which can be found here.

Close contact with persons suspected, or confirmed, to have COVID-19
Severe illness requiring hospitalization for a viral respiratory disease that has no other known cause.

If any of these apply to you, call your Battle Mountain Hospital 535 S Humboldt St, Battle Mountain, NV 89820 at 775 635 2550 or 911.

It's very important that if you are sick, but don't meet any of the risks above, you should call your healthcare organization's telemedicine program first before you call your medical provider.

<table>
<thead>
<tr>
<th>How does it spread?</th>
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<tr>
<td>Through the air by coughing and sneezing</td>
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<tr>
<td>Close personal contact such as caring for, or living in close contact with, a person who is ill</td>
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<table>
<thead>
<tr>
<th>How can I prevent getting COVID-19?</th>
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<tbody>
<tr>
<td>Wash hands often with soap and water</td>
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<tr>
<td>Avoid touching your eyes, nose or mouth with unwashed hands</td>
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<tr>
<td>Avoid contact with people who are sick</td>
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<tr>
<td>Stay home when you are sick</td>
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<tr>
<td>Cough or sneeze into tissue or sleeve</td>
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<tr>
<th>Symptoms</th>
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<td>Fever</td>
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<tr>
<td>Cough</td>
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<tr>
<td>Difficulty breathing</td>
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<tr>
<td>Severe respiratory illness</td>
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Symptoms may appear in as few as 2 days or as many as 14 days.
Steps to help prevent the spread of COVID-19 if you are sick

**Follow the steps below:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ridesharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your
pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

**If someone in your home is sick**

Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes
- **Cover**: Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose**: Throw used tissues in a lined trash can.
- **Wash hands**: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

  Clean your hands often

- **Wash hands**: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer**: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water**: Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching**: Avoid touching your eyes, nose, and mouth with unwashed hands.

**Handwashing tips**

Avoid sharing personal household items

- **Do not share**: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use**: After using these items, wash them thoroughly with soap and water or put in the dishwasher.
Clean all “high-touch” surfaces everyday
Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- **Clean and disinfect**: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  
  - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them**.

- **Household cleaners and disinfectants**: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](https://www.epa.gov/pesticides/pesticide-registered-products-search).

*Complete disinfection guidance*
Monitor your symptoms

- **Seek medical attention but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- 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.

alert icon

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.
How to discontinue home isolation

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
  - If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND other symptoms have improved (for example, when your cough or shortness of breath have improved) AND at least 7 days have passed since your symptoms first appeared
  - If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use of medicine that reduces fevers)
    - other symptoms have improved (for example, when your cough or shortness of breath have improved)
    - AND you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines

High Risk Lander County Residents:

Senior Citizens and People who have Disabilities:
In addition to taking care of your equipment, be sure to also take care of you! Wash your hands often, for at least 20 seconds, especially before and after cleaning equipment, as well as anytime you arrive back at your home after being outside.

**What to Clean With**

Because the coronavirus can live for up to 72 hours on hard surfaces, it’s important to conduct regular cleaning. To protect against the coronavirus, surfaces need to be both cleaned and **disinfected**. Beyond any type of cleaning you may already do to your chair you should also disinfect areas that are frequently touched.

- Surfaces can be cleaned with soap and water.
- Disinfect with EPA-approved wipes that contain at least a 70% alcohol solution, or other approved store-bought solutions. Do NOT use baby wipes.
- If you need to make a disinfectant solution, the CDC suggests using a spray bottle with one quart of water and four teaspoons of bleach.

**Cleaning Components of your Chair**

There are many, many components on a chair that are touched frequently – by users and caregivers. Here’s some to keep in mind that should be disinfected anytime a new person comes in contact with your chair, or you leave and return to your home.

- Joystick
- Head controls
- Mouth controls
- Head rest
- Arm rests
- Side guards
- Back of the wheelchair
- Push handles

**Cleaning Other Assistive Equipment**

Beyond your wheelchair, other frequently touched equipment and medical supplies should also be disinfected. These include:

- Any equipment that you handle or put near your mouth
- Oxygen tanks
- Steering wheel and door buttons on vehicles
- Transfer seats
- Medication or other items in your home
- A backpack or purse that touches your chair

**Staying Safe When Going Out**

If you are leaving the house, here are some extra precautions to consider.

- If you have plastic gloves wear them when you are out of your home.
  - DO NOT Touch your face with the plastic gloves and always clean anything you have touched after you dispose of the gloves.
- If you travel in a transit or taxi vehicle, do not touch anything metal and avoid touching anything except your wheelchair.

**If you have a Home Caretaker**

For those that rely on a caretaker, they should follow the same precautions and can help if you are unable to clean and disinfect surfaces yourself.
- Make sure caretakers have gloves on or are washing their hands when around you.
- Ask them to wipe down your wheelchair.
- If they are in your home, make sure they are disinfecting counters or places your (or their) hands touch.
- If the person assists you in personal care, be aware the virus is also in fecal matter. Gloves should be worn and disposed of when being assisted with bathroom use.
- If you are catheterizing, make sure you and your caregiver wash hands before and after catheterizing.
- Make sure you clean off your shower chair as well.

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**EMERGENCY SERVICES LANDER COUNTY**

**Ambulance Services**

**Battle Mountain Ambulance Department**
27 East 2nd Street
Battle Mountain, NV 89820
(775) 635-1124 Office
(775) 635-1110 Fax

**Austin Volunteer Ambulance Department**
155 Main Street
Austin, NV 89310
(775) 964-2870 Office Health Care

**Health Nurse**
150 Palmer Street
Battle Mountain, NV 89820
(775) 635-2388 Office
(775) 635-9203 Fax Clinics

**Battle Mountain Clinic**
535 South Humboldt Street, Suite A
Battle Mountain, NV 89820
(775) 635-2424 Office
(775) 635-2437 Fax

**Austin Clinic**
121 Main Street
Austin, NV 89310
(775) 964-2222 Office
(775) 964-2232 Fax

**Battle Mountain General Hospital**
535 South Humboldt Street
Battle Mountain, NV 89820
(775) 635-2550 Office
(775) 635-9463 Fax

**Battle Mountain Volunteer Fire Department**
25 East 2nd Street
Battle Mountain, NV 89820
(775) 635-5102 Office
(775) 635-9617 Cellular
(775) 635-3320 Fax
[Website](#)

**Austin Volunteer Fire Department**
112 Main Street
Austin, NV 89310
(775) 964-2482 Office
• If you travel in a transit or taxi vehicle, do not touch anything metal and avoid touching anything except your wheelchair.

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