CVCH

COVID-19 Prevention
Migrant Camp Outreach

Partnering to achieve optimal health and Wellness with compassion and respect for all
What is COVID-19?
Coronavirus disease (COVID-19) is an infectious disease caused by a new virus. It affects the respiratory system.

- Easily spread person to person
  - Coughing and sneezing
  - Touching your face with un-sanitized hands
  - Touching un-sanitized items/areas
- Affects those with compromised immune system
- 2-14 days to have symptoms
  - Symptoms: Fever (101.0F), cough and hard time breathing
Know the facts about Coronavirus
Help stop the spread of rumors

• Disease can make anyone sick regardless of their race or ethnicity.
• For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
• Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
• There are simple things you can do to help keep yourself and others healthy.
• You can help stop COVID-19 by knowing the signs and symptoms.

• For more information
Five easy steps to minimize exposure

• Following CDC guidelines at all times
• Proper Hand Washing
  • https://www.youtube.com/watch?v=seA1wbXUQTs
• Social distancing 6ft apart
• Quarantine 14 days
• Sanitizing all equipment
  • Tables
  • Working tools
  • Door handles
Proper hand washing is a critical but often overlooked intervention step in the prevention of illnesses.
Working in Migrant Camps

• Create an emergency plan incase there are infected employees
• Create a room for the sick to self quarantine
• Keep area clean and sanitized
• Trips to the store with minimal employees
• Sanitize vehicle after every trip
• More hand washing stations in the orchards available
• Offer masks to employees. Who should get a mask?
  • An employee who has tested positive for COVID-19, has sore throat and cough, flu like symptoms and or cold like symptoms
• Columbia Valley Community Health (CVCH)
  • 600 Orondo Ave. Wenatchee, WA 98801
  • 509-662-6000
  • [https://cvch.org/](https://cvch.org/)

• Food Banks
  • Chelan-Douglas Community Action Council
    • Call 509-662-6156
  • Lake Chelan Food Bank
    • Call 509-433-7776
    • [https://lakechelanfoodbank.org/contact.php](https://lakechelanfoodbank.org/contact.php)

• Insurance
  • Special Enrollment Period
    • Open until April 8th to purchase Qualified Health Plans
    • Urgent Alien Emergency Open for COVID-19

• 14 day Slide Fee open until further notice

• Full year Slide Fee
  • On Call Appointments at 509-662-6000
Review

- Proper hand washing 20-30 sec.
- Social distancing
- 6 ft apart
- Avoid large gatherings
- Cover cough and sneezes
- Sanitize all surfaces
- Self-quarantine 14 days
- If sick seek medical help when there is tightness in chest, difficulty breathing and not getting better after 14 days
Health Care

- Columbia Valley Community Health
  - 509-662-6000 Wenatchee/ 509-682-6000 Chelan
- Confluence Health Clinic/Hospital
  - Call 509-663-8711
- Lake Chelan Hospital
  - Call 509-682-3300

Questions can also be directed to jruelas@cvch.org
Thank You.

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