

# Mescalero Hospital information on Coronavirus

#1 goal: Decreasing unnecessary exposure for those vulnerable to pneumonia (particularly ≥65 years old w/ heart & lung problems)

## Coronavirus preparation:

Designate 1 bedroom & 1 bathroom for symptomatic family members

Home-use thermometer

1 bottle decongestant

1 bottle nasal saline

1 bottle cough syrup

1 bottle Tylenol (acetaminophen)

1 bottle Motrin (ibuprofen) OR Alleve (naproxen)

Nonperishable bland food: applesauce, Chex cereal, noodle soup, saltine crackers

1 container of any regular household disinfectant

1 large container soap for hand washing

1 package toilet paper

1 package paper towels (or rags you will throw in washing machine)

At least 2 weeks of minutes on your cell phone at all times

If you have only 1 bathroom in the entire home, disinfect the toilet seat and sink handles after every time a symptomatic family member uses the bathroom. Also separate your towels.

## Worried if you have coronavirus?

- Do you have a fever (≥100.4°F if owning a thermometer)?
- Do you also have a cough?
- Have you also been to Socorro, Bernalillo County, or out of state in the last 14 days (2 weeks)?

1) Stay at home until you do not have any fever, chills, sweats, or viral aches (no school or work!).

If you do not have difficulty breathing through your chest, and are able to maintain oral hydration on your own, it is perfectly safe to self-manage symptoms at home to prevent others from getting sick!

2) Outside of over-the-counter meds you can obtain yourself, we would only be able to significantly add to your medical care if you have difficulty breathing through your chest, or if you are dehydrated.

3) If you require admission (low oxygen levels, cannot manage dehydration at home), you will require transfer to an outside facility, as we do not have a respiratory isolation room.

## If you are coming in for the above symptoms, call our front desk ahead of time so we can prepare for your arrival!

Mescalero nurse triage line-- call our front desk & you can be transferred 24/7 to nurse triage: 464-4441  
New Mexico Dept of Health hotline: 505-827-0006

Reliable information sources:

NM Dept of Health ([cv.nmhealth.org](http://cv.nmhealth.org))

Centers for Disease Control & Prevention ([cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html))

World Health Organization ([who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019))