



# Little Salmon News

## Welcome to our New Staff!

Behavioral Health Director- Ken Hazlewood, LMFT

Behavioral Health would like to welcome Ken Hazlewood as the new Director of behavioral Health. Ken is a Licensed Marriage Family Therapist with years of experience. Ken began his career as a Substance Use Disorder Specialist, he has worked in county clinics, as well as Tribal clinics in Siskiyou county. Ken will be seeing clients in Alturas and Burney clinics.



Chief Dental Officer— Dr. Kunjal Patel



Dr. Patel joins us from southern California and has been a Dentist since 1985. Dr. Patel takes pride and joy in providing dental care to the underserved populations, and finds her work with the Tribal communities especially rewarding.

PRHS is excited to welcome Both Ken and Dr. Patel to our team!

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### Behavioral Health- Bear Creek


We are now accepting new patients for in person therapy at Bear Creek Behavioral Health in Alturas! Our therapist will be available for in person appointments on Wednesday's 10 am to 2 pm.

For more information or to schedule an appointment please contact Marisela Saucedo at (530) 335-0340.





# Wishing Everyone a Healthy and Happy Holiday Season



The Pit River Health Service Medical Department wishes everyone a very happy and healthy holiday season. During this Fall and Winter season as we all get together with loved ones to enjoy the festivities, we want to reduce everyone's risk for respiratory syncytial virus (RSV), flu and COVID-19 infection.

RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be life threatening, especially for infants if they have risk factors such as being 6 months of age or younger, having a history of premature birth, having any neurologic conditions or having decreased immunity.

Influenza (flu) causes cold symptoms usually with body aches and chills. Most people will recover within 3 to 10 days but some may develop complications like pneumonia.

COVID-19 infection also causes cold symptoms and the dominant strain presently as of Nov 17, 2022 is omicron BQ.1 and BQ.1.1. Omicron is more infectious than the original COVID-19 strain so be aware that everyone is at a higher risk of infection with COVID-19 with the now prevalent omicron strains.

To help keep everyone healthy, Pit River Health Service is providing testing for COVID-19 RSV and flu for anyone presenting with symptoms. Please call the medical receptionist (530) 335-3651 to schedule an appointment for testing. Testing will be provided in the back-parking lot in the convenience of your car or in our heated shed. If you have a risk factor for severe COVID-19, your medical provider will offer to prescribe a COVID-19 oral medication. If you test positive for the flu and it has been 48 hours or less since the flu symptoms started, your medical provider will offer to prescribe you an oral flu medication. Young infants who test positive for RSV with risk factors for severe RSV will be identified and referred to a higher level of care.

In addition to testing, you can further help protect yourself from RSV, flu and COVID-19 infections by social distancing, wearing masks, washing your hands and self-isolating at home if you test positive or have symptoms.





## Overview of the Purchase/Referred Care Program

- ◆ The P/RC Program is not an entitlement Program. You must qualify to be able to use P/RC funds; Reside in PRHS Service Area, provide documentation proving you are an American Indian from a tribe native to California and have an alternate resource, if not you must apply and follow through with obtaining an alternate resource. **After 18 years of age a patient must provided PRHS with own tribal documentation.**
- ◆ When a referral is written by PRHS provider it does not guaranteed payment from the P/RC Program. You must still meet all requirements for the P/RC Funds.
- ◆ PRC Dept is authorized to pay for Levels 1 & 2 for Medical and Dental appointments; any referrals written outside of Level 1 & 2 will be patient pay.
- ◆ Each outside Provider referral is only good for that service noted on the referral. Any follow up appointments will need an additional referral from PRHS Provider.
- ◆ All Prescriptions will be refilled with Generic Medication.
- ◆ All Emergency services covered by P/RC must be reported to P/RC Dept within 72 Hours. (30 Days for elderly and disabled patients). Please call the P/RC department or leave a message on the Emergency Notice line at 530-335-3651 option 5
- ◆ Patients are asked to bring in invoices received from outside providers that have failed to bill PRHS as a secondary payer; this includes the LabCorp invoices received by patients but requested by PRHS and drawn at PRHS.
- ◆ Eyeglass will only be covered once every 2 years and every 1 year for registered Diabetic patients. If you go within the 2 years it will be patient pay.
- ◆ Emergency Room visits must be reported to PRHS within 72 hours of the visit. Please call the P/RC department or leave a message on the Emergency Notice line at 530-335-3651 option 5

REMINDER: IF YOU NEED TRANSPORTATION, PLEASE INFORM THE P/RC DEPARTMENT OF YOUR APPOINTMENT DATE & TIME. 48 HOUR NOTICE IS NEEDED TO BE PUT ON THE



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### Important Message from P/RC Department

IT IS IMPORTANT TO KEEP YOUR SCHEDULED APPOINTMENTS WITH THE OUTSIDE SPECIALISTS YOU ARE REFERRED TO. MANY SPECIALISTS ARE DECLINING TO SCHEDULE PATIENTS IF THEY HAVE HAD A MISSED APPOINTMENT THAT THEY DIDN'T CALL AND RESCHEDULE OR DIDN'T SHOW FOR.



NOTE: P/RC DOES NOT PAY FOR NO SHOW FEES.





# RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV is a common respiratory virus that circulates each year in the United States, usually from late fall through early spring. RSV can be serious, especially for infants and older adults.



## SYMPTOMS

Runny nose, decreased appetite, coughing, sneezing, fever, and wheezing



## PREVENTION

Cover coughs and sneezes, wash hands often, avoid contact with sick people



## STAY UP TO DATE WITH VACCINATIONS

COVID and flu vaccines

### HELP PREVENT THE SPREAD OF RSV

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact, such as kissing, shaking hands, and sharing cups and eating utensils, with others
- Clean frequently touched surfaces such as doorknobs and mobile devices

### FOR MORE INFORMATION VISIT:

[www.IHS.gov](http://www.IHS.gov)

or the CDC RSV Homepage

<https://www.cdc.gov/rsv/>

In an emergency, dial 911 or your local emergency number immediately.

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## Protect Your Loved Ones

It's cough and cold season. Some viruses can make you more sick than the common cold. Take steps to protect against the flu, RSV and Covid-19. Some tips on how to protect yourself and others from these illnesses are wash your hands frequently, wear a mask in large gatherings, stay home if you are not feeling well, stay six feet apart, and get vaccinated. For any questions or if you need to schedule an appointment please feel free to contact our Medical department at (530) 335-3651 ext 110.



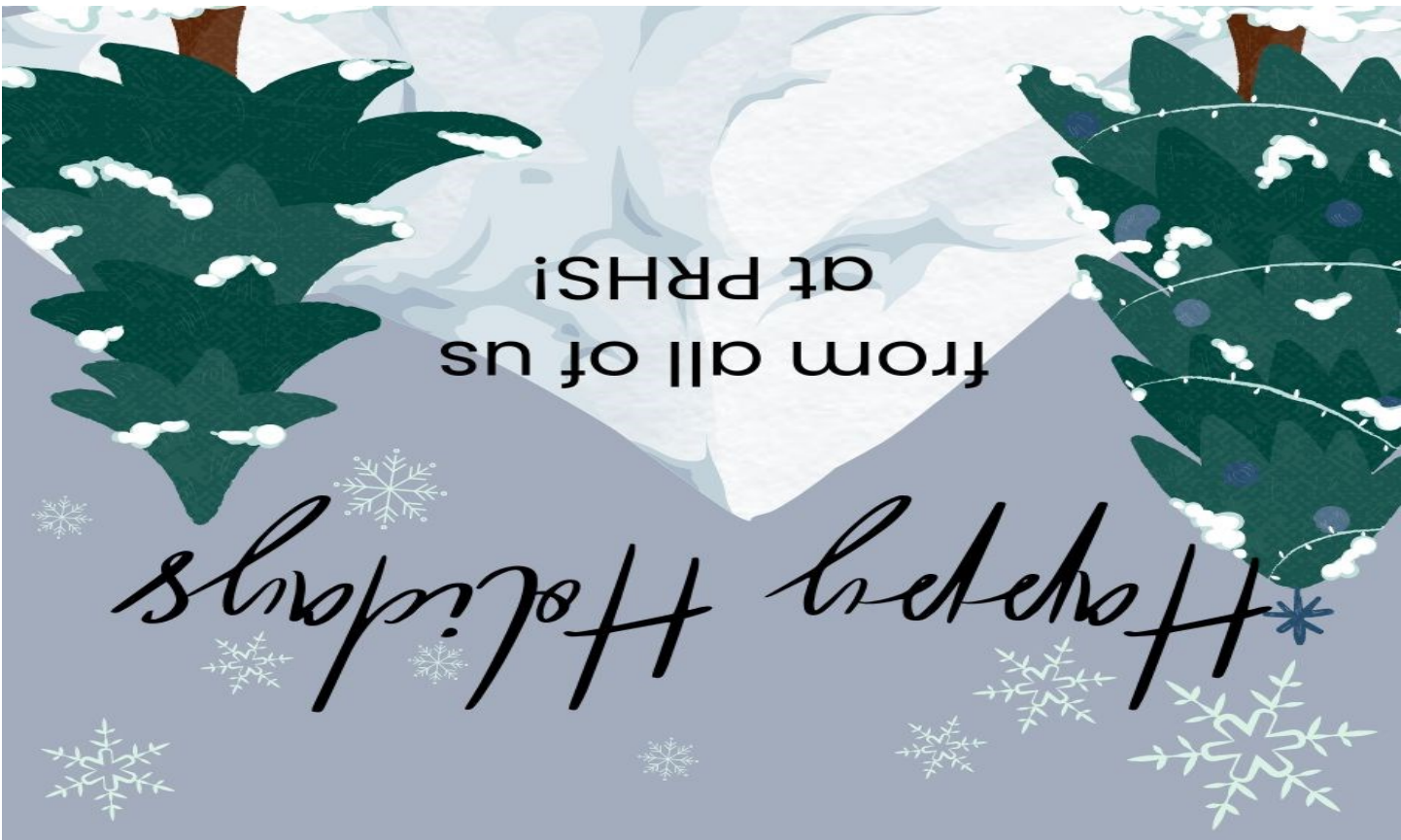
## Title VI Program

The Title VI Program is housed in the Wiyachi Elders Center from 9am to 5pm Monday – Friday except Holidays. The Title VI program primarily serves the purpose to provide a congregate, hot, and nutritious meals for our Tribal, Native American & Hawaiian people aged 50 and older from 11:30-12:30 daily (except Holidays). Eligibility is determined upon application. If you are eligible for the program, home delivered meals are provided in Burney and Alturas. The Burney home delivered meals are issued by Dignity Health and Alturas home delivered meals are delivered by TEACH. Applications are available upon request by calling 530-335-5301.

The Title VI Program is changing and now includes the component of supportive services. To accomplish this area, we will coordinate services within PRHS' Outreach, Behavioral Health and referrals departments. This is necessary to successfully accomplish considering Senior Nutrition has 3 staff members. Jessica E. Jim, Manager; Valerie Hursey Kitchen Aide; and Monica Hinze on call Kitchen Aid.

Please stay warm, drive safe and check on your elderly relative to make sure they have a warm place and sufficient food as Winter storms surround us.

**MERRY CHRISTMAS & HAPPY NEW YEAR!**



from all of us  
at PRHS!

*Holiday Greetings*



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