

COVID

Coronavirus (COVID-19) Health Information/Resources

COVID-19 Resources

Vaccines

Availability

- For vaccine providers by county, visit the DOH website: [COVID-19 Vaccine Providers](#)
 - Each county will show both the health system(s) and local pharmacies providing vaccinations in that county.

Vaccine Mandates

- FAQ regarding vaccine requirements for healthcare workers: [CMS Omnibus Staff Vax Requirements](#)
- FAQ regarding vaccine requirements for employers with 100+ employees: [OSHA Fact Sheet re. COVID-19 Vaccination and Testing ETS](#)
- FAQ sheet for businesses regarding vaccination and testing requirements: [United States Department of Labor FAQ](#)

Lost Vaccination Card

- Contact primary care provider's office or place vaccine was received to obtain a new card
- Or, contact Department of Health Immunization Record at 1-800-592-1861 to obtain a copy of the immunization record. It can be e-mailed, mailed, or faxed. This applies for I.H.S. and V.A. Health Systems as well.

COVID-19 Booster Shots

- Pfizer-BioNTech or Moderna recipients
 - Eligibility:
 - 16 years and older (Pfizer-BioNTech)
 - 18 years and older (Moderna)
 - When to get a booster:
 - At least 6 months after the primary COVID-19 vaccination
 - Which booster should you get?
 - [Any of the COVID-19 vaccines](#) authorized in the United States.
- Johnson & Johnson's Janssen recipients
 - Eligibility:
 - 18 years or older
 - When to get a booster:
 - At least 2 months after the initial shot
 - Which booster should you get?
 - [Any of the COVID-19 vaccines](#) authorized in the United States
- For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>.

Testing

Sites that offer rapid at-home COVID-19 tests (open to all):

- **South Dakota Urban Indian Health**

- Pierre Clinic
 - Location: 1714 Abbey Road (off of 4th Street)
 - Phone: (605) 224-8841
 - Hours: 8:00am – 5:00pm, Monday – Friday
- Sioux Falls
 - Location: 1200 N. West Avenue
 - Phone: (605) 339-0420
 - Hours: 8:00am – 5:00pm, Monday – Friday
- Cost: Free

- **Walgreens**

- Visit your local Walgreens to see if any are available
- Limit of 2 boxes per customer per day at certain locations
- Cost: varies depending on brand

FREE COVID-19 Testing

- [Vault At-Home COVID-19 Testing](#)
 - Ordered through Vault Health
 - Get results 24-48 hours after lab receives sample
 - Travel: May qualify for *some* areas of travel requiring a negative molecular test. Check with destination's guidelines
- [Drive-Thru COVID-19 Testing](#) (Hy-Vee)
 - Pre-registration online is required
 - Results delivered within 3-5 business days via email
 - Travel: This is a PCR test
- [Drive-Thru COVID-19 Testing](#) (Walgreens)
 - Available for ages 3+
 - Pre-registration online is required
- Oyate Health Center
 - Offering Rapid tests to **all individuals** (do not have to be Native American)
 1. 3200 Canyon Lake Drive, Rapid City, SD
 - Phone: (605) 355-2500
 - Hours:
 - 8:00am – 4:00pm (MT), Monday – Friday
 - 12:00pm – 4:00pm (MT), Saturday & Sunday
 - No appointment needed
- Fort Thompson IHS Health Center
 - Available to **all individuals** (do not have to be Native American)
 - Location: 1323 BIA Route 4, Fort Thompson, SD
 - Phone: (605) 245-1500
 - Hours: By appointment only

Over the Counter / At-home COVID-19 Tests

- Over the the counter COVID-19 tests are now available in South Dakota. Individuals will need to get tested by a provider to trigger a DOH investigation or to receive a return to work letter from the state.
- For more information/guidance after testing positive with an at-home COVID kit, visit <https://doh.sd.gov/COVID/Testing/Guidance.aspx>.

COVID-19 Rapid Testing Sites

- [COVID-19 Rapid Testing Sites](#)
 - List of sites that offer COVID-19 Rapid testing to the general public or certain groups of people. This list does not include all sites that offer PCR tests (can take 3-5 business days).
- [At-Home COVID-19 Tests](#) link provides the following information:
 - How to get a free test
 - Process for those with private insurance
 - Where to find a location that has at-home over-the-counter COVID-19 tests
 - What to do if uninsured

Major Health Systems

● Sanford

- Sanford patients have the following options to request a COVID-19 test:
 - Call My Sanford Nurse at (605) 333-4444
 - Use My Sanford Chart to schedule an appointment with a provider or an e-visit
 - Visit a Sanford Urgent Care for a test after regular business hours
 - Drive-thru site at Sanford Sports Complex: patients must have an order from their primary care provider first. To obtain an order, contact primary care physician or call My Sanford Nurse.
 - *There will likely be an out-of-pocket cost (\$230) for uninsured individuals or tests obtained for travel purposes. Contact Sanford Billing for more information.*
- Patients must be seen by a physician if symptoms are present (e-visits available)
- Provides testing for travel purposes (*will be charged as insurances do not cover*)

● Avera

- Avera patients have 3 **options to request a COVID-19 test:**
- Make an appointment with their primary physician to get an appointment or order for testing.
- Obtain an over the counter test kit if you are symptomatic.
- Symptomatic patients can call Avera's Call Center 877-AT-AVERA (877-282-8372) with any questions regarding symptom management.
 - Hotline hours are 8:30 a.m. – 4:30 p.m. (CT), Monday – Friday
- Testing Info:
 - Appointment with a provider is required if symptomatic. The testing can be done in most clinics.
 - Patients can also schedule a test without a provider visit if they are asymptomatic or requesting for traveling purposes.
 - Testing is by order only if patient has been exposed, or for traveling purposes.
 - The testing location is at 3720 West 69th Street (Avera Institute for Human Genetics)
 - Testing Times: 8:00 a.m. – 4:30 p.m. (CT), Monday – Friday
 - Out of pocket fee is approximately \$140 and will be billed to insurance.

● Monument Health

- Individuals in west river South Dakota who are in need of a COVID-19 test have the following options:
 - Schedule a test online, please [click here](#).
 - Call the Nurse Triage Line at (605) 755-1350
 - 8:00am – 6:00pm (MT), Monday – Friday
 - 8:00am – 4:00pm (MT), Saturday & Sunday
- Individuals must have an appointment to get a test
- Does not provide Rapid Antigen testing
- Cost: Currently free for those who do not have insurance.
 - Provides testing for travel purposes with a cost. Call for more information.

Isolation/Quarantine

Quarantine (*used for individuals who have been exposed to the virus*)

- **New!** Quarantine Guidelines (*as of 12/27/21*):

Unvaccinated / received vaccine series more than 6 months ago (2 months from J&J)

5 day quarantine followed by additional 5 days of strict mask wearing around others.

Recommendation

Get tested on day 5, if possible

If symptoms occur, quarantine and get tested.

Alternative (quarantine not feasible) Wear a well-fitted mask for full 10 days when around others

- <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

*Individuals who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months unless they develop symptoms again.

Isolation (used to separate those infected with COVID-19 from those who are not infected)

- **New!** CDC isolation guidelines (as of 12/27/21):

Everyone, regardless of vaccination status

Symptomatic

Stay home for 5 days or until symptoms resolving and are fever free without the use of medication (if unable to wear a mask, isolation should continue through the 10th day).

Stay home for 5 days.

Asymptomatic If individual is still asymptomatic on day 5, isolation can end.

Continue to wear a mask around others for additional 5 days after isolation ends (if unable to wear a mask, isolation should continue through the 10th day).

EXCEPTIONS

*Individuals who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months unless they develop symptoms again.

**Certain employers (e.g., long-term care) may require adherence to the 14-day quarantine period.

***Some employers may require the DOH letter and a negative test from a medical provider to return to work.

****Members of sovereign nations may need to contact their tribal leaders to confirm they have permission to be released.

****Organized sports and community programs may have additional requirements prior to resumption of activities.

SD DOH Contact Tracing / Texting Survey

- The DOH will provide a secure web-based questionnaire, sent via text or email, to aid in the contact tracing process
 - The survey link is good for 7 days
 - Individuals are not able to opt-out of receiving the texts. Either complete the survey, or wait until the 7 days is up to stop receiving the daily reminders.
- Some individuals will receive a phone call if a mobile phone number or email address is not reported to the SD DOH.
- Contact tracers will **NEVER** ask for your social security number, bank information, or credit card number.
- [SD DOH Contact Tracing infographic](#)

Travel

Domestic Travel

- CDC guidelines for [people who are not fully vaccinated](#) while traveling.
- CDC guidelines for [fully vaccinated people](#) while traveling.
- Travel restrictions exist in the following U.S. states/areas:
 - Hawaii
 - Kansas
 - More information can be found at: [Travel restrictions issued by states](#)

International Travel

- CDC guidelines [for international travel](#) – not fully vaccinated and fully vaccinated guidelines in link.
- International travel checklist:
 1. Check with airline carrier
 - Your airline may require health information, testing, or other documentation in order to fly.
 2. Check domestic requirements for re-entry
 - ALL air passengers coming into the United States, **including U.S. citizens and fully vaccinated people**, are required to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States.
 3. Check International requirements
 - Check with the following offices for details about any requirements and restrictions for arriving travelers:
 - Your destination's Office of Foreign Affairs or Ministry of Health
 - US Department of State, Bureau of Consular Affairs, Country Information page
 - Follow ALL entry requirements for your destination and provide any required or requested health information. Not doing so may put you at risk of being denied entry.

Financial Assistance

South Dakota

- [SD CARES Housing Assistance Program](#)

United States

- CARES Act/American Rescue Plan
- [FEMA Funeral Expense Assistance](#)
 - Information in [Spanish](#)

Businesses

- US Small Business Administration
- www.sba.gov/funding-programs/loans/covid-19-relief-options

More financial resources not directly related to COVID-19 can be found on the Helpline Center's [guided search page](#), or by dialing 2-1-1.

Mental Health Support

605 Strong offers counseling vouchers for those struggling with the pandemic.

- [605Strong](#)

Helpline Center's list of licensed/credentialed counselors offering telehealth/online services.

- [Statewide Telemental Health Counseling Guide](#)

More Mental Health resources can be found on the Helpline Center's [guided search page](#), or by dialing 2-1-1.