

## Temporary Hours of Operation

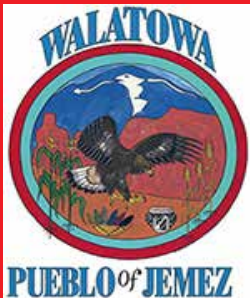
April 3, 2020

**Bulletin Purpose:**  
*The purpose of the POJ/JHHS Bulletin is to deliver relevant information and recommendations to protect the health of Pueblo of Jemez employees and community members.*

Jemez Comprehensive  
Health Center  
110 Sheep Springs Way  
Jemez Pueblo, NM 87024

Email:

[JHHSresponseteam@jemezpueblo.us](mailto:JHHSresponseteam@jemezpueblo.us)



# POJ/JHHS Response Team BULLETIN #9

## Jemez Comprehensive Health Center

*Temporary hours of operation effective as of 3/26/2020*

### Medical Clinic and Pharmacy Hours:

- Monday - Friday: 8am - 5pm
- Saturday: 8am - 2pm
- **The clinic will be closed on Saturday, April 11th due to immediate construction needs.**

### Dental Clinic (emergency care only):

- Monday - Friday: 8am - 12pm

### Behavioral Health hours:

- Monday - Friday: 8am - 5pm

### Medical and Pharmacy services:

- Medical clinic will continue to serve non-acute care visits through telephone, when possible.
- Medical clinic will not be accepting new patients at this time.
- Pharmacy will continue to fill prescriptions.

### Dental clinic services:

- Dental Clinic will be open for emergency care only.

*The abbreviated hours will be in place and will be re-visited weekly and adjusted based on need and patient volume. We greatly appreciate your understanding during this challenging time.*

**As a reminder, if you are experiencing any signs and symptoms of COVID-19, call any of the following phone numbers:**

Ask to speak to a JHHS Nurse: (575) 834-7413

JHHS Medical Provider After-Hours Hotline: (505) 309-2937

Coronavirus Hotline: 1-855-600-3453

New Mexico Department of Health: (505) 827-0006

**For any questions or concerns regarding coronavirus, please email [JHHSresponseteam@jemezpueblo.us](mailto:JHHSresponseteam@jemezpueblo.us).**

## Self-Care and Mindfulness

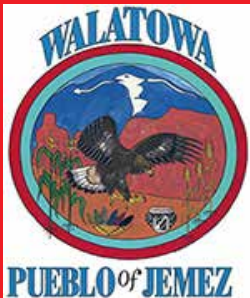
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# POJ/JHHS Response Team BULLETIN #10

## What-if Thoughts

**When you have Anxiety, Stress and Fear  
...it comes from having **what-if thoughts**.**

**What-if thoughts** take you away from your  
healthy mind and body.

**Here is what you can do to release Anxiety,  
Stress and Fear.**

1. Put your feet flat on the ground.
2. Breathe a deep breath.
3. Now breathe the **what-if thought** out!

## **Remember!**

***What-if thoughts* will bring Anxiety,  
Stress and Fear.**

**If you would like to speak with someone to help with your  
anxiety or stress, please feel free to contact one of the  
following for phone consultations:**

**Patricia Lopez: 575-834-3193  
Behavioral Health Therapist: 575-834-7258**

**For any questions or concerns regarding coronavirus, please  
email [JHHSresponseteam@jemezpueblo.us](mailto:JHHSresponseteam@jemezpueblo.us).**

## Pharmacy Pick-up

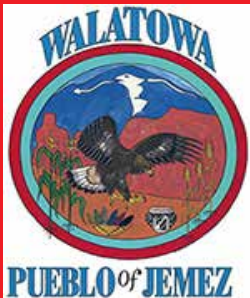
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# POJ/JHHS Response Team BULLETIN #11

## Pharmacy Pick-up

Effective 3/30/2020

If you will be picking up medications at the Jemez Pharmacy, medications will now be delivered to your vehicle.

### Steps for pharmacy pick-up:

1. Call ahead for your medications at the Jemez Pharmacy at 575-834-0130.
2. When you arrive at the Jemez Comprehensive Health Clinic, call Jemez Pharmacy at 575-834-0130 to let them know you are outside the building.
3. Wait in your vehicle.
4. A JHHS staff will be happy to deliver your medications to your vehicle.

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