



# Colville Reservation COVID-19 Response

## Daily Update

Sunday, March 22, 2020

Currently there are no reported cases of COVID-19 on the Colville Indian Reservation, in Okanogan or Ferry Counties.

Today, the Colville Tribal Emergency Operations Team will continue to work to procure additional supplies for our local medical professional partners. The team will also continue to communicate messages on prevention and guidance to the tribal membership.

The team has established temporary structures in Inchelium, Omak and Nespelem. These temporary structures have been set in place for safety precautionary procedures in preparation for future activities. Yurts have been set up near the Nespelem and Inchelium EMS stations for 24-hour, walk up triage services.

During this time, the team would like to encourage community members to stay home to limit the spread of germs.

The Red Cross and the CDC recommends the following steps to help prevent the spread of germs during this situation:

- Stay home if you can.
- Practice social distancing.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing.
- Clean and disinfect frequently touched surfaces daily.

*For emergency, please call 9-1-1.*

**Colville Tribal EOC**  
**509-634-7350**

**Washington Department  
of Health Hotline**  
**1-800-525-0127**

### ***What you need to know to protect yourself***

*Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.*

### **Know How it Spreads**

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **Take Steps to Protect Yourself**

#### **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **Avoid close contact**

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

### **Take Steps to Protect Others**

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.