



Colville Reservation COVID-19 Response

Daily Update

Monday, March 25, 2020

Okanogan County Emergency Management reported yesterday at 5 p.m. the county has now confirmed a single case of COVID-19 within their boundaries.

In their release, the Okanogan Emergency Management wrote, "The individual is self-isolated and poses no threat to the community."

The county further wrote, "OCPH urges the public to take all the recent social distancing orders by Gov. Inslee very seriously. It is everyone's responsibility to protect each other during this pandemic."

Okanogan County reported a total of 125 samples that have been sent for testing with 78 negative tests results and 1 positive returned. As of March 24, there were 46 test results pending.

Ferry County reported, Wednesday morning, their first reported case of COVID-19. The county further reported, March 24, they had 28 negative tests results returned to the county. A total number of pending results is unavailable.

The Colville Tribal EOC continues to work with local medical providers to prepare to minimize the impact of COVID-19 on the Colville Reservation.

Twenty-four hour, walk up health check stations have been established at EMS stations in Inchelium and Nespelem for emergency response. LRCHC and Indian Health Service clinics further continue to provide medical care.

The tribal emergency responders further continue to encourage community members to practice social distancing, staying home, staying healthy and acting responsibly.

In her letter to the public yesterday, Colville Tribal Public Health Officer Alison J. Ball wrote, "Because there are so many unknowns about this disease, this has created stressful times for tribal members and the communities. It has promoted fear, false and misleading information. First, we must remind ourselves that acting out of fear, anger or misinformation hurts everyone."

Ball encouraged tribal members to reach out to the tribal EOC and Washington Department of Health for more information.

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.