



Colville Tribal Emergency Operations Center

P: 509-634-7350

Tuesday, August 4, 2020

Current cases/in isolation on Colville Reservation 50

Omak	28	Keller	1
Nespelem	13	Inchelium	7

Current quarantine list/awaiting tests 74

Numbers current as of Aug. 3 at 3:30 p.m.

CDC recommendation: Venturing out into a public setting? Consider this before you go

The Center for Disease Control recommends considering the following before you venture into public:

There is no way to ensure you have zero risk of infection, so it is important to understand the risks and know how to be as safe as possible.

People at increased risk of severe illness from COVID-19, and those who live with them, should consider their level of risk before deciding to go out and ensure they are taking steps to protect themselves. Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. **Everyone should take steps to prevent getting and spreading COVID-19 to protect themselves, their communities, and people who are at increased risk of severe illness.**

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions:
 - Know how COVID-19 spreads
 - Wash your hands often
 - Avoid close contact
 - Wear a mask or facecovering
 - Cover coughs and sneezes
 - Clean and disinfect
 - Monitor your health daily.
- Keep these items on hand and use them when venturing out: a mask cloth, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing masks or ask others around you to wear masks.

For emergencies, call 9-1-1.

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

**Find more information online:
www.colvilletribes.com/novel-coronavirus**

Testing sites on the Colville Reservation

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Inchelium
Lake Roosevelt Community Health Center - Inchelium Community Health Center
Phone: (509) 722-7006 • Keller
Lake Roosevelt Community Health Center - San Poil Valley Community Health Center | <ul style="list-style-type: none"> Phone: (509) 634-7300 • Nespelem
Colville Service Unit - Nespelem Clinic
Phone: (509) 634-2913 or (509) 634-2900 • Omak
Colville Service Unit - Omak Clinic
Phone: (509) 422-7416 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Testing sites off the Colville Reservation

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Omak
Mid Valley Hospital
Phone: 509-826-1760 • Confluence Health - Omak Clinic
Phone: (509) 826-1800 • Family Health Center - Omak
Phone: (509) 422-5700 • Brewster
Three Rivers Hospital
Phone: (509) 689-2517 • Family Health Center - Brewster
Phone: (509) 660-2129 • Tonasket
North Valley Hospital
Phone: (509) 486-2151 • Twisp/Winthrop
Confluence Health - Methow
Phone: (509) 996-8180 | <ul style="list-style-type: none"> • Family Health Center - Twisp
Phone: (509) 997-2011 • Grand Coulee
Coulee Medical Center
Phone: (509) 633-1753 • Colville
Providence Health Service
Phone: (509) 685-2011 • Chewelah
Providence Health Service
Phone: (509) 685-2011 • Republic
Ferry County Health
Phone: 509-422-7416 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
- **Other private providers and health clinics - call ahead and find out if this is available and get instructions from the provider.*