



Colville Tribal Emergency Operations Center

P: 509-634-7350

Thursday, August 6, 2020

Current cases/in isolation on Colville Reservation 58

Omak	35	Keller	1
Nespelem	14	Inchelium	7

Current quarantine list/awaiting tests 79

Numbers current as of Aug. 5 at 5:30 p.m.

Older adults are at higher risk of severe illness from COVID-19

The CDC reports, "Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die."

According to the CDC, 8 out of 10 COVID-19-related deaths reported in the United States have been among adults aged 65 years and older.

Everyone, especially older adults and others at increased risk of severe illness, should take steps to protect themselves from getting COVID-19:

- Know how it spreads
 - The best way to prevent illness is 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, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Wash your hands often
- Avoid close contact with others
- Cover your mouth and nose with a mask when around others
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily
 - Watch for fever, cough, shortness of breath and other symptoms
 - Take your temperature

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

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| <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 |
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Testing sites off the Colville Reservation

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| <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 |
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***Other private providers and health clinics - call ahead and find out if this is available and get instructions from the provider.*