



# Colville Reservation COVID-19 Response

## Daily Update

**Sunday, March 29**

The Washington Department of Health has reported that Okanogan County currently has three reported cases of COVID-19, and Ferry County has one reported case of COVID-19.

In Okanogan County, there have been 92 negative tests and three positive tests for the county. There are currently 48 tests pending.

In Ferry County, there have been 47 negative tests and one positive test. The number of pending tests is unavailable.

On their website, the Department of Health issues this note on the number of infections across the state: "Public health experts agree that the true number of people who have been infected with COVID-19 in Washington greatly exceeds the number of COVID-19 infections that have been laboratory-confirmed. It is very difficult to know exactly how many people in Washington have been infected to date since most people with COVID-19 experience mild illness and the ability to get tested is still not widely available."

For this reason, it is important that all community members adhere to all recommendations related to social distancing and to stay home, stay healthy.

If you have to go out, follow these recommendations:

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place.

If soap and water are not readily available, use a hand sanitizer. Cover all surfaces of your hands.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are sick.

Put distance between yourself and other people. This is especially important for people who are at higher risk of getting very sick.

*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.