



# Colville Reservation COVID-19 Response

## Daily Update

Monday, April 13, 2020

**Colville Reservation**

Positive 7

Negative/Pending not available

### **Colville Tribal EOC encourages community members to keep a journal**

The Colville Tribal Emergency Operations Center, Lake Roosevelt Community Health Centers and Colville Service Unit encourage community members to keep a simple journal or log during the COVID-19 pandemic.

While we continue to work to provide continued safety for our community members and prevent further spread of COVID-19 on the Colville Reservation, we want to encourage community members to be prepared.

If diagnosed positive with a case of COVID-19 – or if a loved one is diagnosed positive – public health representatives ask patients to try to remember every person the patient has been in contact with and where the patient has been over the previous 14 days. This process, which is called “the investigation process,” allows tribal health officials to contact others who may have been exposed to the virus.

A simple journal could help save lives by preventing further spread of COVID-19. Keep a journal in a notebook, on your wall calendar, on your phone’s calendar or notes application.

Write down where you have been, who you have been in contact with and how much contact you have had.

For example:

March 26 - Went to Nespelem Post Office, 1:30 p.m. Didn’t talk with anyone, Grabbed mail from box

***For emergencies, call 9-1-1.***

***Colville Tribal EOC***

***509-634-7350***

***Washington Department  
of Health Hotline***

***1-800-525-0127***

***Find more information online:***

**[www.colvilletribes.com/novel-coronavirus](http://www.colvilletribes.com/novel-coronavirus)**

***Facebook:***

**[www.facebook.com/ColvilleTribune](https://www.facebook.com/ColvilleTribune)**

**[www.facebook.com/CCTBroadcasts](https://www.facebook.com/CCTBroadcasts)**

### ***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.