



# Colville Reservation COVID-19 Response

## Daily Update

Saturday, April 18, 2020

**Colville Reservation**  
Positive 7  
Negative/Pending not available

### WIC continues to deliver services

The Colville Tribes' WIC Office is open and continues to provide services over the phone. To receive services, call 634-0283 or 634-1832.

Eligibility depends on household size and income; WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under five; Dad, grandparents, and other caregivers of children under the age of five may also sign kids up for WIC.; Foster children under age five and foster teens who are pregnant are eligible for WIC.; If you or your family member are on Medicaid, Temporary Assistance for Needy Families (TANF), or Basic Food you may be eligible for WIC too; Many working families and military families are eligible for WIC.

### 2nd Harvest upcoming

The Colville Tribes' Food Distribution Program has stated the Monthly 2nd Harvest will continue in April.

Upcoming 2nd Harvest Distributions will be at:

The Nespelem Food Bank and Keller Center on Tuesday, April 21 from 1 p.m. to 2:30 p.m.

The Omak Center on April 22 from 10 a.m. to 2 p.m.

The Inchelium Center on April 23 from 10 a.m. to 2 p.m.

**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.