



# Colville Reservation COVID-19 Response

## Daily Update

Sunday, April 19, 2020

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

**Please continue to stay home, stay safe**

The Colville Tribal Emergency Operations Center appreciates everyone's efforts in following calls of social distancing from the Colville Business Council and Gov. Jay Inslee. Your assistances has helped in preventing further spread of COVID-19 on the Colville Indian Reservation.

Please keep it up.

COVID-19 is still circulating and the risk to exposure to it is still very real.

Remember:

Avoid non-essential travel.

When you must leave home wear a mask or face covering and maintain 6 feet between yourself and others.

Wash your hands with soap and water frequently.

These simple steps could help us prevent the spread of COVID-19, protect our elders and vulnerable populations and protect our frontline health care workers.

Thank you again for your efforts.

*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](http://www.facebook.com/ColvilleTribune)

[www.facebook.com/CCTBroadcasts](http://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.