



# Colville Reservation COVID-19 Response

## Daily Update

**Saturday, April 4, 2020**

Nespelem – The Colville Tribal Incident Command Team has confirmed through Okanogan Public Health there is a second positive case of COVID-19 within Colville Indian Reservation boundaries in Okanogan County.

There are two confirmed positive cases of COVID-19 on the Colville Reservation.

The team urges community members to take all recent social distancing orders from the Colville Business Council and State of Washington very seriously.

The team wants to reinforce the importance of taking individual action in preventing further spread of COVID-19 on the Colville Reservation.

Please continue social distancing measures and follow these Red Cross recommended preventative steps:

- Stay home, stay safe.
- Practice social distancing by keeping a distance of about six feet from others if you must go out in public for essential activities.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your face with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick, except to get medical care.
- Cover your nose and mouth with a tissue when coughing.
- Clean and disinfect frequently touched surfaces daily.
- If surfaces are dirty, clean them - use detergent or soap and water prior to disinfection.

If you think you have come in contact with someone who has COVID-19, stay home and self-monitor for at least 72 hours. If your symptoms worsen, contact your health provider.

Please STAY HOME, BE SAFE!

***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.