



Colville Reservation COVID-19 Response

Daily Update

Thursday, April 9, 2020

Colville Reservation
Positive 5
Negative/Pending not available

Tribal EOC, AAoA continue to provide services to elders through crisis

As an effort to continue providing essential services and protect our elders, the Colville Tribal Emergency Operations Center and Area Agency on Aging is looking for elders, age 55 years and older, and disabled community members in need of assistance.

The Colville Tribal EOC and AAoA help by providing:

Meals 7 days of each week

Assistance with outside chores, such as chopping wood

Help getting medicine delivered

Assistance getting to doctors appointments

Assistance with grocery pick up

Access to cleaning supplies

SAFETY: EOC and AAoA staff are actively taking measures to prevent the spread of COVID-19 and other germs. Upon other protocols, staff is disinfecting delivery vehicles upon leaving each residence and wearing personal protective equipment.

If you are an elder, or if you have an elder in your family in need of assistance, please call the Colville Tribal EOC at 509-634-7350.

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

Facebook:

www.facebook.com/ColvilleTribune

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.