



# Colville Tribal Emergency Operations Center

P: 509-634-7350

Thursday, August 13, 2020

## Current cases/in isolation on the Colville Reservation 48

Omak	40	Keller	1
Nespelem	3	Inchelium	4

## Current quarantine list/awaiting tests 3

Numbers current as of August 12 at 5:30 p.m.

## Older adults, take steps to reduce your risk of getting sick

Older adults and people of any age who have serious underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

There are things you can do to reduce your risk of getting sick.

- Keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
- Wash your hands often.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Then wash your hands.
- Take precautions as you go about your daily life and attend events.
- Clean and disinfect surfaces and things you touch often.

## Know the symptoms of COVID-19

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

People may also be asymptomatic, meaning they have COVID-19 but do not show symptoms.

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

**Washington Department of Health Hotline  
1-800-525-0127**

**WA Listens  
1-833-681-0211**

**Find more information online:  
www.colvilletribes.com/novel-coronavirus**

## Testing sites on the Colville Reservation

- **Inchelium**  
Lake Roosevelt Community Health Center - Inchelium Community Health Center  
Phone: (509) 722-7006
- **Keller**  
Lake Roosevelt Community Health Center - San Poil Valley Community Health Center
- **Nespelem**  
Colville Service Unit - Nespelem Clinic  
Phone: (509) 634-2913 or (509) 634-2900
- **Omak**  
Colville Service Unit - Omak Clinic  
Phone: (509) 422-7416

## Testing sites off the Colville Reservation

- **Omak**  
Mid Valley Hospital  
Phone: 509-826-1760
- **Confluence Health - Omak Clinic**  
Phone: (509) 826-1800
- **Family Health Center - Omak**  
Phone: (509) 422-5700
- **Brewster**  
Three Rivers Hospital  
Phone: (509) 689-2517
- **Family Health Center - Brewster**  
Phone: (509) 660-2129
- **Tonasket**  
North Valley Hospital  
Phone: (509) 486-2151
- **Twisp/Winthrop**  
Confluence Health - Methow  
Phone: (509) 996-8180
- **Family Health Center - Twisp**  
Phone: (509) 997-2011
- **Grand Coulee**  
Coulee Medical Center  
Phone: (509) 633-1753
- **Colville**  
Providence Health Service  
Phone: (509) 685-2011
- **Chewelah**  
Providence Health Service  
Phone: (509) 685-2011
- **Republic**  
Ferry County Health  
Phone: 509-422-7416

*\*\*Other private providers and health clinics - call ahead and find out if this is available and get instructions from the provider.*