



Colville Tribal Emergency Operations Center

P: 509-634-7350

Wednesday, August 26, 2020

Health and Human Services Division COVID-19 Update: Good job, but we're not done

We've been asked by a number of people in the community to provide an update on the COVID-19 pandemic and how it affects members and their communities. First, you (the community) are doing a great job following social distancing guidelines and protecting the safety of your community. We know this, because the number of active cases have gone down for the most part for the last several days. What does that mean? It means we are absolutely headed in the right direction. What doesn't that mean? It doesn't mean that we can stop the good work we're doing.

Social distancing, wearing masks, and following the emergency orders are together working to protect the community and help stop the spread of COVID-19, but because this virus is so easily spread through respiratory (breath) droplets, wearing masks to prevent spreading the virus to other people and maintaining social distance is still very important. We scientists and public health folks now know more than we did earlier this year about COVID-19 and how it is spread, and all of that evidence points to how well the simple precautions I've mentioned work. Unfortunately, while literally billions of dollars are being spent and thousands are scientists are working on several good candidate vaccines at this very moment, we don't yet have a vaccine or even a highly effective treatment yet. No one can predict when a vaccine will be available, and that makes what we are doing right now, social distancing, the MOST and BEST we can do to protect our communities.

There are also some great evidenced-based things you CAN do to protect your personal health and help prevent serious disease in the event you do contract COVID-19. Stay your healthiest by eating right (especially deep red/dark fruits and vegetables with lots of what are called antioxidants), by stopping smoking, by carefully monitoring your blood sugar if you're diabetic, and by eating foods rich in Vitamin D and other essential nutrients. Simple as they may be, these steps have been shown to help our bodies fight off disease.

I wish I could tell you when the danger of COVID-19 will end. I can't. I can tell you that as we continue to work together, we can end the danger sooner and protect the community at the same time. The national trends and Washington State trends prove that.

—Dr. Dan Barbara, Director
Colville Tribal Health and Human Services Division

Colville Reservation COVID-19 Quick Facts

Current cases/in isolation on the
Colville Reservation
13

Omak	5
Nespelem	5
Keller	0
Inchelium	3

Current quarantine list
11

Recovered
176

*Numbers current as of August 25
at 3:30 p.m.*

Clinics

Lake Roosevelt Community Health Center
- Inchelium
(509) 722-7006

Lake Roosevelt Community Health Center
- San Poil Valley Community Health
(509) 634-7300

Colville Service Unit - Nespelem Clinic
Phone: (509) 634-2913

Colville Service Unit - Omak Clinic
Phone: (509) 422-7416

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](http://www.colvilletribes.com/novel-coronavirus)**