



# Colville Tribal Emergency Operations Center

**P: 509-634-7350**

**Wednesday, September 2, 2020**

## **FAQs: When should people be tested for COVID-19?**

You should see your healthcare provider if you have symptoms of COVID-19 (usually we say three or more symptoms), and you and your healthcare provider should decide whether or not, based upon your risk factors, you should be tested. For the most part, healthcare providers are being very careful and are referring everyone who has symptoms to testing. If you do have symptoms, you should self-quarantine until your results are in, and you should stay home and stay away from others if you sick, even if your results are negative for COVID-19. If you believe that you were in close contact (usually within 6 feet of someone who has COVID-19 for 15 minutes or longer), then you should also be tested, and this is the advice that our contact tracers will share with close contacts of people who test positive for COVID-19. This especially includes anyone living in a household with a positive patient. Remember that Flu season is right around the corner, and the Flu and COVID-19 have many similar symptoms. The flu is also equally dangerous to many people, so it's even more important to get your flu vaccine this year.

## **What is contact tracing and do we have contact tracing on the Colville Reservation?**

Contact tracing is the process that happens when our office (HHS) or the county health departments are notified that a person is positive for COVID-19. Our contact tracers reach out to the patient to find out who they may have been in contact with and where they traveled in order to pin down where they may have contracted COVID-19 and who may have been exposed by being in contact with them. It is very important that the people we contact help as much as possible during this process in order to prevent the spread of the virus. Some people call this an investigation, but I don't like that word, because it sounds like our contact tracers are trying to find out who did something wrong, when our only job is to work WITH the community to stop the spread by helping people to take the precautions they need to take to protect themselves and their community.

## **Colville Reservation COVID-19 Quick Facts**

**Current cases/in isolation on the Colville Reservation**  
**11**

<b>Omak</b>	<b>5</b>
<b>Nespelem</b>	<b>3</b>
<b>Keller</b>	<b>0</b>
<b>Inchelium</b>	<b>3</b>

**Current quarantine list**  
**10**

*Numbers current as of September 1 at 3:30 p.m.*

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### **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

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***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)**