



UPDATE – Coronavirus (COVID-19)

March 4, 2020

The Yakama Nation Tribal Council, Tribal Administration, Yakama Tribal Police Department, YN Emergency Services, Indian Health Services and Homeland Security and other tribal programs have been working together to coordinate plans for our community regarding the Coronavirus (COVID-19). Our staff and IHS have been in close communication with the Yakima County Health District, which receives direct information from the Washington State Department of Health and the Centers for Disease Control. We are working together to provide information to each of you so that you can make informed decisions about your health and that of your families and to prevent the spread of this virus in the community.

The immediate health risk for Yakima County is considered low at this time. It is currently flu and respiratory disease season and if you are experiencing symptoms, there is a very low likelihood that the symptoms are caused by COVID-19. Symptoms of the Coronavirus and other flu and flu-like viruses include:

- Fever
- Cough
- Shortness of breath

Only patients that meet specific requirements will be tested for the disease. Those include:

- Being in close contact with someone who has tested positive for the virus.
- Having traveled to China, South Korea, Iran, Italy or Japan, and are exhibiting flu-like symptoms (fever, cough or shortness of breath requiring hospitalization)
- Hospitalization for respiratory illness with no known causes.

The Center for Disease Control (CDC) does NOT currently recommend the use of facemasks or other respiratory protection for the general public. However, everyday preventative actions to help prevent the spread of viruses are advised that include:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol based hand sanitizer with at least 60% alcohol.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Stay home when sick and avoid close contact with people who are sick.
- Cover cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Get the flu vaccine, if you have not already received it this season.
- If you are experiencing symptoms such as a cough, fever or shortness of breath, follow up with your healthcare provider and be sure to mention any recent travel.

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Additional information is available by calling:

- Yakima Indian Health Service: (509) 865-2102
- Yakama Nation Coronavirus Info Line: (509) 865-7272
- White Swan Health Clinic/Ambulance: (509) 874-2979
- Yakima County Health District: (509) 575-4040 and their website: www.yakimacounty.us
- Washington State Dept. of Health: 1-800-525-0127; and their website: doh.wa.gov

We realize and understand that this time is scary for everyone. We want to ensure each of you that we are closely following the information being provided and will take all necessary measures that are required for the safety of our community. Updates will be provided on our Yakama Info e-mail system and on our official Yakama Nation Facebook page. Thank you and please take care.

Delano Saluskin 3-4-20
Delano Saluskin, Chairman Date
Yakama Tribal Council

Virgil Lewis Sr 3/4/2020
Virgil Lewis, Sr., Vice-Chairman Date

Athena Sanchey 3/4/2020
Athena Sanchey-Yallup, Exec. Secretary Date
Yakama Tribal Council

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.



For more information: www.cdc.gov/COVID19

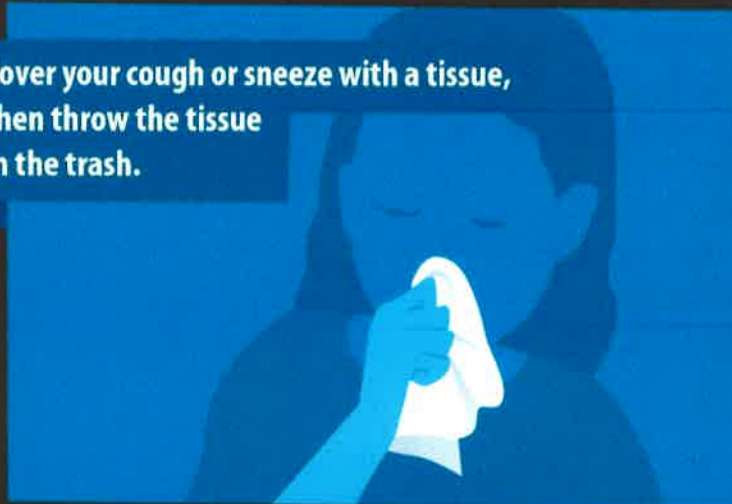
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



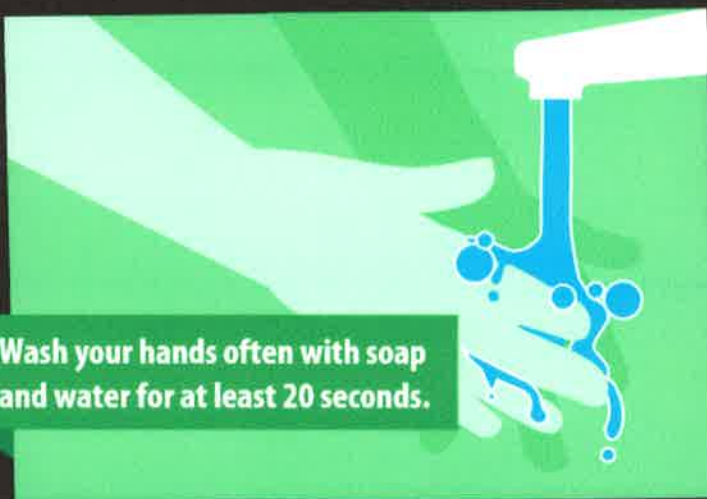
Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



Corona Virus risks are currently low in the US

Even so it is a good reminder to proactively practice good hygiene and sanitation practices to minimize the spread of germs

We care about our communities and our YN Employees so here is what we are doing.

- Frequent stock checks of restroom soap dispensers and towels.
- Frequent use of anti-bacterial wipes and sprays for high contact surfaces.
- Boost inventory of antibacterial and sanitation cleaners.
- Enforce good hand washing and germ transfer prevention practices.
- Ask all employees to stay home and self-isolate if they have any symptoms involving fever, sore throat, coughing, or nausea.

What you can do to help -

The single best thing WE ALL CAN do is practice good hand washing -

- WET
- LATHER
- SCRUB FOR 20 SECONDS
- RINSE
- DRY WITH CLEAN TOWEL

Other things we all can do

- Avoid touching your face and eyes with unwashed hands
- Avoid close contact with people who are sick
- Cover your cough with a tissue and throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces

Prevent The Spread



The single best thing WE ALL CAN do is practice good hand washing

1

Remove any rings or other jewelry

2

Wet and lather your hands and wrists with soap



3

Scrub for 20 seconds: Palm to palm, between and around fingers, back of each hand, fingertips and under nails.



Palm to Palm



fingertips and under nails



inbetween fingers



around each finger



Back of the hand

4

Rinse thoroughly under running water.



5

Dry hands with a single use towel or air dryer.



6

Protect your hands from touching dirty surfaces while in the restroom, and as you leave



Working together we can keep our reservation healthy!