

In-Home Sheltering

It is recommended at this time to stay at home to lessen your chances of coming into contact with COVID19. Have food supplies and prescription medications for at least two weeks. Be prepared, and continue to practice good hygiene, washing hands, cleaning surfaces often, and staying healthy and social distancing.

What are essential activities that are still allowed to occur?

- To do things essential to health and safety of the household, including pets, like getting medical supplies, visiting a clinic or hospital, or obtaining supplies to work from home.
- To obtain needed services or supplies, like buying groceries.
- To engage in outdoor activities like walking, hiking or running, while keeping 6 feet away from others.
- To go to work if you are still able. If you are going to work – practice social distancing and personal hygiene, washing hands, not touching face, and take measures to limit your exposure when you are at work. This is to protect the community as you come back home on the reservation.
- To care for a family member or pet in another household.

If you go out, what are you supposed to do?

1. Stay 6 feet away from other people – the distance at which virus-infected saliva can travel in someone's cough or sneeze; wash hands with soap and water for at least 20 seconds often or use hand sanitizer; cover coughs and sneezes; stop shaking hands;
2. Other than healthcare workers and other essential workers, if you have a medical condition that puts you at risk for serious complications for the coronavirus, stay at home.

QUARANTINE GUIDELINES

Tribal Council have approved a Quarantine if you are any visitor coming onto the reservation, and/or you came from an area with confirmed cases of COVID19. This is to protect the community. Please adhere to the 14 day quarantine, to stay in your home. Others may have to drop food or other needs outside your home to limit contact. Contact CHR at 643-8331 for immediate needs if you are in quarantine.

OMC 00/21/23

In case of an outbreak in your community, protect yourself and others:

Stay home and speak to your healthcare provider if you develop fever, cough, or shortness of breath

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Keep away from others who are sick

Limit close contact with others as much as possible (about 6 feet)

Continue to practice everyday preventive actions

If someone in the household is sick, separate them into the prepared room

If caring for a household member, follow recommended precautions and monitor your own health

Keep surfaces disinfected

Avoid sharing personal items

If you become sick, stay in contact with others by phone or email

Stay informed about the local outbreak situation

Take care of the emotional health of your household members, including yourself

Take additional precautions for those at highest risk, particularly older adults and those who have severe underlying health conditions.

When you go out in public, keep away from others who are sick and limit close contact with others