

The Government offices continue to operate with skeleton crews. Staff are working as best they can, some with longer hours, and many are teleworking. I'm asking for your patience and understanding during the pandemic. Please give us a bit of time to get a better sense of how our Tribal government operates in this environment, as we take every preventative measure possible to keep our Citizens and staff healthy and safe during this time.

Our Health department remains functional with some restrictions when visiting, please call the health. The Clinic will continue to see urgent care patients. They also are calling clients with scheduled appointments to determine if the appointment is necessary. We will continue to provide limited health services as long as it is safe. As this situation evolves, so will our protocols. Please follow along on our Facebook page and our website: [www.ltbbodawa-nsn.gov](http://www.ltbbodawa-nsn.gov). We are also working on a mass notification system as we realize many Citizens do not have access to the internet.

The Elders program has continued to provide the “to-go” lunches for our Elders, and our staff has really stepped up to help get food out to Elders. If you are receiving care packages or food deliveries, please place a stool or box outside your front door to receive these packages in order to avoid direct physical contact.

Let's all listen to the CDC for best practices to prevent the spread of COVID-19. Take a look at the CDC 'If You Think You Are Sick with COVID-19' Fact Sheet. Wash your hands a lot! Please avoid close contact with others. Social distancing is essential, so please call to check on your neighbors and loved ones, isolation can be hard for many. Monitor yourself closely for symptoms (fever, dry cough, muscle aches) and drink plenty of fluids. If you are experiencing symptoms, do not go to the ER. Call the COVID-19 Hotline @ 888-555-6136 or your Doctor's office.

Some challenges are tougher than others, and I have to say again that I am so grateful for this community. They say to look for the helpers, and I have seen so many staff and community members stepping up to help. It warms my heart. This is a very difficult, frustrating, and even frightening time. We need each other for support and guidance. We see plastered all over the news infighting, selfishness, and hoarding – things that make it even harder to work through this. Please remain positive, compassionate, and vigilant in your actions. You have all been supportive of leadership and understanding of the fact things are unusual right now. Our Administration and Emergency Management team are taking the steps we need to keep our community safe.

Miigwetch for your support. –  
Regina Gasco- Bentley

# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



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For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)