Swinomish Indian Tribal Community

A Federally Recognized Indian Tribe Organized Pursuant to 25 U.S.C. § 476
* 11404 Moorage Way * La Conner, Washington 98257 *

COVID-19 PUBLIC HEALTH NOTICE

September 3, 2020 – Swinomish Public Health has confirmed **zero (0)** new cases of COVID-19 in the community in the last 24 hours.

If I take a trip what should I do when I return to keep others safe?
You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including <u>children</u>) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting sick after you return:

- When around others, <u>stay at least six feet</u> (about two arms' length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a <u>mask</u> to keep your nose and mouth covered when you are outside of your home.
- <u>Wash your hands</u> often or use hand sanitizer (with at least 60% alcohol).
- Watch your health and look for <u>symptoms of COVID-19</u>.
- Get tested for COVID-19. It is best to wait five days after your return home before testing, and retest after 14 days.

Daily Data Dashboard

	Positive	Hospitalizations	Deaths
Swinomish	16	5	2
Skagit	1,026	93	22
Whatcom	1,114	84	39
Snohomish	6,248	767	207

*Swinomish's total positive cases includes two (2) members who were in off-reservation nursing care and have previously been reported

Take care, stay safe,
Swinomish Public Health Team