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Swinomish Indian Tribal Community

A Federally Recognized Indian Tribe Organized Pursuant to 25 U.S.C. § 476
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COVID-19 PUBLIC HEALTH UPDATE

August 7, 2023 – I hope everyone had a fantastic time on canoe journey!

Unfortunately, COVID-19 is making a comeback and we now have community members with infections. So far, their symptoms are mild but it is still important to **isolate for at least five days**. COVID-19 can be a very serious infection for a lot of people, including our elders.

People with COVID-19 can have a wide range of symptoms including runny nose, sore throat, cough, fatigue, body aches, headache, fever or chills, diarrhea, nausea or vomiting. If you are having any symptoms, even mild, or know that you have been exposed to COVID-19, please test. We have a lot of home tests and masks to give out at the medical clinic.

If you test positive, please isolate yourself and call the COVID-19 helpline: (360) 588-2771. Anti-viral medication is available, well tolerated, and will decrease the severity and length of your infection.

Thank you for protecting yourself and our community,
Swinomish Public Health Team