



Main Office: 360.466.3163  
Facsimile: 360.466.5309

# 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 UPDATE

**November 13, 2023** – Swinomish employees and community members,

Please take a minute to read the attached PDF. Print and post it in your office, or take it home for reference.

Unfortunately, we are now contending with flu, COVID-19 and RSV all circulating in the community. Wash your hands frequently, do not touch your face, and get vaccinated! Time to pull out those masks again.

If you are sick, STAY HOME please.

If your symptoms are mild, take a COVID test. If negative with no fever or cough, return to work with a mask. Keep testing daily until your symptoms resolve, or you have another explanation for your symptoms.

Yes, COVID is still a very big problem. Heart disease, cancer and COVID-19 are the top three causes of death in the USA for 2023. COVID and RSV deaths are largely preventable by vaccine!

Government employees with COVID need to stay home for at least 5 days. After 5 days, if symptoms are improved AND your antigen home test is negative, you can return to work with a well-fitting mask.

Get your updated COVID-19 vaccine at the Swinomish Medical Clinic if eligible, or find a location near you: [vaccinelocator.doh.wa.gov/](https://vaccinelocator.doh.wa.gov/). The RSV vaccine is recommended for those aged 60+, and in pregnancy at 32-36 weeks.

Order free tests online, [covid.gov/tests](https://covid.gov/tests) or pick some up from the Medical Clinic!

If you need advice or have questions email me, call the Medical Clinic at (360) 466-3167, or call the helpline at (360) 588-2771 after hours.

Take care and stay safe,  
Sarah Wilborn PA-C  
Swinomish Public Health Officer