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# Swinomish Indian Tribal Community

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

## PUBLIC HEALTH NOTICE

**January 10, 2024** – Happy New Year, SITC!

Unfortunately, a large number of people have been or are currently sick with various respiratory illnesses this season. Additionally, COVID-19 infections are on the rise both nationally and in Skagit County, so unless you have had it in the last 90 days, you are now at high risk.

If you haven't had COVID or a COVID shot since **September 1, 2023**, you need one! The vaccine has safely been given to billions of people worldwide, and is well proven to prevent severe infection and long COVID. COVID-19 is also still a leading cause of death in the USA, and most of them are now **vaccine preventable deaths!**

Please call the Swinomish Medical Clinic and come in this week for your vaccine. If you aren't sure if you are up to date, give us a call and we will check for you. Yes, young healthy adults are not likely to die from COVID, but young people are getting long COVID in high numbers. The vaccine may also decrease the possibility of infecting those around you who may not be young or healthy.

Be sure to have plenty of tests at home. Many people do not test positive until they have had four days of symptoms. If you are sick, please stay home. COVID-19 home tests are available at the Medical Clinic front desk or by the back door. The tests outside of the back door will not be available while the weather is below freezing, so come get some today!

If you have any questions or want studies to read, please email me. Otherwise, see you in the clinic!

Thank you for reading,  
Sarah Wilborn

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