



Confederated Tribes of Warm Springs, Oregon
PO Box C
Warm Springs, OR 97761
Phone: 541-553-1161
Fax: 541-553-1924

COVID-19 Community Update

April 16, 2020 – As of 4:30 p.m.

STAY HOME – SAVE LIVES!!!!

Currently there are zero cases of Corona Virus in Warm Springs. We have tested **25** individuals in Warm Springs with **22** of those tests returning as negative and **3** tests pending results.

What should I do if someone in my household is tested for COVID-19?

Follow these instructions until the test comes back:

- Monitor yourself closely for fever, cough, or shortness of breath. Monitor your temperature twice a day.
- Stay home as much as possible. If you must go out of the house, wear a facemask and try to stay at least 6 feet away from other people.
- If you are still working, call your supervisor and discuss your situation. They may want you to stay home until the test comes back negative. CTWS employees need to stay home!
- Do not go out at all if you develop any symptoms. Stay home until 3 days after both fever and cough go away.
- If the test of the person in your household comes back negative, you should continue to monitor yourself for symptoms and wear a facemask when leaving the house.
- If the test of the person comes back positive, monitor yourself for symptoms, stay home until 14 days after the last time you were around the positive person or, if you become sick, until 3 days after both your fever and cough go away.
- Call the Community Health Nurses for any questions at 541-553-2460.

WAYS TO COPE WITH STRESS ABOUT COVID-19:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy. Exercise regularly and get plenty of sleep. Avoid alcohol and drugs.
- Take time to unwind. Try to do other activities you enjoy.
- Connect with others via telephone or social media or other non-contact methods. Talk with people you trust about your concerns and how you are feeling.

Social Distancing is staying at least 6 feet away from each other, not gathering in groups, staying out of crowded places and mass gatherings. Keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing the spread. So far, we are fortunate not to have any cases here. Let's all be diligent in Social Distancing to ensure that we do our best to keep this virus out of our community! By staying home today, we will have each other longer to share good times and gatherings in the future.



Everyone should limit close contact with individuals outside your household in indoor and outdoor spaces. This includes visiting each other's homes, skate parks, parks and playgrounds. Limit taking the entire family to do the necessary shopping. Since people can spread the virus before they even know that they are infected, it is important to stay away from others when possible, even if you don't have any symptoms. Social distancing is especially important for people who are at a higher risk of getting sick.

Here is the statistics for our surrounding Counties: The Jefferson County case is the out of state case.

Jefferson (Madras, Crooked River Ranch, WS)	1 Positive	116 Negative
Deschutes (Bend, Redmond, Sisters, Terrebonne)	59 Positive	1,185 Negative
Crook (Prineville)	1 Positive	122 Negative
Wasco (The Dalles, Celilo, Tygh Valley, Maupin)	10 Positive	359 Negative

Statewide: 1,736 Positive, 33,202 Negative, 64 Deaths

Age Demographic of Positive Cases Statewide:

0-19	40
20-29	192
30-39	267
40-49	322
50-59	310
60-69	305
70-79	186
80 +	114
Unknown	0

Again, stay home! Only go out for life necessities (groceries, medical needs). Wash your hands and Social Distancing of a minimum of 6 feet apart. Wear face masks for added safety.

The Clinic's after hours nurse triage hotline is (541)553-5512. Regular hours is (541)553-1196. Facemasks should be cleaned daily or when dirty. Wash using soap and warm water. Using a washing machine, hand wash or a dishwasher are all equally good options. Use a dryer or air-dry until completely dry.

