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COVID-19 Community Update

April 17, 2020 – As of 5:30 p.m.

STAY HOME – SAVE LIVES!!!!

Currently there are zero cases of Corona Virus in Warm Springs. We have tested **27** individuals in Warm Springs with **26** of those tests returning as negative and **1** tests pending results.

For parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Watch for behavior changes in your child

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

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	120 Negative
Deschutes (Bend, Redmond, Sisters, Terrebonne)	61 Positive	1,243 Negative
Crook (Prineville)	1 Positive	127 Negative
Wasco (The Dalles, Celilo, Tygh Valley, Maupin)	10 Positive	380 Negative

Statewide: 1,785 Positive, 34,536 Negative, 70 Deaths

Age Demographic of Positive Cases Statewide:

0-19	42
20-29	195
30-39	276
40-49	329
50-59	318
60-69	315
70-79	191
80 +	119
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.

