



Confederated Tribes of Warm Springs, Oregon
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COVID-19 Community Update

April 20, 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 **29** individuals in Warm Springs with **29** of those tests returning as negative and **0** tests pending results.

For people coming out of quarantine

It can be stressful to be separated from others if a healthcare provider thinks you may have been exposed to COVID-19, even if you do not get sick. Everyone feels differently after coming out of quarantine.

Emotional reactions to coming out of quarantine may include

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine.

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

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	131 Negative
Deschutes (Bend, Redmond, Sisters, Terrebonne)	64 Positive	1,394 Negative
Crook (Prineville)	1 Positive	143 Negative
Wasco (The Dalles, Celilo, Tygh Valley, Maupin)	10 Positive	42 Negative

Statewide: 1,956 Positive, 38,089 Negative, 75 Deaths

Age Demographic of Positive Cases Statewide:

0-19	48
20-29	223
30-39	300
40-49	361
50-59	349
60-69	342
70-79	202
80 +	131
Unknown	1

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.

