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# Swinomish Indian Tribal Community

A Federally Recognized Indian Tribe Organized Pursuant to 25 U.S.C. § 476  
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## COVID-19 PUBLIC HEALTH NOTICE

**May 9, 2022** – Swinomish Public Health has confirmed **11 new cases** of COVID-19 in the community since the last update Monday, May 2. **Total Cases: 910**

**Case numbers are once again rising in Skagit County and surrounding areas.**

For some, an infection feels much like a cold. For others, it is much worse and treatment or hospitalization is required.

Thirty percent of people who experience significant symptoms during a COVID-19 infection develop long COVID or “long haulers”, which is a wide range of new, returning, or ongoing health problems that occur or continue long after a person is first infected. Eighteen percent of people with mild symptoms develop long COVID.

The best way to avoid severe infection is to get vaccinated and boosted. If you do test positive, you may be eligible for an anti-viral treatment that can prevent severe infection. Treatment must be started within the first few days of your symptom start date to be effective, so contact a healthcare provider immediately following a positive test result.

- **Test positive or have questions? Call the COVID-19 Helpline: (360) 588-2771**
- **Time for a vaccine or booster? Call the Medical Clinic: (360) 466-3167**
- **Need home tests and masks? They are available for pick up Monday-Friday at the clinic’s backdoor**

Take care, stay safe,  
Swinomish Public Health Team