



Main Office: 360.466.3163  
Facsimile: 360.466.5309

# Swinomish Indian Tribal Community

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

## COVID-19 PUBLIC HEALTH NOTICE

**July 26, 2022** – Swinomish Public Health has confirmed **29 new cases** of COVID-19 in the community since the last update Tuesday, July 19. **Total cases: 1,161**

Transmission level is still **HIGH** in Skagit County and here at Swinomish!

This \*hot weather is bringing us indoors just like the cold weather does. As a COVID precaution, make sure you have your doors and windows open and fans blowing. Or, if you have AC, be sure there is airflow throughout your home and continue to keep your distance from others. Meet with people from outside your household **outdoors and in the shade**, preferably early in the morning or late evening as these extreme temperatures can be a source for heat-related illnesses.

If you do get COVID, call your healthcare provider or the Swinomish COVID-19 Helpline to see if you can take anti-viral medication, which will decrease the severity of your illness.

**COVID-19 Helpline: (360) 588-2771**

**Medical Clinic: (360) 466-3167**

**\*The hospitality suite at the Swinomish Lodge is open for people needing a safe place to escape the heat!**

Take care, stay safe,  
Swinomish Public Health Team