



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 UPDATE

November 9, 2022 – Swinomish Public Health will no longer be reporting case numbers. Recent studies reveal the reported number of cases could be as little as 5% of the true number of COVID-19 cases, largely due to unreported home test results. This underreporting renders case reporting ineffective for accurately gauging community spread.

The CDC has issued an official HEALTH ADVISORY due to increased respiratory virus activity, especially among children. Respiratory illnesses with similar symptoms are circulating across the country and here at Swinomish, in more significant numbers than normal and with greater severity.

While COVID-19 has dominated the last two falls and winters, we are now seeing a surge and co-circulation of COVID-19, influenza, RSV (Respiratory Syncytial Virus), and other cold viruses. This is putting a strain on healthcare systems, schools, childcare centers, families, and the community.

What can you do to prevent this strain from increasing here at Swinomish?

1. **VACCINATE!** Keep your family up to date on vaccinations. **EVERYONE** aged five years+ needs a COVID-19 Omicron booster, and ages six months+ need a flu vaccine.
2. **SICK? STAY HOME** – Stay home and test for COVID-19. Test kits are available at the Medical Clinic front door during business hours.
3. **VENTILATE** – Open doors and windows when possible and ensure your ventilation systems are up to date.
4. **HAND + RESPIRATORY ETIQUETTE** – Wash your hands throughout the day and cover your mouth and nose with a tissue when you cough or sneeze. No tissue? Cough or sneeze into your elbow, not your hands.
5. **KEEP IT CLEAN** – Clean household and office surfaces at least once daily and more frequently in high-touch areas.

There are treatments available for influenza and COVID-19. Call your provider or the COVID-19 Helpline to get medication if you think you have either one.

COVID-19 Helpline: (360) 588-2771
Swinomish Medical Clinic: (360) 466-3167

Take care, stay safe,
Swinomish Public Health Team