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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 UPDATE

**January 19, 2023** – We saw an increase in COVID-19 cases right after the holidays, which is a reminder that the virus, in addition to flu, RSV, and other respiratory illnesses, is still circulating. Although the most recent variant is incredibly contagious, it does not appear to cause more severe infection.

The majority of people in the U.S. experiencing complications, hospitalization, or death due to COVID-19 are age 65 or older – particularly those who are not fully vaccinated. You must have received your booster after September 1, 2022 in order to be considered fully vaccinated. You can help mitigate spread to those at risk for complications by wearing a mask indoors.

You may have read that one of the national safety monitoring systems is investigating a possible relationship between the Pfizer bivalent booster and an increase in ischemic strokes in people over age 65. While this claim is still being studied, there has been no correlation found, nor has an increased risk been discovered by any other safety monitoring system or nation.

What we do know is having COVID-19 causes an increased risk of cardiovascular problems. This and other health risks from infection far outweigh the risks of vaccination.

If you get COVID-19, please call the Medical Clinic for treatment. Anti-viral medication is available, well tolerated, and will decrease the severity and length of your infection.

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

Take care, stay safe,  
Swinomish Public Health Team