

WHAT IS RECOMMENDED...



COVID-19

Travel

Read carefully for Out of State & International Travel protocols

Out of State Travel within the US: restrictions for Unvaccinated remain at Nisqually. There are also restrictions for international travel. If you have any questions, contact the Public Health Officer (PHO) Mary Szafranski.

Within the US

Unvaccinated individuals: please stay home for 10 days after travel per Tribal directive.

International Travel

Unvaccinated individuals must stay home for 10 days. Vaccinated individuals must stay home and get tested 5 days after travel in order to return to work.



If you are symptomatic, please see the If you are feeling sick protocol & seek testing

(-) Test: Once you complete your 10 day quarantine, you may return to work.

(+) Test: Return to work once 48 hours have gone by without symptoms and released from nurse monitoring program.

If you have been in close contact with a confirmed case of COVID-19

Vaccinated individuals do not need to quarantine unless symptomatic

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms) OR cough, sore throat, runny nose, shortness of breath, unexplained loss of smell, or altered sense of taste OR have you been instructed by a healthcare professional to get tested for COVID-19?

No

Unless you are vaccinated, notify your Supervisor. Stay home for 10 days under quarantine.

Yes. Seek testing

Notify your Supervisor, who will notify the Public Health Officer. Follow instructions for safe testing. STAY HOME until you have the results.



Nisqually Nurse Monitoring Program will monitor your symptoms

(-) Test: Once you complete your 10 day quarantine, you may return to work.

(+) Test: You may return to work only once 48 hours have gone by without symptom and released from nurse monitoring

If you are feeling sick

Do you have fever or chills (in the absence of an alternative illness that explains these symptoms) OR cough, sore throat, runny nose, shortness of breath, unexplained loss of smell, or altered sense of taste?

STAY HOME and seek testing

Notify your Supervisor, who will notify the Public Health Officer. Follow instructions for safe testing. STAY HOME until you have the results.



Nisqually Nurse Monitoring Program will monitor your symptoms

Avoid contact with others while you wait for your result

Negative result: Avoid contact with others until 48hrs without symptom

Positive result: Stay in self-isolation and follow medical advice

Gatherings & MORE

The Tribe is currently in PHASE III. All Tribal events require PHO-approved Covid Safety Plans.

Vaccinated individuals are *not* required to mask outdoors or indoors, except in the clinic & schools

If unvaccinated, mask and social distance. For large gatherings, all are encouraged to mask.

Call the Nisqually Clinic for any questions or concerns at 360-459-5312

Vaccinations are available for ages 12+ nationwide. Call 360-413-2733 to sched at Nisqually Clinic.

In a medical emergency, call 911 immediately.

Updated 5/24/2021. Testing at Nisqually: We encourage you to seek testing if you travel, have any exposures, symptoms, or concerns. You will receive a booklet where you can record your symptoms and document any contacts you've had. You will be instructed to isolate yourself at home until you get your test results back. Covid-19 vaccination is highly encouraged and available to all Nisqually Tribal Members, staff, and community. Call 360-413-2733 to schedule an appointment.