

Message from Mary Szafranski, Public Health Officer:

The number of COVID cases over the last few weeks is steadily increasing. The numbers are rising among the Tribal population and the employees.

In order to protect ourselves and those around us:



- Stay home if you are sick.
- Start wearing a mask again when you are indoors.
- It might not be "allergies". Please take a test.
- Remember the Swiss cheese, layered approach. Get back to the
- basics, wash your hands, mask, socially distance, and disinfect
- frequently touched surfaces.
- People test negative in the morning and just a few hours later

can retest positive. If you start to feel ill, test again and please go home.

- Protect our Elders, little ones, and those who are immunocompromised.

I know we are all tired of wearing masks, but it is time to put them

back on to help protect ourselves and those around us.

WE DO NOT HAVE ANY HOME TEST KITS. We ordered more last week, but they have not arrived yet.

**Call 360-459-5312 option #1
to schedule a drive-through test at the clinic.**