

# LUMMI NURSE NEWS

Health News from Lummi Nation School!

## In this issue:

- Coronavirus
- Staying Healthy
- How to stay up to date
- Lummi Clinic Contact Information
- Staying Home

## On Everyone's Mind...

### **CORONAVIRUS IN WHATCOM COUNTY:**

Along with everyone else we are monitoring the situation. We officially have 1 confirmed case of Coronavirus in Whatcom County as of 3/10/20. This was a 60 year old female that is now recovering at home after being treated at St. Joseph Hospital.

**CORONAVIRUS IN LUMMI:** At this time there are NO reported cases associated with the Lummi Reservation. Several people are under self-quarantine with pending test results.

## Staying Healthy & Safe!

**Practice Social Distancing:** Stay 6 feet away from other, avoid common areas and gatherings.

**WASH HANDS:** At least 20 seconds of scrubbing with soap.

**AVOID** traveling to any area with known cases of Coronavirus.

**Do not visit elders or people with who are immune compromised.**

## When to Send Kids to the nurse:

-Sore Throat

-Cough

-Fever

-Vomiting/Diarrhea

*\*\*\*Nursing will make recommendations when families will need to contact the Lummi Clinic.*

## Keeping Up-to-Date with Information:

-Lummi Communications on FaceBook—current info from Lummi.

-Washington State Department of Health

-Whatcom County Health Department

-CDC

## Lummi Tribal Health Clinic

*Tribal members and Non-Tribal Staff alike should be reporting symptoms to Lummi Tribal Health Clinic. When to report:: Fever, Cough coupled with Known Contact with anyone diagnosed with COVID-19, Travel to areas with known cases. Call: 360-384-0464*

**NOTE TO STAFF:** Stay home if you are NOT feeling well. Please follow the same guidelines as our students.