



# Makah COVID-19 Public Health Protocols

<p><b>During All Phases</b></p> <ol style="list-style-type: none"> <li>1. It is safest to stay home, especially for Priority Individuals who are at the highest risk of serious illness.</li> <li>2. Wear a mask or face-covering when around others outside of your Household Group.</li> <li>3. Stay 6 feet away from those outside of your Household Group.</li> <li>4. Wash your hands regularly, using soap and water or hand sanitizer with 60% alcohol.</li> <li>5. Stay home and away from others if you are feeling sick.</li> <li>6. Maintain preparedness for Shelter In Place</li> <li>7. Businesses must follow all industry-standard, OSHA, WA State DOH and CDC guidelines</li> </ol>	<p><b>Protocols for Specific Phases</b></p>
	<p><b>Shelter In Place</b></p> <ul style="list-style-type: none"> <li>• All individuals must stay home except to access emergency medical care, access food and/or go to work in an Essential Business or Service.</li> <li>• Individuals must wear the appropriate personal protective equipment when leaving their home.</li> </ul>
	<p><b>Phase 1</b></p> <ul style="list-style-type: none"> <li>• All individuals must stay home except for Essential and Safe Activities.</li> <li>• All public and private gatherings are prohibited.</li> <li>• Non-Essential Businesses may open with an Approved Workplace Safety Plan and Employees of these Non-Essential Businesses are allowed to leave home for work-related activities.</li> </ul>
	<p><b>Phase 2</b></p> <ul style="list-style-type: none"> <li>• Small gatherings of 10 or less are allowed outdoors while avoiding Close Contact outside of the Household Group.</li> <li>• All indoor gatherings are prohibited.</li> </ul>
	<p><b>Phase 3</b></p> <ul style="list-style-type: none"> <li>• Outdoor gatherings of any size and small indoor gatherings of 10 or less are allowed while avoiding Close Contact outside of the Household Group.</li> </ul>
	<p><b>Phase 4</b></p> <ul style="list-style-type: none"> <li>• All gatherings and socializing allowed. Individuals are responsible for taking precautions.</li> </ul>

# Traveling Protocols

(for All Neah Bay Residents during All Phases)

1. Neah Bay Residents who follow precautions and avoid Close Contact with anyone outside of their Household Group while traveling will not need to quarantine unless contacted by a Health Official.
2. Neah Bay Residents who travel and do not follow precautions and have Close Contact with anyone outside of their Household Group, which means being within 6 feet for 15 minutes total without a barrier such as plexiglass or face coverings, must go into Preventive Quarantine upon returning to the Makah Indian Reservation for 14 days following the day that they had Close Contact.
3. A High Risk Area is an area where the percentage of individuals testing positive for COVID-19 is 2% or greater based on the data from WA State Dept of Health (<https://coronavirus.wa.gov/what-you-need-know/covid-19-risk-assessment-dashboard>). For Washington Counties that are considered High Risk Areas, visit <https://www.stihc.org/traveling-safely.html>.

# Visiting Protocols

(Active for All Phases)

**All Visitors must check the current Health Order for possible COVID Testing Requirements.**

## Personal Visitors

1. All Non-Makah Personal Visitors (except spouses and dependents of Makahs and residents of Neah Bay) must have approval from the Makah Tribal Council to access the Makah Indian Reservation. **Makah Tribal Members and their spouses/dependents traveling with them do not need Makah Tribal Council approval to access the Reservation.**
2. **Visitors Coming from a High Risk Area**  
If any visitor (Makah or non-Makah) is coming from a High Risk Area they must follow instructions for Preventive Quarantine, which means following Phase 1 of these Protocols regardless of the phase that the Makah Tribe is currently in.
3. **Visitors from an area that is not High Risk** Approved visitors who are coming from an area that is not High Risk do not need to quarantine but must comply with all enacted Health Orders and Public Health Protocols.
4. **Hosting visitors**  
If an approved visitor is coming from a High Risk Area and staying in a Neah Bay Resident's house, all household members must go into a Preventive Quarantine for 14 days from the date of that visitor's arrival.

## Non-Resident Workers on the Reservation

1. The employer/supervisor/business-owner of the Non-Resident Worker must complete a Makah Reservation Visitor Application in advance to ensure access to the Reservation. *This does not apply to permanent employees of the tribe.*
2. Non-Resident Workers must avoid Close Contact with all individuals while on the Reservation other than what is required for their work (e.g. healthcare)
3. Non-Resident Workers are required to wear a face covering while on the job, in shared spaces and in Close Contact with others.
4. Non-Resident Workers are not allowed to visit any public spaces or recreational sites not related to their job.
5. Overnight & Extended Stay Non-Resident Workers (e.g. locums healthcare workers) must do a Preventive Quarantine for 14 days and must comply with all enacted Health Orders and Public Health Protocols. After 14 days of Preventive Quarantine they must then follow all the protocols for Neah Bay Residents. Spouses and dependents will be considered on a case-by-case basis.

# DEFINITIONS

## **Essential and Safe Activities** (Applies to Phase I and Preventive Quarantine)

- Cultural or spiritual guidance or counseling (includes any religious or spiritual practice).
- Activities or tasks essential to a person's healthcare (including mental healthcare), or to the healthcare (including mental healthcare) of their household members (including pets), or other persons or pets dependent on them in other households, such as obtaining medical supplies and/or medication, visiting a healthcare professional (including mental health and dental health professionals), or obtaining supplies they need to work from home.
- Obtaining food or other necessary services or supplies for themselves and their family or household members, or to deliver those services or supplies to other households, such as groceries, firewood, or household cleaning products and other products necessary to maintain the safety, sanitation, and essential operation of residences; this includes food gathering and cultivation, including fishing, hunting, gathering and cultivating gardens and forest areas.
- Working for, providing or obtaining services or goods at any Essential Business or Service.
- Engaging, as an individual, or with other members of the same Household Group, in outdoor activity on the Makah Indian Reservation, such as camping, walking, hiking, biking, running, chopping/gathering wood, gathering traditional medicinal plants or raw materials for cultural activities, or going for a drive.
- Checking mail.
- Checking and maintaining a boat while avoiding Close Contacts outside of the Household Group.

## **Essential Businesses and Services**

- Neah Bay Public Safety
- Sophie Trettevick Indian Health Center.(including the Makah Wellness Center)
- Essential Infrastructure – which includes, but is not limited to, household and lawn maintenance, babysitting/childcare, public works construction, construction of housing, water, sewer, gas, electrical, roads and highways, public and private transportation (including vehicle maintenance), solid waste collection and removal, internet, and telecommunications systems (including the provision of essential global, national, and local infrastructure for computing services, business infrastructure, communications, and web-based services)
- Essential Government Functions - all services needed to ensure the continuing operation of the government agencies and provide for the health, safety and welfare of the public. All Essential Businesses are strongly encouraged to remain open and to provide special hours for vulnerable groups to access services without the presence of lower-risk individuals
- Makah MiniMart, Washburn's General Store, farmers' markets, farm and produce stands, food banks, convenience stores, and other establishments engaged in the retail sale of canned food, dry goods, fresh fruits and vegetables, pet supply, fresh meats, fish, and poultry, and any other household consumer products (such as cleaning and personal care products). This includes stores that sell groceries and also sell other non-grocery products, and products necessary to maintaining the safety, sanitation, and essential operation of residences;
- Businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals;
- Communications and media services;

- Gas stations and auto-supply, auto-repair, and related facilities;
- Plumbers, electricians, exterminators, and other service providers who provide services that are necessary to maintaining the safety, sanitation, and essential operation of residences, Essential Activities, and Essential Businesses;
- Businesses providing mailing and shipping services, including post office boxes;
- Educational institutions—including public and private K-12 schools, colleges, and universities—for purposes of facilitating distance learning or performing essential functions;
- Laundromats, dry cleaners, and laundry service providers;
- Restaurants and other facilities that prepare and serve food and beverages but only for delivery or takeout. Schools and other entities that typically provide free food services to students or members of the public may continue to do so on the condition that the food is provided to students or members of the public on a delivery and/or takeout basis only. Schools and other entities that provide food services under this exemption shall not permit the food to be eaten at the site where it is provided or at any other gathering site;
- Businesses that supply products to other Essential Businesses necessary for them to operate or needed for people to work from home;
- Businesses that ship or deliver groceries, food, goods directly to residences;
- Home-based care for seniors, adults, or children;
- Residential facilities and shelters for seniors, adults, and children;
- Professional services, such as legal or accounting services, when necessary to assist in compliance with legally mandated activities.

## Priority Individuals

For the purposes of these protocols, Priority Individuals are defined in accordance with the CDC's list of those who are at a higher risk for serious illness and potential death from COVID-19. These include:

1. Individuals 60 and over
2. Individuals with the following underlying health conditions: (these conditions are updated based on December 1, 2020 CDC Guidelines)
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - Immunocompromised state (weakened immune system) from solid organ transplant
  - Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
  - Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
  - Pregnancy
  - Sickle cell disease
  - Smoking
  - Type 2 diabetes mellitus

**Preventive Quarantine** means to strictly follow these public health protocols at Phase 1 and avoid Close Contact with anyone outside of one's Household Group, including not leaving the home for any reason except for Essential and Safe Activities.

**Official Quarantine** means any quarantine, voluntary or involuntary, that is requested by a health official.

**Shelter-in-Place** means to stay home except to access emergency medical care, access food and/or go to work in an Essential Business or Service.

**High Risk Area** is a county or other local jurisdiction with a percentage of positive COVID-19 test results of 2% or greater. This information is available through state health department websites. A list of High Risk counties in WA state is located on the STIHC.org website and updated at least weekly.

**Neah Bay Resident** means anyone who has physically resided within the exterior boundaries of the Makah Indian Reservation for at least one year or who resides within the exterior boundaries of the Makah Indian Reservation and has permanent employment on the Reservation.

## **Workplace Safety Plan Requirements and Approval Process**

A Workplace Safety Plan must include the following elements

- Require physical distancing (> 6ft) for employees and patrons whenever possible, and where not possible, implement barriers and design work process flows to avoid Close Contact between coworkers and between employees and business patrons.
- Ensure access to hand washing facilities for employees and appropriate PPE where needed. Make educational materials readily available and accessible.
- Require universal face mask/covering when in common spaces.
- A plan and designated staff to frequently disinfect high-touch surfaces
- A process identifying and addressing ill employees (daily screening, staying home, tracking exposure contacts, and providing clear guidance on return to work criteria), and follow CDC cleaning guidelines if potentially exposed to COVID-19 (including temporary business closure)
- Implement other industry-specific guidelines

Workplace Safety Plans/Requests to open local businesses must be submitted to Mary Johnson at [mary.johnson@makah.com](mailto:mary.johnson@makah.com). Applications will be responded to within 2 weeks. Exceptions to the above requirements may be considered on a case-by-case basis.

Workplace Safety Plans must be posted for public review either on the internet or on the door of the business or office.

## **Personal Visitors**

The Makah Indian Reservation is closed to tourists, however the Makah Tribal Council may consider applications to access the Reservation by non-Makahs with clearly demonstrated close social ties to the Makah Community. To request approval for a Non-Makah Personal Visitor, the visitor must submit an application via [www.stihc.org](http://www.stihc.org) under "Visiting Neah Bay" at least 2 weeks prior to the date of the requested visit. If the visitor does not have the ability to use the form on the internet, please call April Lachester at 360-645-2201. Those who do not submit an application 2 weeks prior to the requested visit date may not be considered for approval.

**Close Contact** means being within 6 feet with no barriers (such as plexiglass) or a face covering for **a total cumulative 15 minutes or longer**

**Physical Distancing** (aka “Social Distancing”) means avoiding Close Contact

**Household Unit** is a person or group of people who occupy a house, an apartment, a mobile home, a group of rooms, or a single room that is occupied (or if vacant, is intended for occupancy) as separate living quarters. The household unit may include, but is not limited to, a single family, one person living alone, two or more families living together, or any other group of related or unrelated persons who share living arrangements.

**Household Group** (also known as a “quaranteam”, “pod”, or “bubble”) is an established group of no more than 3 Household Units. A Household Group must remain the same throughout the COVID-19 Pandemic and may not “swap out” different Household Units. The Household Group is encouraged to develop agreements for ensuring safety precautions are taken and that any contact with individuals outside of the Household Group is known and addressed appropriately. A Household Group may include Household Units off the Reservation **unless prohibited by the current Health Order in effect.**

**Co-Parenting** the Household Groups defined above do not include formal or informal co-parenting agreements. Co-Parents are strongly encouraged to develop agreements for ensuring safety precautions are taken, similar to a Household Group agreement. Co-Parenting agreements do not guarantee access to the Makah Indian Reservation.

**Non-Resident Worker** means any worker, employee or contractor, hired for a job or service provided on the Makah Indian Reservation, who is not a resident of the Makah Indian Reservation.

**Overnight & Extended Stay Non-Resident Worker** A Non-Resident Worker who, because the job or service they are providing is over multiple days, is approved to stay overnight on the Makah Indian Reservation.