



SOPHIE TRETTEVICK



## Makah Health Order 01-20 “Shelter In Place” Summary

**Introduction-** This is a summary of the Makah Health Order 01-20 to Shelter-in-Place which goes into effect upon Makah Tribal Council enactment of Resolution 34-20. The formal document provides the legal language for this emergency action, but we wanted to make the information more person-friendly for those of you who are too busy to read the entire document. We need everyone’s help to keep all of our citizens safe and healthy, and to make sure we have the resources to treat the most vulnerable members of our community including but not limited to senior citizens over 60, pregnant women, and people with pre-existing conditions (like emphysema, diabetes, cancer, COPD, immune system disorders, and other chronic conditions).

### Here are the important points to know:

1. COVID-19 is the disease caused by the SARS-cov2 virus. It is ***highly contagious*** and affects vulnerable populations including but not limited to senior citizens over 60, pregnant women, and people with pre-existing conditions (like emphysema, diabetes, cancer, COPD, immune system disorders, and other chronic conditions, etc. -- much more seriously than younger, healthy people. ***While all younger people may not suffer the serious effect of the illness, or even show symptoms, they can easily spread the virus to their family and friends who are in vulnerable populations.*** Keeping people from getting the illness in the first place, and minimizing the spread, are our most important tasks.
2. The most important things you can do to keep yourself healthy, and minimize the spread, are:
  2. Frequently washing hands with soap and water for 20 seconds (the time it takes to sing “Happy Birthday” three times), especially before eating or preparing food or when returning to Shelter-in-Place from being outside your home. Hand

washing is also critical if you come in contact with someone who may have COVID-19.

- ☒ Frequently cleaning and disinfecting surfaces in your home, including, but not limited to, doorknobs, light switches, countertops, and handles to car doors and drawers.
  - ☒ Covering your coughs or sneezes and throwing away used tissues, followed by immediate hand washing.
  - ☒ No group gatherings of people outside of your household unit. The Makah Tribe will issue special guidance about funerals in a separate document.
  - ☒ Follow all directions and orders from the Makah Tribal Council, STIHC, and Neah Bay Public Safety.
3. If you are homeless, please contact the Makah Housing Department for assistance in locating a place for you to Shelter-in-Place.
4. The full Shelter-in-Place document will be posted at Washburn's and the Neah Bay Post Office, and will be available for viewing or download on the Tribe's website at Makah.com. Here are the most important bits of information to remember and to put into practice.
- ☒ Stay at home and limit contact with people not living in your home
  - ☒ Shop online and have products delivered when possible
  - ☒ Practice ***Social Distancing***, that is, **staying six feet away from other people**, whether you are in your home, or especially, outside of your home. Wash your hands frequently with soap and water for 20 seconds, as well as cleaning and sanitizing surfaces frequently.
  - ☒ Here are some, but not all, of the Essential Activities which are allowed under the Shelter-in-Place, while practicing **Social Distancing**:
    - Obtaining medical care or supplies
    - Caring for a sick or elderly relative in another household
    - Getting the mail
    - Fishing, hunting, and other subsistence practices
    - Chopping wood or gathering food/cultural materials and traditional medicines from the forest or beach
    - Going to work at locations like the Post Office, Washburns, Warm House, the Clinic, Law and Order, the Dock or other jobs which cannot be conducted remotely
    - Going to the Marina to check/work on boats
    - Going to Washburn's to get groceries or supplies

- Going to locations off the Reservation to obtain essential food and supplies or for essential activities (such as medical care that absolutely can't be postponed or received in Neah Bay). People returning from travel off the Reservation need to change their clothes, wash those clothes, sanitize their cars, and wash hands before touching any surfaces.
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- ☒ For people who must travel off the Reservation, upon return to the Reservation, each of those people must follow a process of decontamination to include changing their clothes, washing those clothes, sanitizing their cars, and washing hands before touching any surfaces.
  - ☐ The Makah Tribal Council has set up **COVID-19 Question and Concerns Line at phone number 360-645-6273** so family and community members can ask questions or raise concerns about this Order. Neah Bay Public Safety will be enforcing the Shelter-in-Place Health Order 01-20.
  - ☐ Violations of the order may result in a civil fine of \$500.