



MAKAH TRIBE

COVID-19 PANDEMIC RESPONSE

Updated March 25, 2020

Frequently Asked Questions -- Makah Health Order 01-20

How will the Chairman-MTC update us?

The Chairman, on behalf of the MTC, has been recording videos which are posted on the Makah Tribe, STIHC, and Makah EOC Facebook pages. The Chairman also has a YouTube channel. The Chairman's goal is to record a video daily, if he is unable to do that, he will provide an update the following day. Once these videos are posted they are shareable. They can be even sent via text message to those who don't use social media. His most recent video is available at <https://www.youtube.com/watch?v=VlbtZFORTas>. Consider subscribing to his channel and you can get notifications directly whenever he posts.

What does the new Stay Home, Stay Healthy Order mean for us?

The Makah Tribe's efforts that have been in place since Friday, March 20th align with Governor Inslee's Stay Home, Stay Healthy Order. If you are on or off the reservation continue only doing essential activities, exercising social distancing, and handwashing.

What if I need to go to the bank?

Please check with your financial institution before leaving the reservation, they may be closed or encouraging customers to use online banking services. If you have access to online banking now is a great time to take advantage of that service. If you do need to go in person, when you return, you need to wash your hands, change and wash your clothes, and sanitize the inside and outside of your vehicle.

What if I have a medical appointment or prescription to pick up?

If your appointment isn't completely necessary we encourage you to reschedule or see if it is something a provider at STIHC can see you for. For prescriptions, call the STIHC Pharmacy and see if it's something they can assist you with or if your assisting pharmacy can mail it to you. Again, if you do need to go in person, when you return, you need to wash your hands, change and wash your clothes, and sanitize the inside and outside of your vehicle.



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What about food deliveries or deliveries in general?

Deliveries will continue as normal. We encourage the community to shop locally to avoid additional exposure. The Tribe is working closely with Washburn's to make sure there is adequate supply available. We are researching safe package handling and will have that information available on March 26th.

Is it safe to handle products while shopping or when I receive packages?

The National Institutes of Health released that COVID-19, “is stable for several hours to days in aerosols (airborne) and surfaces.” COVID-19, “was detectable in aerosols for up to 3 hours, up to 4 hours on copper, up to 24 hours on cardboard and up to 2 to 3 days on plastic and stainless steel.” Make a list before you shop and try not to pick up and set down items unless you are committed to purchasing that item. Do not touch your face, especially while shopping or disinfecting groceries or packages. When you are shopping and bringing items home assume that all items are contaminated. Take precautions if you are using cash, using a pin pad or ATM, or handing the cashier your debit/credit card. Shelf stable items can be left in the trunk of your vehicle or garage for 3 days. If you need to bring groceries in for immediate use or store refrigerated items please follow the instructions on this Youtube video titled: PSA Safe Grocery Shopping in COVID19 Pandemic-Updated. This video can also be found on the Makah EOC and STIHC Facebook pages. The same instructions on the video apply to opening packages. They can also be left in the trunk of your vehicle or garage for 3 days and be opened at that point as long as they are left undisturbed. When you return home from shopping or handling packages, you need to wash your hands, change and wash your clothes, and sanitize the inside and outside of your vehicle or handling space.

How many COVID-19 tests have been administered at STIHC?

To date, STIHC has administered 7 tests. 2 have been negative and 5 are pending. Nationwide, labs are experiencing back up in their systems due to a high volume of tests. Due to our location, tests will also take longer to process as they have to be sent to an offsite lab. While patients are awaiting results they are advised to self isolate. It is



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important to remember the test is 60-70 percent sensitive, which means if we get 10 negatives, 3-4 of those people are actually positive.

Is the Makah Tribal Organization shut down?

The Makah Tribal Council is still conducting business. The MTC, Directors and Managers, Makah EOC, and several other departments are still working to serve the community. Some of these efforts are being done remotely while others have made adjustments while exercising social distancing.

March 20, 2020

Can I leave my house?

Yes, you can leave your house, but only for essential activities like seeking medical care, buying food or supplies, checking the mail, working on/checking on boats at the Marina, caring for relatives in another household, chopping wood, hunting, fishing, and gathering food, traditional medicinal plants, and cultural materials. You can also leave your house to go walking, biking, or jogging, with members of your household. No matter the reason, you MUST practice Social Distancing while you are out of your home--keeping six feet of space between you and every other person except for essential activities (such as carrying an infant).

Can I leave the Reservation?

Yes, you can leave the Reservation, but only for essential activities or essential business. When you return, you need to wash your hands, change and wash your clothes, and sanitize the inside and outside of your vehicle.

What does quarantine mean?

Quarantine means you don't have symptoms but because of likely exposure you should have no contact with others. It is basically another name for Sheltering-in-Place, that is, staying in your house, social distancing, and only leaving for essential activities or essential business.



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What does isolation mean?

Isolation is for people who are already sick and showing symptoms, and means that the sick person stays away from all other members in the household. Health Order 01-20 does not mandate that sick persons isolate, but it is highly recommended. The sick person should not sleep or socialize in a room with others, and should eat in isolation as well. If possible, the sick person should use a bathroom that is not to be used by others. If someone is in isolation in your home, people should wash hands and clean/sanitize surfaces more frequently. COVID-19 is highly contagious, and can spread to others through the air if a sick person is in the room. The disease also spreads to others when they touch surfaces contaminated by the virus.

What if I was exposed?

Most of us have likely been exposed to COVID-19 at this point. If you have a thermometer take your temperature twice daily, and contact the STIHC if you develop a fever greater than 100.4, a new cough, or shortness of breath. DO NOT go to the Clinic without calling first, because you might expose others. Follow STIHC directions.

How can I keep from getting sick?

Staying away from sick people is important if you want to stay well. Washing hands frequently, for at least 20 seconds, is important, as is cleaning, then disinfecting common surfaces in your home and vehicles. The Centers for Disease Control tell us that bleach and alcohol kill the virus that causes COVID-19. Sneezing and coughing into the crook of your elbow, and keeping your hands away from your face will also help you, and others around you, to stay healthy.

What happens if I violate the order?

You may be cited with a civil fine of \$500.

What do I do if I see someone else violating this order?



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The Makah Tribal Council has created a hotline, the **COVID-19 Question and Concerns Line 360-645-6273** for reporting violations of the order. Please continue your own responsibilities for social distancing from this person. Please do not try to enforce the order on your own. Be aware that others may be conducting essential activities.

When did the order go into effect?

The order went into effect Friday, March 20, 2020.

How long is this order in effect for?

It is in effect until April 24th. The Makah Tribal Council can change or extend the order if we need to continue to Shelter In Place as we get closer to that date, or they can end it sooner than April 24th if the situation changes but that is not anticipated at this time.

Where can I get more information?

- www.stihc.org
- *The Neah Bay Fact Line 360-645-3228*
- *Makah COVID-19 Question and Concern Line 360-645-6273*
- *Clallam County COVID-19 Hotline 360-417-2430*
- *Washington State COVID-19 Call Center 1-800-525-0127*
- *Makah Tribe Facebook page*
- *Makah EOC Facebook page*
- *STIHC Facebook page*
- *www.cdc.gov*