



**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.**

**Scheduling makes the process faster for everyone.**

