



COVID-19
General Information and Response FAQ
Last updated: March 25, 2020

*This is a rapidly evolving situation.
We are working to update this document as quickly as possible with the most current information.*

**For any needs during the shutdown,
please call the Emergency Command Center at 360-297-9689.**

About The Outbreak

What is COVID-19?

COVID-19 is a virus, also known as “Coronavirus Disease 2019.” You can find more information about COVID-19 and the source and spread of the illness at <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>.

I'm young and healthy. Why should I be concerned about the spread of COVID-19?

COVID-19 infections grow exponentially, meaning they double (e.g. 2, 4, 8, 16, 32, etc) within the population in a given period of time. This is the rapid growth pattern we've seen as the virus has spread in [Washington state and throughout the U.S.](#)

Exponential growth continues to be possible as long as there is at least one infected person—even if they aren't showing symptoms—who is having regular contact with others who are not infected.

COVID-19 is particularly harmful to older people and those with compromised immune systems and/or people with serious underlying health conditions, such as heart disease, lung disease, or diabetes. The mortality rate for COVID-19 begins to increase slightly for people in their 40s and rises exponentially every decade after that. Approximately 15 percent of patients over 80 die. The overall mortality rate appears to be around 2 percent, which is much higher than the seasonal flu.

Because of all these factors, it is essential that people, young and old, practice precautionary measures against the disease. It has been shown that even though younger people often contract a less severe form of the illness, they can be asymptomatic for days, spreading the illness to those much more

vulnerable. In addition, the virus has also been detectable on surfaces for hours or days (depending on the material) after contact.

What are the symptoms of COVID-19?

Most people who contract COVID-19 experience symptoms that include fever (100.5 degrees F or 37.8 degrees C), dry cough, shortness of breath, and sore throat. Other symptoms can include body aches, headache, chills, and fatigue. Nasal congestion or a runny nose are rare in those suffering from COVID-19.

It is very important to remember that even if you don't feel sick or exhibit any symptoms, you can still be a carrier and infect others. This is why social distancing to control the spread is so important.

If I have symptoms of COVID-19, what should I do?

If you're a PGS or community member, please call the Health Clinic. Do not come in without calling first. Staff will evaluate your symptoms over the phone and determine if you should be tested.

If you're non-tribal or outside our community, please call your health care provider for guidance.

If you're having a medical emergency, like difficulty breathing, please call 911.

Protecting the Community

Are there any confirmed cases of COVID-19 in the PGST community?

There are no confirmed cases of COVID-19 among the Port Gamble S'Klallam community. All tests that have been sent out have come back negative.

What actions have the Port Gamble S'Klallam tribal leadership taken to protect staff and the community?

In accordance with the Governor's Inslee's "Stay Home" order, Tribal Council has closed Tribal offices except for critical staff. This is expected to continue through April 24.

In addition, the Tribe implemented these measures:

- An order to all Tribal Elders, members, and community members to stay in their home or yard and severely limit contact with anyone outside their immediate household.
- Closure of all parks and playgrounds, including the skatepark, neighborhoods parks, basketball courts, and baseball fields.
- Closure of the beach for social gatherings. Harvesting is still permitted.
- Restriction of any group over two people unless they are from the immediate household.
- Restriction of any get togethers of from multiple households. This includes family meals, parties, sleepovers, and playdates with kids.
- Restriction of sharing or selling food to those outside the immediate household. This includes baked goods, clams, or any prepared foods.
- Limit or eliminate trips off the reservation.
- 90 day ban on the use of Tribal facilities for private events. This took effect March 12, 2020.

- 90 day restriction on travel by Tribal staff. Non-essential travel has been cancelled. They also strongly encourage all Tribal and community members to follow the same protocol. This took effect on March 12, 2020.

Tribal police will enforce these restrictions.

During the Tribe shutdown, who should I contact for any needs?

Tribal Council and leadership has established an Emergency Command Center to respond to any need. This number is 360-297-9689. Please call this number if you have a need or believe a family member is in need.

In addition, the Tribe is distributing Orange Response Cards for each household. These are to be hung in a street facing window if there's a need and the people inside cannot leave the home. If you see a household with an Orange Response Card in their window, please contact the Emergency Command Center at 360-297-9689.

If you or someone in your household is having a medical or other emergency, please call 9-1-1.

Are there restrictions on harvesting food or gathering medicine?

No, as long as you do it alone or only with people in your household.

Are there restrictions on going outside?

No, as long as you are alone or only with people that reside within your household. In fact, Tribal Health staff encourage you to spend time outdoors doing things you enjoy like taking a walk, gardening, exploring the reservation, or anything that provides fresh air and exercise. Please be mindful of social distancing.

How are we taking care of our Elders?

It is extremely important that Elders stay in their homes. We have provided Elder homes with signs to let people know that they are practicing social distancing and are not accepting in-person visitors. Please respect this.

We have suspended in-person meal service. We are offering weekly frozen meals. These are being delivered curbside to limit contact.

We will not transport Elders to grocery stores, but here to assist with shopping or other needs. We encourage our Elders to call Alena George at 360-337-9935 for any help they might need.

How can I help members of the community, especially elders, stay safe?

The most important thing you can do is follow the tips to protect yourself listed below, especially practicing social distancing. Gathering with extended family and friends is an important part of our community, but that physical closeness needs to stop for a while.

We do encourage you though to check in on the people you care about via text, phone, video chat, or instant message. Ask if an elder needs groceries or medication. You can run those essential errands for them and leave the bag on the doorstep to minimize contact.

My kids really want to play with their friends. Is that okay?

No. Tribal Council has restricted activities like sleepover and playdates, as well as gatherings of more than two people that do not reside in the same household. Please keep your children at home, in your yard, or outside only with people from your immediate household.

Is Spring CleanUp still happening?

Yes. Spring CleanUp is still scheduled for March 30 through April 13. Drop off items in the appropriate bins/areas at the Wastewater Treatment Plant. Hours of drop off are Monday to Friday from 8 am to 8 pm, and Saturday and Sunday from 8 am to 5 pm. We will also offer large item pick-up.

Protecting Yourself

What can I do to protect myself from COVID-19?

The best way to protect yourself and your loved ones from COVID-19 is by taking some simple common sense precautions, including:

- Stay home if you're sick.
- Practice social distancing, which includes maintaining a distance of six feet when you must be around others.
- Stay home, if you can. Stick to essential errands only, like the grocery store, and avoid being in large groups of people.
- Do not travel. If you have a trip or vacation planned for outside the area, please cancel or postpone for at least the next 90 days.
- Stay away from people over the age of 60 or those with underlying health conditions. You might be a carrier and display no symptoms!
- Wash your hands frequently with warm, soapy water for at least 20 seconds.
- Cover your mouth with tissues whenever you sneeze, and discard used tissues in the trash.
- Clean frequently touched surfaces.
- Do not give hugs or handshakes, and avoid other direct physical contact.
- Do not provide or consume communal food.

The Point Casino and other Tribal Businesses

Is The Point Casino & Hotel staying open?

On March 16, Washington state Governor Jay Inslee issued an Executive Order to close all bars, restaurants, and entertainment venues through the end of the month. The Point Casino & Hotel and all on-property restaurants are honoring this and has paused its operations for this period.

How about the Tribe's other businesses?

In accordance with Governor Inslee's "Stay Home" directive, NKDC has shut down non-essential businesses as of Wednesday, March 25. These include the espresso stand and deli on property at Gliding Eagle Marketplace, as well as Kountry Korner's convenience store, all of which will remain closed while the Stay Home order is in place.

Gliding Eagle Marketplace and High Point will be open from 9 am to 7 pm daily. Social distancing and sanitizing protocols are in place for both locations.

Kountry Korner will be open for gas service only.