

To our patients and community members:

As of today, although we have not yet received report of any confirmed cases of COVID-19 (coronavirus) in our community, we do know that the virus spreads quickly and without discrimination.

I am urging everyone, please maintain your social distance (greater than 6 feet in public and possibly at home). If you are an elder and have high health risks such as diabetes, heart conditions, or lung disease, we are encouraging you to stay in and around your home. For assistance with supplies or basic questions, please call 360-570-5350. Our health and the health of our community depends on it.

### **Clinic Updates:**

Since Wednesday, March 18th:

- Chehalis Tribal Wellness Center (CTWC) will be for sick/urgent care visits only. To limit your exposure to possible COVID-19, if we are able to manage your concerns from home, we will make every effort to do that so please call the clinic first.
- **If anyone is sick with cough or cold symptoms, we are requesting that you call the clinic FIRST for additional instructions.**
- When you arrive for your visit, a staff member will greet you at the door to ask you several screening questions, some families will be asked to remain in their vehicles where an exam can be conducted. This is in an effort to protect you, the community, and our staff by limiting the spread of COVID-19. We appreciate your support.
- Chehalis Tribal Wellness Center will attempt to address chronic medical needs by telehealth to the extent we are able during this time.

### **Pharmacy Updates:**

- Pharmacy is working on providing 90-day supplies on your chronic/non-scheduled drugs when possible.
- In-home nurse visits and/or medication delivery may be provided to anyone at risk, isolated or quarantined.
- We do have emergency contraception available at the clinic and if you are in need of any form of birth control, please contact the pharmacy or clinic.

### **Dental Updates:**

- Dental is limited to dental emergencies only. No routine dental care or hygiene cleanings.

### **Can the clinic test for COVID-19?**

We currently have limited testing abilities for COVID-19 therefore priority at this time goes to those with severe illness or have symptoms and are at highest risk for severe illness including our elders (age over 55), pregnant women and people who are immunocompromised or have chronic health conditions, such as heart disease, diabetes and lung disease and/or those working in healthcare/first responders.

### **What should I do if I am sick?**

It is important to know that most people with mild symptoms of a cough/cold virus including COVID-19 can recover at home and that there are currently no medications specifically approved for treating COVID-19. Stay hydrated, get rest, and monitor your symptoms.

If you are experiencing mild cough and cold symptoms, you should stay home and avoid close contact with others and follow these guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### **What should I do if I am having severe symptoms? •**

If your illness is worsening (for example, if you have difficulty breathing or increasing confusion), Seek medical attention, BUT CALL FIRST if you are able. We will be able to provide recommendations over the phone that can help us limit the spread of infection.

As always, if you are having a life-threatening medical emergency, call 911, notify the dispatch personnel of your symptoms or if you are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

### **What can I do to help keep myself and others healthy?**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with your elbow or with a tissue then throw the tissue in the trash and wash your hands.

We will continue to update you with further information or changes as they occur. Thank you for allowing us to participate in your care.

If you have ANY questions, please call the CTWC at 360-273-5504. We are your medical home and are here to help support you and your family in this challenging time. For up to date information on COVID-19 and what you can do, check out:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Sincerely,  
Dr. Chau-Glending  
Safety Officer

Last Updated 3/23/2020