
Karuk Community Health Clinic

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Karuk Tribe

**Karuk Dental Clinic**

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FOR IMMEDIATE RELEASE**April 2, 2020**

Sara Spence, Public Information Officer

Phone: (800) 50-KARUK, Extension 2500**Email:** KarukCovid19@karuk.us**Website:** www.karuk.us/covid19/**KARUK TRIBE COVID-19 EMERGENCY RESPONSE**

The Karuk Tribe would like to update the Membership, Communities, and Clients we serve, of our ongoing response to the Coronavirus (COVID-19) Pandemic. All actions are aimed at protecting the safety and well-being of the communities we serve, while continuing to safely operate Tribal programs with as little interruption as possible.

The Karuk Tribal Council has activated its Emergency Response Team. This action is not due to any identified cases within the Karuk Tribe, it is a necessary step that allows the Tribe to fully utilize emergency funding to provide support and outreach to those we serve.

The Karuk Tribe's Emergency Response Team is working diligently to identify and develop roles and responsibilities that will allow for assessing, responding to, and fulfilling the needs of our Membership, and Communities, during these challenging times. This virus has completely transformed daily life in a very short amount of time. The Karuk Tribe is fully committed to proactive and aggressive actions directed at slowing the spread to **SAVE LIVES**, protecting our communities.

In the coming days, representatives of the Tribe will be reaching out to the communities in our service area to assess individuals' current status, and needs, so that appropriate resources can be deployed in the most efficient manner.

All Karuk Tribal Health Clinics have a Triage Nurse available Monday through Friday from 8am to 5pm, with lunch from 12-1pm. Although they are not currently seeing patients for non-emergent visits, you can still contact them by phone to be assessed and identify your options. All Non-Health Karuk Tribe Offices and Facilities remain closed to the public, with program staff available by telephone and email to provide services.

We have established a dedicated toll free message line at **(800) 50-KARUK, Extension 2500** which you may call for anything related to this incident, please leave a detailed message and someone will get back to you as quickly as possible. You can also email us at KarukCovid19@karuk.us or visit our dedicated website at www.karuk.us/covid19/ for more information.

The best **protection** continues to be the guidance of trusted health professionals:

- Wash your hands frequently for at least 20 seconds (singing Happy Birthday is a good timer);
- Adequately cover your cough or sneeze;
- Avoid touching your face;
- Observe all social distancing guidelines; and most importantly
- **STAY HOME, SAVE LIVES!**

We cannot stress enough the vital importance of **following** the direction of local, state, and federal officials to protect yourself and others:

- The President has extended the Nationwide Coronavirus Guidelines for America;
- The entire state of California is under a Stay at Home Order;
- Siskiyou County Public Health supports the Stay at Home Order issued by the Governor; and
- Humboldt County Public Health has issued a Shelter in Place Order for all of Humboldt County.

As difficult as it may be, the guidelines at every level are sending the same message, **STAY HOME**, except for essential needs (groceries, gas, medicine, emergency medical care). You are being encouraged to do this, to protect our rural communities, preventing a surge in cases that cannot be supported by our limited local healthcare systems (first responders, medical providers, and hospitals). Do not travel outside of your local area, and do not invite others to come to you. Do not visit others homes, including family members who do not live with you.

Additional information will be provided as it becomes available. In the meantime frequent the following sites for the most recent guidance and updates:

- Centers for Disease Control: www.cdc.gov/
- National: <https://www.coronavirus.gov/>
- State of California: <https://covid19.ca.gov/>
- Humboldt County: <https://humboldt.gov.org/2018/HumboldtHealthAlert/>
- Siskiyou County: <https://www.co.siskiyou.ca.us/publichealth/>

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Facebook: [Karuk Tribe](#)

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