

**Karuk Community Health Clinic**

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**Karuk Dental Clinic**

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**\*\*For Immediate Release\*\***

March 12, 2020

The Karuk Tribe has evaluated the potential threat of the Coronavirus (COVID-19) to our communities, membership and workforce. After closely monitoring current conditions, the Karuk Tribal Council is **restricting all travel for non-essential purposes** indefinitely. This means, if you have an activity that is booked but is not required by a grant funder, federal or state agency, and/or not necessary for an essential function of the Karuk Tribe, you are hereby directed to withdraw from any appointment, meeting, convention, and/or training scheduled. Please work with our fiscal staff to ensure minimal cancellation costs are incurred.

We understand that this may be inconvenient and short notice, however the data regarding the COVID19 virus is evolving quickly and the Karuk Tribe must ensure its most sensitive populations are protected. Travel and participating in any group activities exposes our staff to a higher risk of contracting the disease and possibly spreading it to the most vulnerable in our communities.

This is a **preventative measure** and it is important that we remain calm, go about our daily routines and not panic. We should all be using good judgment, and actively protecting ourselves, as we continue to fulfill our work obligations which include interacting with the public and clients we serve.

Some examples of things you can be doing to protect yourself and others include:

- Wash your hands (for 20 seconds) more often than usual, not just when using the restroom.
- Utilize hand sanitizer when washing your hands is not available.
- Cover your mouth with your elbow (or tissue) if you cough or sneeze, then throw the tissue away.
- Avoid touching your face (eyes, nose, mouth).
- Utilize disinfectant cleaners/wipes throughout the day to sanitize your immediate work area AND equipment you come in contact with (office, desk, door knob, copier, phone, vehicle).
- Maintain a reasonable distance from others (six feet is recommended) when possible.
- Utilize face masks for those individuals who are sick.
- Face masks and respirators are not recommended for prevention at this time.
- In addition to the preventative measures listed above, remember to be mindful of your traditional wellness methods used since time immemorial (madrone berries, elderberries, ginger, acorn, peppercorn, tea, etc.)

Additional COVID-19 Information available at:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [www.cdph.ca.gov/covid19](http://www.cdph.ca.gov/covid19)

Please post where necessary and if you should have any questions regarding COVID-19 please contact Public Health Nurse Thana Webb at (530) 842-9200 ext. 6111 or by email at [twebb@karuk.us](mailto:twebb@karuk.us). If you have questions regarding travel restrictions please refer them to our Executive Director, Josh Saxon at (530) 493-1600 ext. 2037 or by email at [jsaxon@karuk.us](mailto:jsaxon@karuk.us).