

Daily Updates

Update from FDL Human Services

As of Mar. 24, office hours are limited to 9 a.m. to 3 p.m. **NO WALK-IN APPOINTMENTS.** Patients will only be seen for scheduled appointments. Guests will not be allowed to accompany patients to appointments unless medically necessary. CHR's will continue to deliver medications as they have previously.

Appointments are limited to the following appointment types:

- Acute/urgent medical appointments (218) 879-1227
- Emergency dental care (218) 879-1227

If you are in crisis and need urgent assistance please call:

- Social Services (218) 878-2145
- Substance Use Disorder Services (218) 878-3858
- Behavioral Health: MNAW (218) 878-3729
- CAIR (218) 279-4104

Pharmacy Update

To limit the number of people in waiting areas, beginning Mar. 24, we will be having patients pick up their prescriptions through curbside delivery. We will have staff contact you when your prescriptions are ready for pickup. You will pull into a parking space designated for Pharmacy Curbside Pickup, and then call the phone number on the posted sign. A staff member will verify your information over the phone and will bring your medications out to your vehicle. Those who receive prescriptions through CHR delivery will continue to have this available to them.

Still Open

Fond du Lac Gas & Grocery (FDLGG) made changes to their hours of operations. Effective immediately the FDLGG will be open from 7 a.m.-7 p.m. Monday-Friday and 10 a.m.-6 p.m. Saturday and Sunday

Fond du Lac Propane and Aaniin remain open. Fond du Lac Propane Company will continue to make deliveries. Office (218) 879-4869 Emergency: 1-866-803-9718. Propane emergency after-hours service is still available, 4:30 p.m. to 8 p.m. weekdays, and 8 a.m. to 8 p.m. weekends.

Aaniin/FDL Communications will continue to service customers and perform installations. Office (218) 878-7337

Payment processing is still being handled at Enterprise Accounting, customers should call (218) 878-7517 to make a payment.

We're all in this together

By Zachary N. Dunaiski

This phrase has been said a lot over the past month or so, but it's important to remember that we're all in this together. Things are very uncertain right now, but remember our friends, family, and celebrities (via social media) are all going through the exact same struggles.

These are stressful times we're living in with all of the uncertainty surrounding COVID-19, but it is imperative that we take care of ourselves and prioritize self-care. Fear and anxiety about these unknown times and concerns over the spreading virus are overwhelming and can bring about strong emotions. Things you can do to support yourself:

- Avoid excessive exposure to media coverage of COVID-19
- Take care of your body
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Avoid alcohol and drugs
- Make time to unwind and remind yourself that strong feelings will fade
- Take breaks from watching,

reading, or listening to news stories

- Connect with others (via Skype, phone, or social media)
- Maintain a sense of hope and positive thinking

Self-isolation is an important part of self-care as limiting your exposure to illness will help you stay healthy and resilient, as Dr. Charity Reynolds, FDL Medical Director, said during last week's a Facebook live Q&A.

"Quarantine is a technical term that medical professionals use when someone needs to stay in their home. This is different from self-isolation and different from social distancing," Charity Reynolds wanted to assure the public on. "Quarantine is something that either a medical provider, MDH, hospital or public health would say that you need to do. You cannot leave your house to go to the grocery store and they would have other guidelines they would need to discuss with you."

Self-isolation, that most of us are in right now, is just trying to stay away from others as much as possible. People in self-isolation can still go pick up groceries and supplies, but it is

not recommended that anyone go out unless they absolutely need something. Quarantine is when a person is forced to stay hom.

Q&A Info from the CDC

The Fond du Lac Public Health Emergency Preparedness (PHEP) has also submitted some FAQs to the newspaper for these daily updates and I will be posting them over the next several days.

Q: I feel anxious. What should I do?

A: It's normal to feel uneasy during this uncertain time. But remember that, while this virus is new, respiratory illnesses are not, and healthcare providers are trained to manage them. It's also important to stay up-to-date with the latest news from trusted sources such as the CDC, but take a break from media coverage or social media if you find yourself feeling overwhelmed. Do normal relaxing activities such as music, yoga, or exercise at home.

More information for people at higher risk: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Emergency Operations Center hotline (218) 878-7175

There was an Emergency of Operations Center (EOC) opened on Monday, Mar. 16. The EOC opens when an emergency occurs. An emergency is defined as unplanned events which require an immediate response to preserve life, health, property, or the environment. The purpose of the EOC is to ensure the effective, coordinated use of local resources, including facilities, equipment, personnel,

and skills of government and non-government organizations to:

- Maximize the protection of life, health, property, and the environment (including culturally sensitive areas of concern)
- Ensure the continuity of Fond du Lac Band government services
- Provide support to all districts of the Reservation which require assistance

If the Fond du Lac Community has questions regarding COVID-19

and how it directly affects Fond du Lac programs and services they are strongly encouraged to call the Community EOC Hotline (218) 878-7175.

**The EOC is committed to providing meals for children up to 18 years old and Elders (52+), please call the Community EOC Hotline to sign up.*

Daily Updates

FDL meals for children and Elders

Fond du Lac is committed to providing meals to children and Elders. **STARTING Monday, March 23rd, 2020**, if you have a child (0-18 years old) or are an elder (52 years +) and need a meal, please use the following to set up meals:

- If your child attends Fond du Lac Head Start please call (218) 878-8100
- If you have a child (up to 18 years old) who attends school, please see their school's website for meals
- If you are an elder that is in NEED of a meal please contact your community centers ENP to get on the list Cloquet Community Center (218)

878-2661, Brookston Community Center (218) 878-8042, or Sawyer Community Center (218) 878-8189

- If you are an elder that lives **OUTSIDE** of the Reservation and is in need of a meal please call the EOC Community Hotline (218) 878-7175
- *If it is your child's "pre-planned" spring break and your child needs a meal please call YOUR District Community Center (please call prior to 9 a.m.). If your child lives **OUTSIDE** of the Reservation and is in need of a meal please call the EOC Community Hotline (218) 878-7175.

Face mask donations needed

Fond du Lac Human Services Division, like all healthcare facilities across the country, is in urgent need of industrial-grade face masks (N95s and all other kinds). Due to this shortage, fabric and hand sewn masks are requested at this time.

If you are a crafter or sewer, please note the specifications below:

- Two kinds of hand sewn masks are requested: larger ones for covering N95 masks and pleated ones to be distributed to patients upon entering our facility
- Ideal fabric is polyester or a polyester/cotton blend; 100% low-lint cotton can be used; no fuzzy fabric

- Including filter paper in your creation would be beneficial
- All fabric must be pre-washed and dried
- Elastic ear loops are preferred, but tie masks will also be accepted
- All donations must include: name, address, phone number and quantity.

Face masks can be delivered to Min No Aya Win Clinic at 927 Trettel Lane, Cloquet, Minn. inside the main entrance from 10 a.m.-3 p.m., Monday-Friday and will be distributed to other Human Services Division sites as needed.

If you have any questions please call (218) 878-3529. Thank you for all of your support!



6 FEET | **SOCIAL DISTANCING**

Social distancing means **staying away from close contact** in public spaces.

AVOID Group gatherings, non-essential appointments, sleep overs, playdates, concerts and theater outings, sporting events, crowded retail stores and malls, workouts in gyms, visitors in your home, non-essential workers in your home, mass transit, eating at restaurants

OK Take a walk, go for a hike, yard work, play in your yard, clean, read a good book, listen to music, cook a meal, enjoy family game and movie night, video chat family members, call to check in on friends and family

Use caution when seeking urgent medical care and getting household essentials.

Fond du Lac Reservation | Fond du Lac Human Services Division



NOTICE

Limited hours: 9:00am - 3:00pm

- No walk-in appointments
- No guests will be allowed to accompany patients unless medically necessary

SERVICES AVAILABLE
(Scheduled Appointments Only):
Acute Care Appointments

Curb Side Pharmacy Pick Up Available

If you are in crisis and need urgent assistance, please call for an appointment:

Behavioral Health MNAW: 218-878-3729
Behavioral Health CAIR: 218-279-4104
Dental Services: 218-878-2163
Social Services: 218-878-2145
Substance Use Disorder (SUD): 218-878-3858

If you have any questions, please call 218-879-1227.

Fond du Lac Human Services Division