

Daily Updates

COVID-19 will be here for an unforeseeable length of time

By Zachary N. Dunaiski

All 50 states have either dropped or eased restrictions against COVID-19, but we are far from done with this pandemic. Yesterday on Facebook live, Dr. Charity Reynolds, Fond du Lac Medical Director, spoke about how to keep safe during this pandemic.

“We must remember that the virus is still out there, people can still get infected,” Dr. Reynolds said about COVID-19. “Since the pandemic started we have learned that there are measures that we can take to reduce that risk and should continue to follow those.”

The world has eclipsed seven and a half million cases, the United States has more than two million of those, and our country has lost the lives of over 113,000 people from COVID-19, all of this since the first cases occurred in November in Wuhan, China.

Minnesota, as well as many other states, have begun to open more services like, restaurants, gyms, theatres, bowling alleys, salons, arcades, museums, places of worship, among other places. As Dr. Reynolds states this doesn't mean the virus is gone.

“As we know from the Minnesota Department of Health there continue to be cases of infections every day and hospitals continue to be at max capacity,” Dr. Reynolds said. “We know everyone is affected, both men and women in all age ranges, although those with high risk factors like elders and those with chronic diseases are more likely to have severe illness from it.”

There are many things that we can and have done to remain safe, and as Dr. Reynolds said we shouldn't get complacent with our part in keeping

healthy.

“Scientists have learned that the risk of catching the virus goes up if you have an extended period of close contact with an infected person or extended time in a poorly ventilated room with an infected person,” Dr. Reynolds said. “The more strangers you interact with, those that you don't know where they have been in the past two weeks, if you are within six feet of other people especially if you are indoors and you are not wearing a mask and the duration of the activity. There

are different activities and those can have different risk factors.”

It may be tempting now that restrictions have been eased or completely done away with, to continue our life as normal, but the fact is we can't. Dr. Reynolds took time to remind us of what activities put us at greater risk.

“The higher risk activities are going to bars, music concerts, sports stadiums, gyms, amusement parks, places of worship, buffets, contact sports like basketball, indoor restaurants, and malls,” Dr. Reynolds warned. “This is because those areas have more people, there are more likely to be more droplets, and therefore spray other people and get infected.”

While most of these places are only opening 25-50% capacity, they are still indoors, and may keep people too close together, so you should only partake in these things at your own risk. There are a few activities that we can participate in that are less likely to spread infection, while giving us an option to do some of the things that we used to do.

“Medium risk, are hair salons, public pools, outdoor theatres, indoor barbecues, and walking downtown,” Dr.

Reynolds said.

Then Dr. Reynolds went through the low risk group. While it is still possible to get infected doing these activities, if you remain socially distant, the chances are much less.

“Those that are low risk, are going to the grocery stores, camping with your family, staying in a hotel seems to be low risk, golfing, libraries and museums, going out for a walk, run, or bike ride, and getting takeout, these are low risk,” Dr. Reynolds said. “They are outdoors, not very many people, so you can protect yourself.”

Dr. Reynolds also suggested if you are concerned about going out even in the low risk situations to monitor the cases in your area.

“As cases go up, stay home,” Dr. Reynolds suggests. “Limit the number of close contacts. Keep your circle of friends and family low and agree to follow the same safety precautions.”

These are dangerous times that we live in and they have changed the way we do everyday things. These changes will impact our lives for the next several months, and some may change forever.

“We have to think about our risk of exposure every day, so choose event that are lower risk before you plan to visit grandparents or those that are at higher risk,” Dr. Reynolds said. “If you decide you need to go to a restaurant, go when it's the slowest, make sure that they are following social distancing, eat outside. If you need a haircut, be the first appointment of the day when it's not busy. Keep higher risk activities as short as possible. Keep indoor events

brief.”

Also remember to wear a mask, stay socially distant, and always try to keep encounters with others outside of your circle as short as possible.

“If you or someone in your circle are at higher risk, then please have stricter precautions,” Dr. Reynolds said. “It is important to continue to stay at home as much as possible, stay at least six feet from other people while you are in public places, telework if you can, avoid close contact with people who are sick, if you are older or at higher risk, stay at home and avoid situations where you could be exposed, including travel.”

While out, you may have noticed that many people are wearing masks. You may also have noticed that not everyone is wearing them correctly, and that's something Dr. Reynolds addressed during yesterday's PSA.

“Always wash your hands after being in a public place, wear a cloth mask, and remember over your nose and mouth in public places,” Dr. Reynolds said. “Keep your house and all the people in it extra clean to stay healthy. This can help stop the infection from spreading. Clean and disinfect things that people touch a

lot. These are just some tips for public health safety for you and your family.”

Finally, if you are sick, stay home, and if you think you might have COVID-19, contact your healthcare provider.

“Please remember that although things are opening up, COVID-19 is still out there. And we may have to live with it for the unforeseeable future. Please be safe, please be well, and if you are feeling ill always know that triage is here for you and you can call them at (218) 878-2120.”

“If you or someone in your circle are at higher risk, then please have stricter precautions,”

- Dr. Reynolds said.



Daily Updates

FDL Transit reopening on limited basis

The Fond du Lac Transit soft opening starting June 22, 2020 from 7 a.m. to 7 p.m.

FDL transit is committed to provide a safe and healthy environment for employees and customers. Masks are required for drivers and riders at all

times. If you are ill you will not be permitted to ride.

Transit passes will be paid and issued at the FDL Tribal Center in enterprise accounting. No cash will be accepted by drivers or dispatch. No more than 2 riders from different households will be allowed on the bus. If you have multiple riders from

your household please let dispatch know when you call for ride.

Our soft opening will be giving rides to work, grocery stores, medical appointments, and school only. Please call (218) 878-7500 for your ride thank you for your cooperation during this time.

Another reason to get tested

A message from FDL Human Services

We recommend that any Minnesotan who has attended a protest, vigil, or community clean-up get tested for COVID-19. If you start to feel sick, get tested right away. If you do not feel sick, try to get tested 5-7 days after the event. If the test is negative and you are worried you might have been exposed, get another test 12-14 days after the event, even if you do not feel sick.

Talk to a doctor, local clinic, or find a testing location near you: <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

SNAP EBT

The Coronavirus continues to impact our communities in many ways. If you need assistance with food, there are opportunities to get the nutritious food your family needs to stay healthy.

If you have children and were receiving SNAP or MFIP as of March 18, 2020, you will receive an automatic benefit on your EBT card. If you weren't receiving SNAP or MFIP but your child was receiving free or reduced lunch, you can apply for P-EBT to help buy food for your family: www.mn.p-ebt.org

Expanded and updated COVID-19 testing

Christine Davis, FNP,
Medical Clinic Coordinator

On May 19, 2020 Fond du Lac Human Services made the decision to stop the use of the Abbott ID NOW point-of-care COVID-19 testing due to concerns about the accuracy of results. As discussed, we continued to evaluate the machine's test result accuracy from new evidence and research and feel confident in resuming this as a test option here at Fond du Lac.

Abbott ID NOW is a point-of-care test that provides us test results within 20-minutes (Min No Aya Win only). Mayo Clinic Laboratory is our second testing and they provide us test results in 1-5 days and is being done at each clinic site. Both of these testing methods have been authorized for use by the U.S. Food and Drug Administration (FDA) for use during this public health emergency under their Emergency

Use Authorizations (EUAs) authority.

The medical care we provide to the Fond du Lac Community is our highest priority and we will continue to evaluate all testing options during this time. If you have symptoms of COVID-19 please contact our triage team at (218) 878-2120 or after hours at (218) 879-1227 to talk with the on-call physician.



Important notes

Emergency Operation Center (EOC) hotline (218) 878-7175 or for a written update from the EOC:

<http://fdlrez.com/downloads/EOCupdates32220.pdf>

Min No Aya Win's (MNAW) hours of operations are 9 a.m.-3 p.m. NO WALK-IN APPOINTMENTS.

Pharmacy is now offering curbside delivery. Park in the designated spot and call the number on the sign.

Meals for Elders and children, contact your community center for more details. CCC (218) 878-2661 or BCC and SCC (218) 878-8042

Face mask donations needed, if you have any questions please call (218) 878-3529
Fond du Lac Gas & Grocery, Aaniin, and Propane still open, FDLGG has limited hours (7 a.m.-7 p.m. M-F, 10 a.m.-6 p.m.), Aaniin and Propane remain open for service.

Election postponed, Primary June 9. General Election Aug. 18.

FDLHSD's community events are cancelled until June 30

Veteran's Housing, please refrain from visiting to help flatten the curve
Enrollee Days and Veteran's Powwow have been cancelled for 2020.

Masks available

The Fond du Lac Emergency Operations Center (EOC) still has face masks for the community and staff.

Adult and kid sizes are available, so if you are in need of a mask please call (218) 878-7175.

As a reminder, if you have to go out please wear a face mask. Protect yourself, your family, and others!

Must wear masks to FDLGG

Effective May 18, 2020, it's now mandatory to wear a mask in order to enter the Fond du Lac Gas and Grocery store.