

Daily Updates

COVID-19 guidance from FDL medical staff

By Zachary N. Dunaiski

Dr. Charity Reynolds, FDL Medical Director, and Naomi Defoe, Public Health Nurse, gave a PSA yesterday via Facebook Live to inform the membership about sending children to school in the midst of the COVID-19 pandemic.

“We know that kids can get infected,” Dr. Reynolds began the update. “We do know that they have a mild disease, but they can also still infect others.”

That distinction is important. While children themselves may not be dramatically impacted by the SARS-CoV-2 virus responsible for this pandemic, they can get it and bring it home. Many in the FDL community live in multi-generational households, meaning our youth could bring it back to immunocompromised and elderly family members, who are much more vulnerable to severe symptoms from COVID-19.

“Our biggest safety measure is to stay home when sick,” Dr. Reynolds said. “Or stay home when a child or an adult has been in close contact with a posi-

tive COVID-19 person. It can take up to 14 days for these symptoms to show up.”

A reminder that Dr. Reynolds brought up was the more common symptoms, which include: fever, new cough, worsening cough, difficulty or trouble

breathing, and new loss of taste or smell. Less common symptoms are: Sore throat, nausea, vomiting, diarrhea, chills, muscle pain, fatigue, new headache, congestion, or runny nose.

Naomi Defoe then broke down the difference between isolation and quarantine.

“Isolation is when you were to test positive, and in that situation you want to make sure you are staying in your own room of the house, using your own bathroom, washing hands frequently, trying not to use any

of the utensils that other people could be using in the house,” Defoe said. “Quarantine is if you suspect that somebody has come in contact with you or if you’re being tested. At this time for quarantine we want you to stay home, stay away from others. No

hanging out with friends, no going to other family members’ houses. I know a lot of us have just finished ricing and harvesting the rice, but we want you

to stay home and try to finish that on your own.”

As Defoe points out, it has become increasingly difficult to stay home, especially as we enter the holiday season and a time of year when many people like to get together for those holidays

as well as other traditions and ceremonies.

Then Defoe brought up a scenario to Dr. Reynolds that many of us may be dealing with: What if we have a child or family member at home who has a runny nose and diarrhea?

“In that scenario it sounds like there are two of the less common symptoms, so you’d take them out of childcare or school and quarantine,” Dr. Reynolds explained. “Call us, call your provider and you’d get evaluated. An evaluation to see ‘are you having something else?’ Is it allergies, ear infection, strep throat, or is it COVID-19 and the provider will then determine if they need to be tested for COVID-19 or not. Usually with two symptoms they would test them if they can’t find an alternate diagnosis.”

The provider will then determine if they’re going to receive a rapid test or a send out test. With the rapid test, results would be available by the end of the day. With the send out tests, answers are a bit slower with the results taking two to seven days. If those results come back over the weekend, individuals can expect to hear back from Dr. Reynolds if it’s positive.

“At that point if it is positive, we’ll talk about isolation for the person who has it and then quarantine for the whole household,” Dr. Reynolds said about what you can expect to hear after the test results come in.

Defoe brought up another scenario: What should we do if we’re quarantining our house-

hold in this scenario, but we need groceries, diapers, or other essentials?

“Please make sure to let us know but we will be asking you when we’re talking to you about your positive test results and we’ll ask if you need any of those resources,” Dr. Reynolds responded. “Did you run out of toilet paper? Because this was the year 2020 and there was no toilet paper. Social services here at FDL will provide you those resources that you may need if it be groceries, food, or hygiene products or toiletries, and things like that.”

Then Dr. Reynolds spoke to the viewers, reminding us that our efforts will go a long way to the health of the Band, our community, and everyone else.

“I know that COVID-19 has disrupted our lives and is going to continue to disrupt our lives this winter. We like routine, but it’s important for the safety of the community and for everyone that we do these guidelines and make sure to stay home when sick.” Dr. Reynolds said. “Think about the bigger picture and think about the whole community to stay safe and healthy.”

We can all do our part to keep our community safe, and we have. In many places across the country, once a handful of cases are found, it spreads like wildfire. FDL has been very different in that as we’ve been at 20 positives since Sept. 15. Keep up the good work and stay strong FDL.

What should we do if we’re quarantining our household in this scenario, but we need groceries, diapers, or other essentials?

Fond du Lac COVID-19 testing results

Fond du Lac Human Services COVID-19 situational update as of Sept. 30, 2020: Of the 1375 patients tested at Min No Aya Win (MNAW) and Center for American Indian Resources (CAIR):

- 1335 negative tests
- 20 Pending tests (sent to external lab)
- 20 positive tests

Total tests: 1375
 Total sendout: 520
 Total in-house: 855
 MNAW total: 1085
 CAIR total: 290
 Total negative: 1335
 Total positive: 20
 Sendout pending: 20

* 10 of 20 are on-Reservation