

Daily Updates

Election two weeks from today!

Understanding close contact and what to do next

In the public service announcement (PSA) delivered last week by Chairman Kevin Dupuis Sr. and Dr. Charity Reynolds, FDL Medical Director, the chairman reminded us that even though we need to give things up, it doesn't mean we have to give up our culture.

"It's what drives us as a people, it's part of us. I want everyone to continue doing that, but look at what you can do to control what you can control," Chairman Dupuis said. "We can't control what everyone else is doing, but as long as you maintain that social distancing, you wear your mask, you keep control of that principle, you wash your hands, that's all anybody can ask for of an individual. Control what you can control."

During these strange and difficult times, it is important to focus on the things that we can control. It will help us stay focused on being safe and not let the anxiety and the stress of the unknown overcome us. The chairman addressed this, and that by not knowing the future, doing our part can help not only ourselves, but others.

"We don't know what's going to happen next week. We don't know what's going to happen next month. Just do this if you can, maintain what you can

control, maintain your social distance, wash your hands for at least 20 seconds, wear your mask, control what you can, look out for one another, and protect yourself and others," Chairman Dupuis said.

Wearing a mask, washing your hands, staying away from people, even loved ones, isn't necessarily about ourselves. It's about saving others from the virus as well.

Dr. Reynolds spoke during the PSA about the hardest part of this pandemic and that is to not be in close contact with anyone outside of our home.

"I want to talk about what does it mean to be a close contact or to be exposed," Dr. Reynolds said. "If you are within six feet of somebody for more than 15 minutes, then you are considered a close contact. If that happens, if you are exposed to somebody who is in their infectious period, somebody who has COVID-19 is infectious from two days before their symptoms started or two days from a positive test, up until they are released from their quarantine."

So once someone has symptoms, or has a positive test, that's who will be contacted as part of their contact tracing, because someone close to an infectious person might have been infected even before that person showed signs of the illness.

"So if up to two days before if you are in close contact with that person, so less than six feet for more than 15 minutes then we recommend that you

get quarantined for 14 days because it can take up to 14 days to for COVID-19 symptoms to show up," Dr. Reynolds reminded everyone. "It is usually about 5 to 6 days for those symptoms to show up, that's the average, but it can take up to 14 days."

She delivered this PSA on a Friday, and pointed out that if you tested positive that day, everyone you've been in close contact with since Wednesday would need to be warned and would be told to quarantine until 14 days. Not everyone who is in close contact will need to be tested, but then

they will be told to stay home for 14 days.

"The recommendation to be tested is if they have symptoms at all, then to get tested right away, or wait five to six days after exposure with somebody to get tested and then again at day 12," Dr. Reynolds said. "For the community it is really important that you talk to a provider and discuss this."

Dr. Reynolds also spoke about that importance of talking to a provider and how that information will not only help the individual, but will help FDL and our medical professionals as well.

"I've heard people say 'hey I just want to get tested, I don't want to talk to a provider,' but we really urge you to talk to a provider so that we can get more of this information and give you the right information of how to care for yourself, what to watch out for, how to care for your family," Dr. Reynolds said. "We also urge you to get tested at our clinic because we have two of the best tests. They are really, really effective."

Some other places in the area have tests that might be faster or you can get them whenever you want, but they aren't as effective. Also, by contacting FDL and having your testing

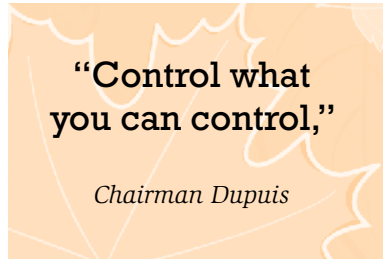
done there, they can do so much more than just tell you your diagnosis.

"We'll help with the contact tracing," Dr. Reynolds said in order to encourage people to get tested at FDL "Our team are community members, so they know what family, who to talk to, how to get them aware that they were in contact with somebody to get tested, to isolate, and our social services has lots of resources for you. We'll be able to get you cleaning supplies, get you food boxes, everything that you may need, but if you go somewhere else it is going to take a while for us to hear about that."

Dr. Reynolds also understands that if you need to or want to get tested somewhere else, that happens, but she encourages those who choose that route to contact FDL Health Services if they get a positive result.

"If you go somewhere else then give us a call and let us know that your test was positive somewhere else so that we can continue to follow you and continue to give you resources as well."

Please be safe, stay home if you're sick, and contact your provider if you have any questions. Triage number (218) 878-2120.



Business Relief Fund Extended to Oct. 23

The Fond du Lac Band of Lake Superior Chipewewa and Northspan have partnered in developing a Business Relief Fund to sup-

port businesses affected by the coronavirus pandemic.

Funding will be used to provide financial assistance to business owners who are

facing significant challenges. The relief fund will provide direct grants to small businesses with 51% or greater ownership by members of the

Fond du Lac Band. It targets the smallest of small businesses needing immediate liquidity to make key changes to operations and weather

this storm.

For full details and application visit: <http://www.fdlrez.com/downloads/FDLGrant-Guidelines9.3.20.pdf>