

# Daily Updates

## Ways to help with your contact tracing if you test positive for COVID-19

Last week, three Fond du Lac Doctors made Public Service Announcements (PSAs) to inform the public on the on-going COVID-19 situation and put them on YouTube and Facebook.

The second PSA was given by Dr. Charity Reynolds, FDL Medical Director. The main focus of her PSA was on contact tracing, and she has some great tips to help you with contact tracing in the event you test positive.

“Our Tribal Public Health department and the Minnesota Department of Health are working together to complete the contact tracing phone calls.

It is important to answer these phone calls so that we can work together to be safe and provide your family with the resources that you may need while in isolation or quarantine.

“The information you provide will remain anonymous. Like me, you may not like answering the phone to strangers, but these phone calls will have a local or cities number when they call. In order to stop the spread of COVID-19, we should work with the public health team.

“If you have any symptoms of COVID-19, you should get tested and stay at home until

you receive the results. You can get tested at a clinic or a free community testing event. If you get a positive test, the testing site will call the person tested to tell them that they are positive, discuss the next steps to care for themselves and their family. We also tell them that they will be contacted by a public health worker.

“The public health worker is trained to protect your health privacy. Public health workers will call the person to help figure out who they have been in close contact with two days before having symptoms, or if the person has no symptoms, from the day the test was

taken. This is called your infectious period.

“It is helpful to have a list going of our close contacts. Anyone we have been within six feet for 15 minutes total or more. Think of any places you’ve been during your infectious period, restaurants, churches, schools, etc. For me I would look at my calendar to see who I’ve worked with or seen in the clinic. After work I would look at pictures on my phone to see who I’ve been with because I love taking pictures of my baby when we are out somewhere.

“One of the ways we can decrease the spread of COVID-19

is to participate in contact tracing to help to identify others who have the potential of having the infection.”

Checking our phones is a great way to do contact tracing, as it literally provides where, when, and who we are with, and because it has the time on it, we can determine exactly who we saw in the 48 hours previous to testing positive or developing symptoms.

Please contact your healthcare provider if you have symptoms, if you’ve received a positive test result, or if you have any COVID-19 related questions.

## Mask Monday

This week’s mask Monday was Joey, an employee at the Tribal Center who has been working the front desk during this pandemic checking

people in and making sure all the employees who are in are safe by screening those who come into the building.



## Russia sees spike despite Sputnik V vaccine

A few months back I wrote about how Russia was the first to approve a vaccine, and health officials around the world immediately expressed their concerns and dismay over the speedy release.

Now, months after it’s release, Russia is seeing a spike in COVID-19 cases. It is no surprise to medical experts that they are seeing this spike, as this vaccine was rushed solely to be the first released. In August, Russia rolled out what was the first registered COVID-19 vaccine, but medical experts around the world broke it down, equating it to basically a cold virus vaccine, as I wrote on Sept. 2.

Some experts have said that there may be shortcomings with these vaccines as they are based on the common cold virus, which of course many of us have already been exposed to, which could limit how effective they are in limiting the virus’s impact.

Russia’s recent spike has now put them up over 1.5 million cases. Four vaccines that are

part of America’s Operation Warp-speed are nearing the ends of their trials, and while they won’t bring about the end of the pandemic, they will help protect people from getting seriously ill and will also save many lives, as Dr. Fauci said.

## AstraZeneca vaccine shows positive results in older adults

The AstraZeneca vaccine has showed positive results for the younger adults, but it has also shown good results for older adults as well.

Their vaccine is expected to be one of the first vaccine candidates to seek regulatory approval, Reuters reports. AstraZeneca’s vaccine is also expected to be an effective vaccine as it will reportedly protect people from the coronavirus for about a year.

As of right now, the results to their vaccine trial hasn’t been published, but these early reports are very encouraging.