

Health Department



Renewal & Healing
GATHERING

Come Join Health Promotions

Friday, January 3, 2024
Siletz Community Center
9:00am - 4:00pm
OPEN TO THE COMMUNITY

Heal and connect with our staff while learning to make • Medicinal Oils • Teas • Canned Foods • Smoked Salmon & Jerky • All in a Jar Meal Prep • Healthy Foods • Red Shawls • Ribbon Skirts & Shirts • Jewelry • MUCH MORE!

If you'd like to make a ribbon shirt, you will need to bring your own, but we will have the ribbon and thread!

Please contact Rachelle at 541-444-9638 or rachellee@ctsi.nsn.us for more information.

Pertussis is in our community

Pertussis is also known as "whooping cough." It is a respiratory disease caused by bacteria. It often causes serious problems in babies and elders. For older children and adults, it's usually mild. This is treated with antibiotics.

Who Is At High Risk?

- Infants under 1 year
- Pregnant people in third trimester
- Unvaccinated people
- People with chronic respiratory illnesses

Symptoms include:

- Rapid, violent coughing fits
- A high-pitched "whoop" sound when inhaling after a coughing fit
- Vomiting during or after coughing fits
- Feeling very tired after the fit
- Difficulty sleeping at night
- Struggling to breathe/lips start turning blue
- Fractured (broken) rib

Potentially exposed persons: Should cold/flu-like signs or symptoms develop, persons should seek testing as soon as symptoms start. Pertussis tests must be ordered by your provider. Unfortunately, the local Siletz Clinic does not offer pertussis testing.



KEEP UP TO DATE & INVOLVED WITH THE GARDEN PROGRAM

EVENTS
 VOLUNTEERING
 EDUCATION
 COMMUNITY



GET ON OUR MAILING LIST

Join our mailing list to get the latest updates about the Garden Program and when we will be hosting events throughout the year!

Contact Zeph Mullins to get added!

VOLUNTEERING

We are currently seeking volunteers to help us at the Garden Program! If you would like to support our efforts in restoring our relationship to the land and serving the community, please reach out! Groups are welcome.

Contact

James "Zeph" Mullins
 Food Sovereignty Program Manager
JamesM@ctsi.nsn.us

5213 Logsden Rd.