

# From the Portland Area Indian Health Board

The Northwest Portland Area Indian Health Board—at the direction of our 43 member tribes, including the Confederated Tribes of Warm Springs—has declared a public health emergency related to Covid-19.

The Northwest Portland Area Indian Health Board strongly recommends that our member tribes—and tribes nationwide—mitigate the pandemic by taking steps to stop the spread of Covid-19, by closing non-essential services within their tribal communities.

The Portland Area health board supports each tribe defining essential services and that essential services be limited to those necessary for public health and safety.

The board has recommended tribes immediately enact shelter in place for their communities, and people and cancel all social gatherings to stop the spread of Covid-19 and that all people stay home.

The board recommends that all tribes, and members, and all people practice social distancing when out of the home (accessing or providing essential services).

### Tips to protect yourself and your nation from Covid-19

By Dr. Victoria Warren-Mears, Northwest Portland Area Indian Health Board

The spread of Covid-19 in

Oregon threatens our elders, our workers, our families and our Nations.

To protect our people, the Northwest Portland Area Indian Health Board—and the 43 federally-recognized tribes that are our board—recommends that tribes in Oregon, Washington and Idaho cancel social gatherings and non-essential services.

It may feel like an overreaction, but each one of us has an important role to play to help prevent Covid-19 from spreading.

The most important thing we can do to help prevent Covid-19 from spreading is to stay home, even if you don't feel sick or think you are at risk.

People can look completely normal and feel healthy, and unknowingly spread the virus to others. By staying home, you will protect those who are most vulnerable in our communities, including elders and those with asthma and diabetes.

### Know how it Spreads

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person:

Between people who are in close contact with one another (within about 6 feet);

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the

mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Protect yourself and your loved ones:

Wash your hands frequently: Regularly and thoroughly clean your hands with soap and water or an alcohol-based hand rub.

Why? Washing your hands kills viruses that may be on your hands.

Maintain social distance. Avoid close contact with people who are sick.

Put 6 feet of distance between yourself and other people. This is especially important for people who are at higher risk of getting sick.

Only go out for essentials, like groceries or medicine. Group your trips and designate one healthy person to run errands to reduce exposure and contamination.

Avoid touching your eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

### Protect your community and nation:

In consideration of others, Stay home if you're sick.

Stay home if you are sick,

except to get medical care.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60 percent alcohol.

### Wear a facemask

You should wear a facemask when you are around other people (for example, sharing a room or vehicle) and before you enter a healthcare provider's office.

If you are not able to wear a facemask—for example, because it causes trouble breathing—then you should do your best to cover your coughs and sneezes, and

people who are caring for you should wear a facemask if they enter your room.

The actual health-care facemasks are in short supply, and should be saved for caregivers. You can make your own mask, as described at many internet sites.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

The Health and Wellness Center call number is 541-5532-5512, available Monday through Friday, 8 a.m. to 5 p.m.

## Facemasks

(Continued from page 1)

When going out in public please wear a mask. We ask that you wear a mask when coming to the clinic for any reason—

Whether you are sick or coming for other reasons.

To help the service unit preserve as many masks as possible, please bring your own face

mask to the clinic if you have one.

If you do not have one, a mask will be provided for you before you enter the building.

Katie Russell, BSN, RN, manager, Warm Springs Community Health Services.

  
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## In the Tribal Court of the Confederated Tribes of Warm Springs

The following are upcoming proceedings at the Tribal Court of the Confederated Tribes. Please note: All hearings are conducted at the Warm Springs Tribal Court.

**IN THE MATTER OF: NOTICE OF HEARING FOR CHANGE OF NAME: KIMBERLY ANN PAIGE CHIEF, DOB: 08/26/2001. INA CHIEF, Petitioner; Case No. DO33-20:**

The above individual has filed a Petition with this Court to change said name from KIMBERLY ANN PAIGE SMITH to ANN PAIGE CHIEF. A hearing on this matter has been set for **10:00 AM on the 23rd day of APRIL 2020**, at the Warm Springs Tribal Court. Any person who may show cause why this Petition should not be granted must file such objection in writing on or before **9th day of APRIL, 2020**.

**CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV8-09. TO: JENNY BIRD, ELIJAH CUNNINGHAM:**

YOU ARE HEREBY NOTIFIED that an ASSISTED GUARDIANSHIP HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **13th day of APRIL, 2020 @ 10:30 AM**

**CTWS, Petitioner, vs CARI ANN STORMBRINGER, RESPONDENT; Case No. DO163-19. TO: DESIREE ALLEN, CARI ANN STORMBRINGER, SHARD STORMBRINGER:**

YOU ARE HEREBY NOTIFIED that a SHOW CAUSE HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **13th day of APRIL, 2020 @ 4:00 PM**

**CTWS, Petitioner, vs MONICA WAHNETAH, RESPONDENT; Case No. JV168-08. TO: MONICA WAHNETAH, DIAMOND TEWEE, SUE & LANCE**

### HANDEAKER:

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **23rd day of April, 2020 @ 9:00 AM**

**Machelle Macy, Petitioner, vs Frederick M. Wallulatum Jr., RESPONDENT; Case No. DO162-19. TO: Machell Macy, Frederick Wallulatum Jr.:**

YOU ARE HEREBY NOTIFIED that a Filiation Hearing has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **15th day of APRIL, 2020 @ 4:00 PM**

**INA CHIEF, Petitioner, vs WILLIAM SMITH, RESPONDENT; Case No. DO34-20. TO: INA CHIEF, COLIN CHIEF, WILLIAM SMITH:**

YOU ARE HEREBY NOTIFIED that a ADOPTION HEARING has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **23rd day of APRIL, 2020 @ 10:00 AM**

**Danielle Wood, Petitioner, vs Leticia Leyva, RESPONDENT; Case No. DO160-19. TO: Danielle Wood, Leticia Leyva, Larry Switzler:**

YOU ARE HEREBY NOTIFIED that a Conservator Guardianship has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **15th day of APRIL, 2020 @ 9:00 AM**

**CTWS, Petitioner, vs Dashina Lawrence, RESPONDENT; Case No. JV74-17, JV78-17. TO: Dashina Lawrence:**

YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are

summoned to appear in this matter at a hearing scheduled for the **21st day of APRIL, 2020 @ 3:00 PM**

**CTWS, Petitioner, vs JENNY BIRD, RESPONDENT; Case No. JV148-08. TO: JENNY BIRD, AARON KEELE:**

YOU ARE HEREBY NOTIFIED that a ASSISTED GUARDIANSHIP has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **27th day of APRIL, 2020 @ 3:00 PM**

**CTWS, Petitioner, vs GRACIA DESROSES, RESPONDENT; Case No. JV74-17, JV78-17. TO: GRACIA DESROSES:**

YOU ARE HEREBY NOTIFIED that a CUSTODY REVIEW has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **15th day of APRIL, 2020 @ 11:00 AM**

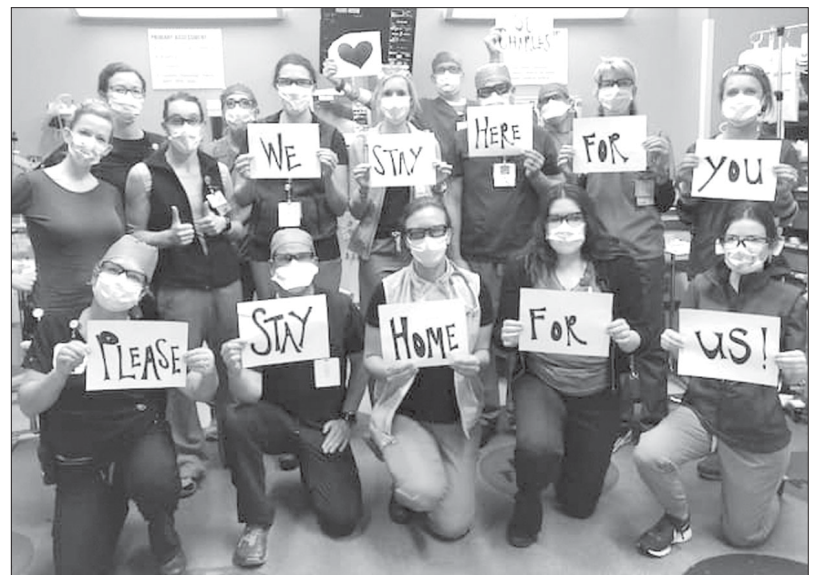
**CTWS, Petitioner, vs Margaret Silva, RESPONDENT; Case No.**

**JV51-17, JV1-11. TO: Margaret Silva, Tommy & Mallory Gilbert, CPS, JV Prosecution:**

YOU ARE HEREBY NOTIFIED that a Modification Hearing has been filed with the Warm Springs

Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for the **15th day of APRIL, 2020 @ 10:00 AM**

Court Notices continue on page 6



A message from the nurses of the St. Charles Emergency Department, the only Level II Trauma Center east of the Cascades.

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