



SPIRIT LAKE TRIBAL COUNCIL AND ADMINISTRATION DEPARTMENTS

INFECTIOUS DISEASE PREPAREDNESS AND RESPONSE PLAN

- **The Tribal Council is limiting public access to the main tribal council offices due to COVID-19.**
- **The main tribal council office will utilize a half door access. The door access to district representatives will be closed you can contact via phone or email.**
- **Travel has been suspended until further notice...this includes any meetings outside the workplace. Conference call in will be enforced until further notice.**
- **Staff will keep updated daily on COVID-19 with State, federal and local officials, tribal leaders, and organizations, via conference.**
- **Utilize communication through the phone system, Tribal Council and Administration:**
 - **Peggy L. Cavanaugh Tribal Chairwoman 381-2006 pcavanaugh@spiritlakenation.com**
 - **Lonna Street Secretary Treasure 230-0378 lonnas@spiritlakenation.com**
 - **Waynita Chaske Crow Hill Dist. Rep. 230-0269 wchaske@spiritlakenation.com**
 - **Kim Three Irons Fort Totten Dist. Rep. 381-2594 ftrep@spiritlakenation.com**
 - **Duane Jackson, Sr. St. Michael Dist. Rep. 230-0318 stmrep@spiritlakenation.com**
 - **Lisa Georgeson Wood Lake Dist. Rep. 230-0380 lisag@spiritlakenation.com**
 - **Cora Whiteman Executive Secretary 381-0946 slt-adminsec@spiritlakenation.com**
 - **Sicily Ducheneaux Admin Assistant 381-8920 sicilyd@spiritlakenation.com**
 - **Charmayne Bohanon Education Manager 381-2535 sltedu@spiritlakenation.com**
 - **M Yvonne Longie Resource Advocate 230-5800 YLongie@spiritlakenation.com**
- **Wiping down all surfaces frequently during the day will become common practices.**
- **State Health officials strongly recommend North Dakotans follow the guidelines released by the White House to slow the spread of coronavirus: Enforcement of these guidelines will be implemented.**
 - **Stay home and don't go to work if you feel sick.**
 - **Practice good hygiene: wash your hands, avoid touching your face and cover coughs and sneezes and keeping six feet away from other individuals is the best way to prevent the spread of COVID-19.**
 - **If you are being tested for COVID-19 or a family member is, you need to stay home until your test results are returned negative.**
 - **If someone in the household has tested positive for coronavirus, keep the entire household at home.**
 - **Older individuals and those with underlying health conditions should stay away from other people.**
 - **Avoid social gatherings of more than 10 people.**
 - **Avoid eating or drinking in bars, restaurants and food courts – use drive-thru, pickup or delivery options.**
 - **Avoid discretionary travel, shopping trips and social visits.**

Symptoms of COVID-19 in people who have been exposed can include fever, cough and shortness of breath. The symptoms may appear in as few as two days or as long as 14 days after exposure.

For questions related to COVID-19, the public can call the NDDoH health hotline at 1-866-207-2880 daily from 7 a.m. to 10 p.m. Individuals who need medical advice should contact their health care provider.

For the most updated and timely information related to COVID-19, visit the NDDoH website at www.health.nd.gov/coronavirus, follow them on Facebook, Twitter and Instagram and visit the CDC website at www.cdc.gov/coronavirus.

- **Please be respectful and patient during this time as we work through this emergency situation.**

**Please call your local Spirit Lake Health Center (701) 766-1600
Spirit Lake Tribal Health, PHN (701) 766-4236**