

## COVID-19 UPDATE, APRIL 13, 2020

As of this morning, 10,441 people have been diagnosed with COVID-19 in the state of Washington. Nisqually has tested a total of 11 people, and all of those tests have come back negative.

Please keep up the great work to stop the spread by continuing to :

- ◆ Wash your hands—sing the *Happy Birthday* song twice while lathering with soap and water.
- ◆ Social distancing—avoid gatherings and maintain a minimum distance of 6' away from others
- ◆ Staying at home—if you **have** to go out, wear a mask

If you are age 60 or older, stay home and take care of yourself.

- ◆ **Take care of your body.** Take deep breaths, stretch, or meditate. Eat nourishing foods, exercise regularly, and get plenty of sleep.
- ◆ **Make time to unwind.** Try to do some other activities you enjoy. Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting. Do you have a smartphone or tablet? Maybe try facetime or a video call.
- ◆ **Connect with others.** Talk to people you trust about your concerns and how you are feeling.
- ◆ **Know how to stay in touch with others by phone or email.** You may need to ask for help from family, friends or neighbors. You can call the Nisqually Clinic at 360-459-5312 to schedule a phone visit with a provider or a nurse.

If you are feeling ill, contact the Nisqually Clinic.  
We have the testing supplies for COVID-19.

Mary Szafranski, PHN

