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# INTEROFFICE MEMORANDUM

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**To:** Mille Lacs Band of Ojibwe Employees

**From:** Baabiitaw Boyd, Commissioner of Administration; Nicole Anderson, Commissioner of Health & Human Services

**Subject:** Coronavirus Update

**Date:** March 9, 2020



This memorandum is to serve as the most recent updated information regarding Coronavirus, COVID-19.

The MN Department of Health has confirmed the first presumptive case of Coronavirus, COVID-19 on 3/6/2020. This case is an older adult resident of Ramsey County who recently traveled on a cruise ship with a known Coronavirus case. The test was found positive today and is awaiting confirmation by the Centers for Disease Control and Prevention. The individual is currently recovering at home (Minnesota Department of Health, 2020).

We continue to monitor Coronavirus and our risk rating, which remains low. The recommendations from the Centers for Disease Control and Prevention remain the same. Please see the attached fact sheet on the Coronavirus.

Finally, in effort to support Band employees who may be uncomfortable traveling at this time, the determination has been made that work-related travel will be at the employees' discretion. Employees are encouraged to speak with their supervisors directly.

We will continue to keep employees updated with regular e-mails and notifications.

## FACT SHEET FOR CORONAVIRUS DISEASE 2019

Mille Lacs Band Health Services has been working closely with tribal, state and federal agencies to maintain up-to-date information regarding the Coronavirus Disease 2019 (COVID-19). The MN Department of Health has confirmed the first case of Coronavirus, COVID-19 on 3/6/2020, MN risk rating remains low. We recommend taking the same precautions you use to avoid colds and flu: wash your hands thoroughly with soap and water, stay home when sick, and cover your cough with a tissue or your elbow. Mille Lacs Band HHS is monitoring the situation regularly to provide the most up-to-date information, including how community members can prepare and protect themselves.

Mille Lacs Band HHS continues to receive updated information from the Great Lakes Inter-Tribal Epidemiology Center, the Inter-Tribal, Centers for Disease Control (CDC), Minnesota Department of Health (MDH), as well as local health departments, other federal agencies, and partners to implement measures to slow and contain transmission of COVID-19 in the United States.

These measures include assessing, monitoring, and caring for travelers arriving from areas with substantial COVID-19 transmission and identifying cases and contacts of cases in the United States. Coronavirus is a respiratory virus; the symptoms are:

- Fever
- Cough
- Shortness of breath

The symptoms are very similar to cold and flu however, are also linked to exposure and travel to high incidence areas. Individual risk is dependent on exposure.

Treatment is focused on symptom relief.

Prevention is key and is much like prevention for cold and flu, with good handwashing and self-care being important.

The best way to prevent COVID-19 is to:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

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