



SOBOBA BAND OF LUISEÑO INDIANS

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PUBLIC HEALTH NOTICE

To: All Tribal Members, Residents, and Visitors to the Soboba
Reservation

From: Soboba Band of Luiseño Indians Tribal Council

Re: COVID-19 Guidance

Date: June 25, 2020

The Soboba Band of Luiseño Indians Tribal Council is taking every precaution to ensure the health, safety and welfare of the members and residents of the Soboba Indian Reservation. As California reopens, we all need to work together to create a safe, low risk environment. Therefore, the Tribal Council wishes to extend the following general guidelines and resources for your safety.

What if I had exposure to someone with COVID-19?

Please try to quarantine yourself for 14 days from the date you suspect the exposure happened. Check your temperature twice a day and watch for symptoms of COVID-19, which include fever, cough or shortness of breath. If during the 14-day quarantine symptoms arise, please see question below.

What if I have symptoms?

If a person develops symptoms of COVID-19 and has reason to believe they may have been exposed, they should call their health care provider before seeking care. Contacting them in advance will make sure that people can get the care they need without putting others at risk. Please be sure to tell your health care provider about your travel history. You can also take the following precautionary measures: avoid contact with sick individuals, wash hands often with soap and warm water for at least 20 seconds.

Soboba Indian Health Clinic is currently conducting tests for individuals that show symptoms.

www.soboba-nsn.gov

Soboba Indian Health Clinic

607 Donna Way, San Jacinto, CA 92583

(951) 654-0803

For a full list of testing locations, including those that will test even without symptoms, visit the following link:

<https://www.rivcoph.org/coronavirus/testing>

If you have symptoms of COVID-19, are waiting for test results, or have tested positive for COVID-19, please try to quarantine yourself and stay home. At home, please try to stay in a specific room and away from other people. If available, use a separate bathroom from others in your household. If you need to interact with others in your home, please wear a facemask.

For further information, please see the following link:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you have any questions or concerns please contact your healthcare provider. The Tribal Council wishes everyone stays safe during this difficult time.