



# Soboba Band of Luiseño Indians

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Dear Soboba Tribal Member,

We are sending this message as part of our on-going efforts to assure the health and safety of the Soboba Reservation community. We are fully aware there is a great deal of concern and questions in need of answers, and it is our goal to provide as much accurate information as available and will continue to do so.

With reported cases of **coronavirus** in the United States, and now in the counties close to the reservation, it is critical that we all work together and take reasonable precautions.

## Information on the Coronavirus

The Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH) and the Riverside University Health System-Public Health (RUHS-PH) continue to closely monitor an outbreak of the 2019 Coronavirus. The most up-to-date national information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/>.

## RIVERSIDE COUNTY CORONAVIRUS INFORMATION:

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

## What You Can Do

According to the CDC, the coronavirus spreads most often from person to person between people within about six feet apart, known as “close contacts”. This is because the virus spread is believed to occur when an infected person coughs or sneezes. This is VERY similar to how the influenza and other respiratory illnesses spread.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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.

## **What to Do If You Become Sick**

There is quite a bit of news and information related to the coronavirus. Simply because you cough or have a runny nose does not mean you are infected with a virus. Don't forget we have weathered similar storms with the H1N1 virus and many other influenza strains.

If you are sick, **stay home and contact your doctor**. Tell them what your symptoms are. This will help them determine how to best help you.

## **Travel**

In our efforts to assure the health and safety of the Soboba Reservation community, the Tribal Council strongly recommends that you reconsider non-essential travel.

Members are encouraged to monitor the current reports by the CDC and seriously consider amending their travel plans to those areas where the infection rate is high.

If you have scheduled or are planning to travel to areas which have been identified as high risk, we encourage you and any members of your party to seek advice from your physician upon your return.

As we obtain more information about the coronavirus we will share it with the Members. You can receive updates by downloading the Soboba Tribe Alert App on your phones. Just go to the App Store on your Smart phone and type in "Soboba Tribe" and then download onto your phone. Once Downloaded please ensure your notifications are turned on.

Sincerely,

Soboba Tribal Council