



Colville Tribal Diabetes Prevention Program

Emergency Plan for Covid-19



Gather your supplies:

- Phone numbers of your doctors and healthcare team, ED, pharmacy, and insurance provider — have handy. List of medications and doses (including vitamins and supplements). Fill out Medical Cards.

- **Contact Health Care Providers at first on-set of illness with list of medications you currently take. Medications may need to be modified or discontinued.**

- Extra refills on prescriptions for meds and supplies so you do not have to leave the house (recommending 90 days of meds for refills). If unable to get to the pharmacy, find out about having medications delivered. Contact local Community Health Representatives.

- Always have enough insulin for two weeks or more. May need extra insulin for sick day coverage.

- Simple carbs like glucose tablets, regular soda, honey, jam, Jell-O, hard candies or popsicles to help keep your blood sugar up if you are too ill to eat, especially if at risk for low sugar (taking insulin, SUs).

- **EXTRA Testing Supplies- Glucagon and ketone strips, in case of lows and highs. This includes patients with pre-diabetes.**

- Have enough household items and groceries on hand so that you will be prepared to stay at home for at least two weeks. Extra supplies like rubbing alcohol and soap to wash your hands.

- For people with underlying health conditions, including diabetes, healthy family members in the household should conduct themselves as if they were a significant risk to them. For example, they should be sure to wash their hands before interacting with, feeding, or caring for them.

- If possible, a protected space should be made available for vulnerable household members. A space should be prepared for any sick household members as well.

- All utensils and surfaces should be cleaned regularly (dishware, towels, sheets, high-touch surfaces, etc.). All personal items such as cell phones, purses, masks, glasses, shoes, and mail should be disinfected prior to entering the home.

- Consider providing additional protections for household members over 65 years old and/or with underlying health conditions. Possibly wear masks in their presence.

- Restrict people in and out of the home. Visit through glass barrier—avoid direct hand-offs of items and cleanse. Distance from household members who go in and out frequently. Consider request for job modification or excuse from work due to increased risk of complicated illness if unable to work from home and if work poses increased risk of exposure.



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Covid-19 Recommended Emergency Supply List



Tylenol/ Re-Usable Ice Packs for Fevers

Face Masks

Extra Toothbrushes

Broth and Easy to Prepare Soups

Pedialyte/Gatorade/Powerade

Medicinal Teas, Extracts, and Natural Honey (Never give to babies under 1 year)

Boost, Ensure or Meal Replacement Drinks

Jello

Popsicles

Juice

Fresh and Frozen Fruit

Hand soap, Hand sanitizer, and Disinfectant Wipes and Sprays

Puzzles and Games for Cognitive Exercise (such as Crosswords and Sudoku)

Daily Vitamins-Including Vitamin D and C

Yogurt and Frozen Yogurt

Toast

Saltine Crackers

Water and Soft Drinks

Ice Cream/Sorbets

Vicks VapoRub/Baby VapoRub

Humidifier

Nebulizer

Thermometer and Oximeter

Glucose Tablets/Candies for Low Blood Sugar-Including Sweet Syrups



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Symptoms of Covid-19



Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms may appear **2-14 days after exposure to the virus:**

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore Throat
- Loss of Taste and Smell
- Pink Eye
- Confusion
- Coughing Blood
- Tingling
- Covid Toes

Covid Toes- The condition usually starts with red or purple discoloration, and the skin may become raised or develop ulcerations. It can also be on the hands.



Colville Tribal Incident Management Team **DIRECTORY**

Colville Tribal EOC509-634-7350
Department of Health Hotline.....1-800-525-0127

HOSPITALS

Mount Carmel, Colville.....509-685-5100
Ferry County Memorial Hospital.....509-775-3333
Coulee Medical Center.....509-633-1753
Mid-Valley Hospital.....509-826-1760

CLINICS

Inchelium Community Health Center.....509-722-7006
San Poil Valley Community Health Center.....509-634-7300
Nespelem IHS Clinic.....509-634-2913
Omak IHS Clinic.....509-422-7416
Coulee Family Medicine, Clinic.....509-633-1911

EMS

Nespelem/Keller.....509-634-2440
Inchelium509-722-6831
Lifeline, Omak.....509-422-4212

AREA AGENCY ON AGING

Inchelium509-722-7074
Keller.....509-634-2803
Nespelem.....509-634-2895
Omak.....509-634-0610

STORES

Inchelium509-722-3305
Keller.....509-634-4632
Nespelem.....509-634-2701

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Colville Tribal Diabetes Prevention Program

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