



Round Valley Indian Health Center



Statement to the Round Valley Community
From
James Russ- Round Valley Indian Tribes President

This afternoon three Round Valley residents tested positive for COVID-19. This testing was performed at Round Valley Indian Health Center. Per protocol Mendocino County Public Health has been notified and will work together with our community to ensure steps are taken to keep our community as safe as possible.

Please understand that those who test positive have a right to remain anonymous and have their privacy respected.

If you have concerns about exposure or have COVID-19 symptoms such as cough, fever, shortness of breath, extreme fatigue please contact the clinic Triage Nurse at 983-6181 ext. 142.

Please do not arrive at the Clinic without calling first.

Here are some other resource numbers

Howard Memorial Hospital Coronavirus Advice Line- 1 844-542-8840 available Mon- Fri 7am- 7pm

Mendocino County Coronavirus Advice Line -1 707 234-6052 available Mon-Fri 8am-5pm

“The Round Valley Indian Tribal Council has taken this pandemic seriously from the beginning. On March 18th the Tribal Council declared a State of Emergency for all of our programs and community. It was made for the safety and health of all of our community members. I hope and pray to our Creator that all of our people will be safe and we will get through this by His grace and guidance”.

We highly encourage people to stay home unless you need to do essential travel for things like food, medicine, or other necessary items. This is consistent with the public health orders that have been coming down over the past couple months.

Every person has a role to play to lessen the spread of this virus and to help prevent exposure to others. Much of protecting yourself and your family comes down to simple measures:

- Wash hands with soap and water.
- Clean and disinfect frequently touched surfaces daily. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or your inner elbow.
- Avoid close contact with people who are sick.
- Stay away from work, school or other people if you become sick with respiratory symptoms like fever and cough.
- Follow guidance from public health officials- -shelter in place, wear masks in public, social distance.