

March 21, 2020/12p.m. {This will be the only update for Saturday.}



UPDATE: ZERO RESERVATION CORONAVIRUS CASES CONFIRMED
Stay home/Save lives. Coping Skills. Tribal Council Active. Health Contacts.

AS OF THIS UPDATE, 12 p.m., Saturday, March 21, 2020: No confirmed coronavirus cases on the Reservation. If there is a confirmed case of the virus in Lac du Flambeau, we will announce it. **We continue to plan and prepare—every day—for the virus reaching here eventually.**

Tribal Council and mission critical operations continue. Please call or email before visiting Tribal Buildings, Departments, Programs and Services. This will save you time and frustration. Many hours and operations changed until further notice. Things change daily. We want to save you time and frustration. Please call or email before coming to any Tribal Buildings. **Every action and plan related to this emergency is designed to prevent coronavirus infection and spread to save lives.** If we save one life, our efforts will be worthwhile.

Healthcare needs on the weekend, please call Marshfield Clinic Minocqua Center or Howard Young Medical Center Emergency Room. Peter Christensen Health Center and other phones follow:

- Peter Christensen Health Center 715-588-3371
- Marshfield Clinic Minocqua Center 715-358-1000
- Howard Young Medical Center 715-356-8000

Save Lives. Stay Home. Protect Yourself & Your Neighbors. Please Follow These Guidelines.

- Regular handwashing for 20 seconds
- Maintain social distancing 6 feet or more (common flu is 3 feet, coronavirus spreads easier, which is why 6 foot social distance)
- Limit travel and person-to-person interaction: Travel, interaction increase your risk

Fear, stress and anxiety are understandable. These are expected when facing unknowns. There are ways to help manage these stressors. **Things you can do to support yourself:**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others remotely. Talk with people you trust. Share concerns and feelings.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. You can also go to the Centers for Disease Control link below for tips:

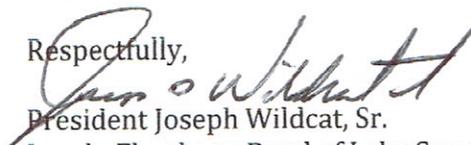
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

If you traveled to any of the affected areas in the last two weeks (see map link below), please call your healthcare provider for further instructions. Please monitor the coronavirus infections map daily online as it is updated. <https://www.dhs.wisconsin.gov/outbreaks/index.htm>

LDF Transit Closed Saturday, March 21, Re-opens With Limited Service Monday, March 23. Saturday service suspended completely until further notice. Limited service starts again Monday. Please call ahead to save you time. 715-588-4287 (4BUS) or dial 711 on your TTY/TDD.

Stay informed at LDFTribe.com, call (715) 588-4300, e-mail Covid.Inquiries@ldftribe.com

Respectfully,


President Joseph Wildcat, Sr.

Lac du Flambeau Band of Lake Superior Chippewa Indians/On behalf of Tribal Council