Do Your Part
Protect Yourself, Your Family, Our Elders, and the St. Croix Community.
BE A COVID WARRIOR

This booklet is Provided to the St. Croix Tribal Community by the St. Croix Chippewa Indians of Wisconsin with funding from the Great Lakes Inter-Tribal Council, Medical College of Wisconsin – Advancing a Healthier Wisconsin Endowment. COVID-19 Emergency Management Assistance for WI Tribes Grant Award.
A Prayer for Healing

Miizhishin
Ni bwakaa win,
Mii ni waa
De bwe win
ji tabajimoyan

Give Me
the Wisdom and the Truth
to Share the Message
Understanding COVID-19 & Coronavirus

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by wearing a mask to cover your mouth and nose, washing your hands or using an alcohol based rub frequently and not touching your face, avoiding large groups, and maintaining social distances whenever possible.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by wearing a mask, social distancing, and coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments and vaccines.

Monitor yourself and your family members for signs of illness, even if they are mild or subtle, like a irritated throat or low-grade fever. Contact your health provider for advice on COVID-19 testing opportunities in your community. Isolate yourself and your household when someone is not feeling well. If tested, isolate yourself and your family while waiting for results. If positive, you / your household must remain in quarantine as instructed by your health provider.

Don’t put others you love at risk.

COVID-19 stops with you.

Be a COVID Warrior.
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/coronavirus
Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Inability to wake or stay awake
- Persistent pain or pressure in the chest
- Bluish lips or face
- New confusion

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus
Protect the Circle of Life, Guidance for the St. Croix Community

Practice Social Distancing

Everyone has a role to play to reduce and slow the transmission of COVID-19 in the St. Croix Tribal Community. Social distancing is an essential step in preventing the spread of COVID-19. Social distancing is reducing physical interaction between people and it lowers the chances of spreading illness between people. Practice social distancing by putting space (at least 6 feet) between yourself and others. It is especially important during the COVID-19 pandemic to protect people who are at higher risk for severe illness from COVID-19.

These people include older adults and people of any age who have a serious underlying medical conditions. People can follow social distancing by reducing how often they are physically near others, reducing the overall number of people they are physically near, and by keeping at least 6 feet away for others when they do leave their homes. Staying physically apart is important, even in places like the workplace, school, when shopping, or in other places in the community. The goal of social distancing is to reduce the risk of spreading COVID-19.

Coping with Social Distancing

Social distancing may make some people feel socially or culturally isolated, and possibly lead to loneliness, depression and poor health. It is important to use other non-physical ways to connect with family and friends, like sending a letter, phone calls, video calls, or social media. Exercising in or around your home or yard and sitting or working outside, close to home, can also help.

Social distancing to stay healthy and safe may prevent people from following some traditional and ceremonial practices. This may be especially relevant for American Indian/Alaska Native (AI/AN) communities, but it is very important to use social distancing to reduce the spread of COVID-19.

Below are some ways to cope with social distancing (also known as physical distancing) and the stress COVID-19 may cause:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic continuously can be upsetting.
- Take care of your body and mind. Take deep breaths, meditate, stretch, and exercise regularly.
- Try to eat healthy, well-balanced meals.
- Get plenty of sleep.
- Avoid alcohol and drugs.
- Connect with others online or on the phone and talk with people you trust about your concerns and how you are feeling.
- Make time to relax and do activities you enjoy that can be done while social distancing. Coping with stress during a COVID-19 outbreak will make you, your loved ones, and the St. Croix community stronger.
Preparing Your Family and Household for COVID-19

St. Croix Tribal communities have many multi-generational households and are located rural tribal areas that add unique challenges with social distancing, access to grocery stores, and local and tribal health services. However, there are several steps individuals can take to keep your home and family safe.

It is important for people at higher risk for severe illness, hospitalization or death from COVID-19, to limit time spent away from the home. People at higher risk for severe illness including older adults and those with certain underlying conditions.

Based on what we know at this time, pregnant women might be at an increased risk for severe illness from COVID-19 compared to people who are not pregnant. Pregnant women have had a higher risk of developing severe illness with other respiratory infections. There may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19. Therefore, if you are pregnant, be mindful about reducing your risk of getting sick. It is always important for pregnant women to protect themselves from illness.

- Lack of close access to grocery stores, water and health services may require more frequent trips to the store. If possible, send individuals that are not at higher risk for severe illness from COVID-19 to gather essentials for the home.
- Wear a cloth face covering in public settings, like grocery stores and pharmacies, where it may be more difficult to maintain social distancing.
Recommendations and Tips for Multi-Generational Tribal Households during the COVID-19 Pandemic

People who live in multi-generational tribal households may find it difficult to take precautions to protect themselves from COVID-19 or isolate those who are sick, especially if space in the household is limited and many people live in the same household.

**Everyone in the household should limit risks**

Everyone in the household should take steps to stay healthy and protect each other from getting sick.

**Wash your hands** often with soap and water for at least 20 seconds. If you can’t wash with soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- **Avoid** touching your eyes, nose, and mouth.

- **Limit** trips out of the house. If you must leave the household, wear a cloth face covering, and stay at least 6 feet, or about two arms’ lengths, away from others. This is called social distancing.

- **Avoid** having visitors (anyone who does not live with you) inside your household. This may be difficult given most communities are close knit and people visit each other often, but it helps reduce the spread of the virus that causes COVID-19. **If people must visit, visitors should wear face coverings and stay outside, if possible, while keeping at least 6 feet distance.**

- **Elders** and people with certain **underlying medical conditions** are at higher risk for serious illness from COVID-19. If your household includes one or more people who are at higher risk then all family members should act as if they, themselves, are at higher risk.

**Limit the risks when taking trips out of the house**

Members of the household should consider ways to limit the risks when there is a need to leave the house like going to a grocery store or market, tribal healthcare facility, or pharmacy. If possible, have at least two weeks of medications and supplies available.
When you make trips outside the house:

- Choose one or two people in the house who are not at higher risk to make the trip. Wear a cloth face covering. Follow proper use, removal, and washing of the cloth face covering. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

- Stay at least 6 feet (about 2 arms’ lengths or little over the length of a canoe paddle) away from others while shopping and in lines.

- Don’t touch your eyes, nose, or mouth.

- Don’t ride in a vehicle with members of different households. If that’s not possible:

  - Open the windows or use the vehicle’s vents to bring in fresh outside air.

  - Handle only your own personal items.

- Clean and disinfect commonly touched surfaces (e.g., door handles, handrails, seatbelt buckles) after each trip. Wash your hands for at least 20 seconds right away after you return home. If you can’t wash with soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
If Someone in Your Home is Sick or Has Symptoms of COVID-19

Family members who are at higher risk should avoid caring for children, and those who are sick.

Elders and people who have underlying medical conditions, such as diabetes or serious heart conditions, should avoid caring for the children in their household, if possible.

If people at higher risk must care for the children in their household, the children in their care should not have contact with people outside the household. Members of the household who are at higher risk should also avoid caring for people of any age who are sick.

Separate a household member who is sick

Provide a separate bedroom and bathroom for the person who is sick, if possible. If that’s not possible, try to separate them from other household members as much as you can. Keep people at higher risk separated from anyone who is sick.

If possible, have one person in the household take care of the person who is sick. This person should be someone who is not at higher risk and should limit contact with other people in the household.

- Keep at least 6 feet between the person who is sick and other household members. If this is not possible:
  - Avoid hugging, kissing, and sharing food or drinks with the person who is sick.
  - Have the person who is sick wear a cloth face covering, if they are able.
  - Wash your hands for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol after interacting with or cleaning up after the person who is sick.
  - Avoid sharing household items at the same time, such as towels and dishes, with the person who is sick.

If someone needs to share a room with someone who is sick:

- Open a window, if possible.
- Do not open windows and doors if doing so poses a safety or health risk to household members (e.g., risk of falling or triggering asthma symptoms).
- Maintain at least 6 feet between beds, if possible. If this isn’t possible, sleep head to toe. Put a curtain around or place another physical divider (e.g., shower curtain, large cardboard poster board, quilt, or large bedspread) to separate the sick person’s bed.
If you need to **share a bathroom** with someone who is sick, the person who is sick should clean and disinfect the commonly touched surfaces in the bathroom after each use. If this is not possible, the person who does the cleaning should:

- Open outside doors and windows before entering the bathroom, if possible. If you have one, turn on the bathroom ventilating fan.
- Wait **as long as possible** before entering the room to **clean and disinfect** or to use the bathroom.
- Ensure safe and correct use and storage of disinfectants, including storing products securely away from children.
- Wear disposable gloves when cleaning and wash your hands immediately afterwards.

If **more than one household member is sick**, have household members who are sick stay in one area of the home, separated from household members who are not sick

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**Self-quarantine tips if you’re sick with COVID-19**

### DO

- **Stay home, avoid public areas and mass transit.**
- **Isolate yourself from others in your home.**
- **Use a separate bathroom, if possible.**
- **Call ahead before visiting the doctor.**
- **Wash your hands often.**
- **Wear a face mask around other people and pets.**
- **Cover coughs and sneezes.**

### DON’T

- **Go outside for any reason.**
- **Let in any non-essential visitors.**
- **Have contact with pets and other animals, if possible.**
- **Share space with housemates, if possible.**
- **Share dishes, utensils, cups, towels or bedding.**
- **Go to the doctor without calling ahead.**
- **Discontinue home isolation until instructed.**

*Source: CDC*
Tips for Tribal Households

It is important for people who are at higher risk for severe illness:

- Stay at home and away from crowds.
- Make sure you have access to several weeks of medications and supplies so you don’t have to go out of the home.
- When you go out in public, keep at least 6 feet away from others. Do not go to places where people are sick.
- Wash your hands frequently, as described above.

If someone in your home is sick with COVID-19

- Have everyone continue to practice good handwashing methods as described above. Clean and disinfect surfaces, doorknobs and other commonly touched surfaces with common household disinfectants daily.
- Remind everyone to avoid touching their face, and cover coughs and sneezes with the inside of their elbow or with a tissue, and then throw the tissue away.
- As best as possible, isolate the individual with COVID-19 in a separate bedroom and bathroom away from others.
- Take care of the emotional health of your family, including yourself.
- Avoid sharing personal items like phones, dishes, bedding, or toys.

Prevent the spread of germs:

- Avoid sharing personal household items, like dishes, towels, and bedding.
- Have the sick person wear a facemask (if available). If sick individuals are unable to wear a facemask, the individual caring for the sick should wear a facemask when in contact with them.
- Have them use a separate bathroom (if possible).
- Avoid having any unnecessary visitors.

If caring for a sick household member

Treat symptoms:

- Make sure individual with COVID-19 drinks a lot of fluids to stay hydrated and rests at home.
- Use over-the-counter medicines to help with symptoms.
- For most people, symptoms last a few days and get better after a week.

Monitor for emergency signs, like:

- Trouble breathing.
- Continual pain or pressure in the chest.
- New confusion.
- Bluish lips or face.
- Call 911 or health care provider if emergency signs are present.
What is coronavirus disease 2019 (COVID-19)?
Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?
Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:
• Fever, cough, and shortness of breath

How does COVID-19 spread?
Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?
Anyone can get COVID-19. Those at risk of severe illness include:
• Elders and adults over 60 years of age,
• People with heart disease, lung disease, or diabetes.

How can I protect myself and my family?
Stay at home. “Social distancing” is recommended. This means keeping your family at home and away from others who may be sick.
• If you must go out, try to stay 6 feet away from others.
• Avoid gatherings with other people.
• Avoid touching your eyes, nose, and mouth.
• Do not shake hands, hug, or touch others.
• Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

Have there been cases of COVID-19 in our state?
Yes, there have been cases in all 50 states.

If someone gets sick, what can they do?
• If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider or local Indian Health Service unit for medical advice.
• In an emergency, call 911.
• People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
• Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
• Stay home and away from others for 14 days to avoid getting others sick.
• Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

Is there a vaccine or treatment?
There is no vaccine. The best way to reduce the risk of getting sick with COVID-19 is to practice social distancing and healthy habits like washing hands regularly.

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

For more information: CDC.gov/coronavirus

Effective March 26, 2020
Source: CDC
COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

- Stay home until after
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared

If you are sick and think or know you have COVID-19

- Stay home until after
  - 10 days have passed since your positive test.

If you tested positive for COVID-19 but do not have symptoms

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus
Due to COVID-19 the St. Croix Chippewa Housing Authority Office is Closed. Please make an appointment to visit or contact the Housing Authority at:

715-349-2727 x 5130  Michaela Lowe, Director

COVID-19 is placing unique demands and challenges on the St. Croix Chippewa Housing Authority, that impacts our workforce, residents, and communities. Everyday, the Housing Authority is working to prioritize assess and address the potential risk of COVID-19 to their operations. We know that while each of us is facing this crisis, it may not impact us all in the same way and consideration for others is more important than ever.

Please understand, that while our day-to-day operations may be significantly impacted due to COVID-19, we are working to respond quickly and efficiently to the needs of our members.

We will continue to share as much information as possible with staff and residents concerning COVID-19 as it impacts housing in the St. Croix community.

Resources are available to assist residents impacted by the COVID-19 pandemic. If you have questions or concerns about housing please contact the Housing Authority Office.

Please be safe and take care of yourself, your family and your community, by helping to stop the spread of COVID-19.
Symptoms

- Symptoms of COVID-19 can include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- These symptoms may appear 2-14 days after you are exposed to the virus that causes COVID-19.
- Not everyone with COVID-19 has all of these symptoms, and some people may not have any symptoms.

Talk to your health care provider if you have questions or concerns about symptoms.

Testing for COVID-19

- People who have symptoms of COVID-19 should get tested. Talk to your health care provider to make an appointment for testing.
- In general, people who do not have symptoms should not be tested for COVID-19. However, public health may recommend that people who do not have symptoms get tested in certain situations. These could include:
  - People who are told by public health workers that they were in close contact with someone known to have COVID-19 or are connected to a setting where an outbreak is occurring.
  - Before certain medical procedures.

Where to get tested

- Most clinics and hospitals across the state have the ability to collect samples (specimens) for lab testing. A list of local COVID-19 testing locations in provided on the next page.
- Call ahead before going to the clinic or hospital to be tested. Not all clinics test people who do not have symptoms.

Getting your test results

- The clinic that did your testing will get the results to you.
- It can take several days for test results to come back.
- While you are waiting for your test results, you should stay home and separate yourself from other people in your home as much as possible. Wash your hands often and clean frequently touched surfaces.
COVID-19 Testing Locations

ST. CROIX TRIBAL HEALTH & HUMAN SERVICES CLINIC, HERTEL WI

Business Hours:
Monday—Thursday 8:00am—4:00pm
Friday 8:00am—Noon
Phone: 715-349-8554 Toll Free: 877-455-1901

In response to the COVID-19 epidemic the St. Croix Tribal Health and Human Services Team has taken extra precaution to protect all of our Tribal members, employees and community members.

To limit the exposure and comply with social distancing, we request that you call ahead of time before coming to the clinic building. Our available services to our community are as follows.

St. Croix Tribal Health Clinic: St. Croix Tribal Health Clinic, Hertel has Virtual visits as well as emergent clinic visits Monday—Thursday 8-4. Round Lake Clinic will be open from 9-3 pm on Tuesdays.

! COVID-19 TESTING CENTER

Please call: St. Croix Tribal Health Clinic at 715-349-8554 to schedule an appointment or speak to a triage nurse.

PREVEA health

1051 West Ave., Rice Lake, WI

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<tr>
<td>Appointment Required</td>
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<td>Referral Not Required</td>
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<td>Testing for all Patients</td>
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Essentia Health

Sandstone MN 320-245-5600
705 Lundorff Dr Sandstone, MN
Hayward WI 715-634-5505
11134 N State Road 77 Hayward, WI

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COMMUNITY RESOURCES by COUNTY

BURNETT COUNTY:
Government Center: 715-349-2150
7410 County Road K. Siren, WI 54872
Clerk of Courts: 715-349-2147
Jacqueline O’Baasch Court Fees & Fines
Child Support: 715-349-2555
Shelly Hatch
County Clerk: 715-349-2173
Wanda Hinrichs Vital Records
Health & Human Services 715-349-7600
Karla Brunberg
- Food Share SNAP
  http://dcf.wisconsin.gov/foodshare
- Health Care
- Child Care Subsidy
  http://dcf.wisconsin.gov/wishes
- SSI Caregiver Supplement
- Energy Assistance 1-866-432-8947
HEATING EMERGENCIES 715-349-7600
  http://homeenergyplus.wi.gov
BURNETT COUNTY HOUSING AUTHORITY
715-866-8231
7350 Main Street E. Webster WI

POLK COUNTY:
Government Center: 715-485-9212
100 S. W. Main St. Balsam Lake, WI 54810
Clerk of Courts: 715-485-8400
Joanne Ritten Court Fees & Fines
Child Support: 715-485-9297
Chad Hoag
County Clerk: 715-485-9226
Sharon Jorgenson Vital Records
Health & Human Services 715-485-8400
www.polkcountychildrenandfamiliesdept.org
www.polkcountyhealthdep.org
Brian KaczmarSKI
- Food Share SNAP
  http://dcf.wisconsin.gov/foodshare
- Health Care
- Child Care Subsidy
  http://dcf.wisconsin.gov/wishes
- SSI Caregiver Supplement
- Energy Assistance 715-485-8478
  Diana Peterson
HEATING EMERGENCIES 715-485-8480
  http://homeenergyplus.wi.gov
POLK COUNTY HOUSING AUTHORITY
715-294-4243

BARRON COUNTY:
Government Center: 715-537-6340
335 E. Monroe Ave. Barron, WI 54812
Clerk of Courts: 715-537-6265
Sharon Millermom Court Fees & Fines
Child Support: 715-537-6390
John Muench
County Clerk: 715-537-6200
DeAnn Cook Vital Records
Health & Human Services 715-349-7600
Bonnie Roenhild / Stacy Frolik
- Food Share SNAP
  http://dcf.wisconsin.gov/foodshare
- Health Care
- Child Care Subsidy
  http://dcf.wisconsin.gov/wishes
- SSI Caregiver Supplement
- Energy Assistance 1-866-432-8947
HEATING EMERGENCIES 715-537-6340
  http://homeenergyplus.wi.gov
BARRON COUNTY HOUSING AUTHORITY
715-537-5344
611 E. Woodland Ave, Barron WI

GREAT RIVERS ECONOMIC SUPPORT
1-888-283-0012
access.wisconsin.gov
### Sawyer County

**Government Center:** 715-634-4860  
10610 Main Street, Hayward WI 54843  
**Clerk of Courts:** 715-634-4887  
Marge Kelsey  
**Child Support:** 715-634-3173  
Amanda D.  
**County Clerk:** 715-634-3242  
Carol Williamson  
**Health & Human Services** 715-634-4806  
Paul Grahovac 1-800-569-4162  
www.sawyercountygov.org

- **Food Share SNAP**  
  http://dcf.wisconsin.gov/foodshare  
- **Health Care**  
- **Child Care Subsidy**  
  http://dcf.wisconsin.gov/wishes  
- **SSI Caregiver Supplement**  
- **Energy Assistance** 715-634-4806

**SAWYER COUNTY HOUSING AUTHORITY**  
715-634-4280  
16036 US HWY 63, Hayward WI

### Washburn County

**Government Center:** 715-468-4747  
104 th Ave. Shell Lake, WI 54871  
**Clerk of Courts:** 715-468-4677  
Shannon Anderson  
**Child Support:** 715-468-4747  
Kelly Swan  
**County Clerk:** 715-468-4600  
Lolita Olson  
**Health & Human Services** 715-468-4747  
www.co.washburn.wi.us

- **Food Share SNAP**  
  http://dcf.wisconsin.gov/foodshare  
- **Health Care**  
- **Child Care Subsidy**  
  http://dcf.wisconsin.gov/wishes  
- **SSI Caregiver Supplement**  
- **Energy Assistance** 715-468-4782

**WASHBURN CTY HOUSING AUTHORITY**  
715-635-2321

### St. Croix Tribal Government

24663 Angeline Ave. Webster WI  
**Tribal Center** 715-349-2195  
**Housing:** x 5411  
**Food Distribution** x 5270 / 5271  
Clinic 715-349-8554 877-455-1901  
**Per Cap** x 5186 / 5232  
**Interstate** x 5164 / 5337

### Food Pantry Locations & Hours

**Burnett Co. Food Pantry “Connections”**  
Monday, Tuesday & Friday 10am-3pm  
26356 Lakeland Ave S Webster

**Sawyer Co. Food Pantry**  
Thursday and Friday 10am—3pm  
16058 W. Hwy 63 Hayward, WI

**Washburn Co. Food Pantry**  
Friday & Saturday 9am—12pm  
110 Industrial Drive, Shell Lake, WI

**Ruby’s Food Shelf Siren**  
Monday, Wed. & Friday 10am—2pm  
24534 State Hwy. 35/70 Siren, WI

**St. Croix Chippewa Food Distribution**  
Monday—Thursday 7:30am—4:30pm  
24663 Angeline Ave., Webster WI

**Loaves & Fishes Food Pantry**  
Tuesday & Thursday 11am—1pm  
300 North 1st. Luck, WI

**Barron Area Food Pantry**  
Tues. 9:30-12pm Thurs. 2pm - 5pm  
411 LaSalle Ave, Barron WI

**Family Pathways Food Shelf**  
Monday—Saturday

### Salvation Army Assistance Programs

**Emergency Support, Transitional Housing, Rent & Utility Assistance**  
Somerset 715-247-2944  
Siren 715-349-7144

**Burnett County Family Resource Center**  
**Child Care, Family & Parenting Resources,**  
(715) 349-2195
St. Croix Health & Human Services Resources Directory

St. Croix Tribal Health Clinic
24663 Angeline Ave, Webster WI 54893
Phone: 715-349-8554  T  oll Free: 877-455-1901
St. Croix Tribal Health Clinic has virtual visits as well as emergent clinic visits Monday—Thursday 8am—4pm and Friday 8 am—Noon. Round Lake Clinic will be open from 9am-3pm on Tuesdays. !COVID-19 Testing Available, please call St. Croix Tribal Health Clinic at 715-349-8554 to schedule an appointment or speak to a triage nurse.

St. Croix Tribal Pharmacy
Open 8am—4pm Monday-Thursday and Friday 8am—Noon. You can come in and pick up prescriptions anytime. The pharmacy requests that you call ahead of time 715-349-8554 option #3, so that prescriptions are available when you stop. If anyone needs medication brought to Round Lake Clinic to be picked up on Tuesday, please notify Dave at our pharmacy by Noon on Monday.

St Croix Tribal Dental
The dental clinic is continuing to see patients for emergency services and non-emergency appointments. Currently seeing patients 8am-4pm Monday-Thursday and 8am-noon Fridays. The Dental Clinic asks that all patients call the clinic at 715-349-8554 option #2, and talk to the dental department before arriving so we can determine if it is an emergency per the ADA guidelines or if you need to schedule an appointment. If we have a patient arrive as a walk-in we will still see them as best we can. Because of the changes in infection control recommendations appointments will take longer, please plan ahead. Please call before arriving to the dental clinic for a dental emergency so that we can evaluate and find appointment time, usually same day. We also have a dental urgent care cell phone number 715-416-4083 patients can use to reach us in case of an emergency. We still recommend they call the clinic first.

St. Croix Tribal Child Care Development Fund
Benefits Available: Financial assistance for working families / Job search and Court-ordered cases to income eligible families. How to apply: Application process, when to apply: 1 week before starting work. Hours of Operation Monday—Thursday 8am—4pm Friday 8am –Noon
Contact information: Jacquelyn Churchill: 715-349-8554 ext. 5302
St. Croix Tribal MCH Home Visiting Program

Home visits and support for families with children. Contact the clinic to get more information we provide help with developmental promotion and positive parenting. Coordination of medical care and local resources for families and children. Contact: Sandy Johnson, Cell (715) 416-4007 or (715)349-8554 ext. 5280

Family Foundations Home Visiting Program

Home visits and resources for pregnant moms and families with new babies or small children. Still taking new referrals, currently offering virtual visits. Contact the clinic for more information Contact: Tami at (715)349-8554 ext. 5319

St. Croix Tribal WIC Program

Benefits available: monthly WIC food packages for pregnant woman and children 0-5 yrs old. How to apply: Application process
When to apply: After receiving Proof of pregnancy from a medical physician and after baby is born. Hours of Operation: Mon-Thurs: 8-4 & Friday: 8-12p
Contact: Jacquelyn Churchill: 715-349-8554 ext. 5302

St. Croix Tribal Indian Child Welfare

Services available: Food and fuel from Fourwinds and utilities.
Communication telephonically which includes call, text, email, and Facetime.
Who is eligible: Families that are currently working or open with ICW.
Contact Information: Liz Lowe: Cell: (715) 416-2745 (text) (715) 214-2940 (call) email: elizabethl@stcroixojibwe-nsn.gov Laurel Lawrence: (715) 416-5001 (text and call) email:Laurell@stcroixojibwe-nsn.gov

If You Suspect Child Neglect or Abuse, call the following county that the child reside in: Burnett County: (715) 349-7600 (Office Hours) Barron County: (715) 537-5691 (Office Hours) (715) 349-2128 (After hours) (715) 537-3106 (After Hours) Polk County: (715) 485-8400 (Office Hours) Washburn County: (715) 468-4747 (Office Hours) (715) 485-8300 (After Hours) (715) 468-4720 (After Hours)

St. Croix Tribal Foster Care / Kinship / Adoption Program

Services available: Telephonic support for but not limited to; challenging behaviors, parenting strategies, support for home schooling, referrals to other services available and kinship vouchers. *Food assistance from Fourwinds Market. *Energy assistance.
Who is eligible: All placement providers that are currently caring for tribal children. How to Request: Application Process Contact: Danica Nichols, Cell (715) 645-0145 (call or text) or email Danican@stcroixojibwe-nsn.gov
St. Croix Tribal Behavior Health:

Behavioral health clinicians are continuing to provide support to existing clients from home via temporary cell phones. If there is anyone else who would like non-crisis support, the following clinicians can be reached during business hours 8 a.m. to 4 p.m. Monday through Friday: Julie Yaekel-Black Elk (320-372-0687), Penny Bearheart (715-419-2429), Ana Winton (715-558-6971). If you or anyone you know in need of crisis support (i.e. due to persistent suicidal thoughts or suicidal plans), please call the mental health crisis line for the person’s county of residence:

Burnett and Rusk: 1-888-636-6655
Barron, Polk, and Washburn: 1-888-552-6642

St. Croix Tribal Domestic Violence/Sexual Assault Program

The St. Croix Tribal Domestic Violence and Sexual Assault Program is able to provide confidential support, advocacy and referral services to those that are experiencing domestic violence, sexual assault, teen dating violence, and/or stalking. Call or text. If no answer, please leave a message and state whether or not it is safe to call back. We do not return missed calls due to safety concerns.

Domestic Violence/Sexual Assault related: 715-431-0170
Sexual Assault related: 715-416-4305

POLICE EMERGENCY DIAL 911

St. Croix Tribal Coordinated Services Team

Services available: Strength based services for children/families, this program is outcome based with achievable goals and care coordination.

Who is eligible: Families with tribal children ages 0-18 involved at least two of the following direct services: Mental Health, Special Education, Juvenile Justice, Child Protection Services, Alcohol or other Drug Abuse Services.

How to Request:
Contact Dawn Emery email: Dawne@stcroixojibwe-nsn.gov cell: (715) 416-0838

Hours of Operation: 7:30 a.m. – 4:30 p.m. (Monday to Thursday)
7:30 a.m. -11:30 a.m. (Friday)
Managing Stress During COVID-19 (Coronavirus)

Stress during COVID-19 (Coronavirus)

The spread of a new virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation.

Stress during this time can have a big impact on home lives. It is normal to feel like things are out of control, but there are ways to bring down stress levels. To reduce stress, it is important to learn how to recognize the signs of stress and to learn strategies for managing stress. For some people—like those who experience violence at home—more help may be needed to support a safe home environment.

Recognizing the signs of stress

A person’s body can react to stress in strong ways. People have different signs of stress, but they may include:

- An increase or decrease in energy and activity levels
- An increase in frustration, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Not wanting to eat or eating too much
- Worrying much more than usual
- Wanting to be alone most of the time
- Not able to feel pleasure or have fun
- Feeling depressed, anxious, or fearful
- An increase in alcohol use or use of illegal drugs

Strategies to manage stress

Stress can be managed, even when it feels like it’s impossible to deal with. Here are some strategies to reduce stress at home:

- Take breaks from watching, reading, or listening to news stories, including social media. Instead, read a book or watch a show that takes the mind off the news.
- Care for the body! Take deep breaths with eyes closed, stretch, or meditate. Try to eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs.
- Exercise! Get outside for a walk, or do an in-home workout.
- Connect with others through a phone call or video chat. Share concerns and feelings with a friend or family member.
- Try to laugh! Humor is a great way to calm the mind.

Support for those at risk of violence in the home

People who experience violence or abuse at home may be experiencing increased stress and danger during this period of social distancing and home isolation.

If someone is experiencing violence or abuse in their home, they are not alone. There are many resources available to help:

- The National Domestic Violence Hotline is 24/7, confidential and free: 1-800-799-7233 and through chat.
- The National Sexual Assault Hotline is 24/7, confidential and free: 800.656.HOPE (4673) and through chat.
- The StrongHearts Native Helpline for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: 1-844-762-8483.
- The SAMHSA Disaster Distress Helpline offers 24/7, confidential and free crisis counseling: 1-800-985-5990.
- They can also reach out to a friend, co-worker, or family member who can check in with them about their safety and support needs, and help them make plans for staying somewhere else if their situation becomes dangerous.

We all can support those at risk by reaching out to loved ones, friends, neighbors, and coworkers to see if they have the care and support they need, and if they feel safe at home. If you suspect someone you know may be experiencing violence or abuse at home, consider reaching out to let them know you are available to talk. You can also call the free, confidential National Domestic Violence Hotline 24/7 at 1-800-799-7233.

For more information: www.CDC.gov/coronavirus
Recommendations for Tribal Ceremonies and Gatherings

During the COVID-19 Outbreak

Tribal ceremonies such as sweat lodge, social gatherings and seasonal ceremonies, and larger gatherings such as pow wows, are a vital part of cultural identity and common and traditional practices in tribal communities. CDC offers the following recommendations to help tribal communities, elders, and leaders decide how best to keep their communities safe and work to prevent the spread of COVID-19. These considerations are meant to support—not replace—tribal laws, rules, and regulations aimed at protecting the health of tribal communities.

The more people who attend a ceremony or gathering, the closer they are to one another, and the longer they gather together, the higher the risk of spreading COVID-19. The higher the level of community transmission in the area that the gathering is being held, the risk of COVID-19 spreading during a gathering.

It is important to take steps now to protect tribal community members from getting sick before, during, and after participation in tribal ceremonies or other gatherings such as: Sweats, birthday parties, pow wows and funerals.

This is especially true for tribal community members who may be at higher risk, such as tribal elders and people with underlying medical conditions.

What is done today, affects seven generations. The risk of COVID-19 spreading at events and

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**Lowest risk:**

Tribal ceremonies or gatherings are conducted virtually (e.g., by communicating online, or by video conferencing or telephone), if traditions allow.

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**More risk:**

Small in-person ceremonies or gatherings are held. Gatherings take place outside or in larger structures with good air flow. No food is served at ceremonies or gatherings. Tribal members remain at least 6 feet (or about 2 arms’ lengths) away from others, wear masks, and do not share or touch the same items.

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**Higher risk:**

Medium-sized in-person ceremonies or gatherings are adapted to allow tribal members to remain at least 6 feet apart. Tribal members are encouraged to wear masks. Food is served in pre-packaged boxes with disposable utensils.

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**Highest risk:**

Large in-person ceremonies or gatherings are held where it is difficult for tribal members to remain at least 6 feet apart because of increased number of participants based on the venue size. Tribal members share or touch the same items. Food is served “potluck” or family style. Tribal members attending the ceremony or gathering come from multiple tribal communities or from outside the local geographic area.
Tips for Elders and Their Caregivers about COVID-19 (Coronavirus)

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it’s harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

How to keep Elders and others safe
(see other side of this page)

Stay at home. “Physical distancing” is recommended. This means keeping your family at home and away from others as much as possible:

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

Activities to do with elders while staying safe

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.

What else should caregivers do?

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder.

Watch for symptoms (fever, cough, trouble breathing, headache, muscle pain, chills, sore throat) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. If can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends; share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

For more information: CDC.gov/coronavirus

Effective May 5, 2020
Source: CDC
ELDERS RESOURCES

Interstate: 715-349-2195
Jennifer Taylor, Director x 5337
Bernice Taylor, x 5163
Angela Lowe, x 5164

Aging: 715-349-2195
Jennifer Bearheart, Director x 5108
Cell: 715-416-3645
jenniferb@stcroixojibwe-nsn.gov
Katrina Decorah, x 5125
katrinad@stcroixojibwe-nsn.gov

Elders Advocate: CLOSED due to COVID-19 * referred to Interstate

Medical: 715-349-8554
Community Health, x 5268

Caregiving: 715-349-2195
Lisa Reynolds, Director x 5116

EDUCATION RESOURCES

Tribal Youth: 715-349-2195
Karen Washington Director, x 5303
Georgia Cobenais, x 5300
Tristen Oustigoff, x 5309

Head Start: 715-349-2195
Mary Johnson Director, x 5246

LCO College: 715-349-2195
Janine McNulty, x 5312
Children and Grief During COVID-19

Grief: a silent symptom of COVID-19
Many children are facing sudden losses or changes in their normal lives during COVID-19, with schools closing, time with friends being canceled, and relatives getting sick and some dying. Children may also be experiencing fear as COVID-19 spreads in their communities. These feelings of loss, change, and fear can be very difficult for children, and can bring about a grieving process.

Just like adults, children experience grief after the loss of a loved one, or the loss of a routine, friendship, relationship, or feeling of safety. Children may be experiencing grief for the first time during COVID-19, and it is important for parents and caregivers to know how to support them during this time.

Recognizing the signs of grief
Grief is commonly experienced in five parts. Children may experience these five parts in a different order than the order below, experience each part more than once, or move through them faster or slower than others.

- **Denial** is when the child is in a state of shock or disbelief because life as they once knew it has changed. They may refuse to believe how much their life has changed. Once the denial and shock starts to fade, the start of the healing process begins, and the feelings that the child was holding back begin to show.

- **Anger** is a common stage for the child to think “why me?” and “life’s not fair!” The child may act out or show frustration more than normal during this stage, including what may feel like taking anger out on loved ones. This is normal.

- **Bargaining** is the stage of false hope. A child might falsely make themselves believe that they can avoid the grief by making a major change in their life. For example, they might believe if they start having better behavior, the person they lost will “come back.”

- **Depression** is the emptiness the child feels when they accept reality and realize the person or way of life is gone or over. In this stage, they might withdraw from life, feel numb, and not want to get out of bed. They might even experience suicidal thoughts. If you think your child is experiencing thoughts of suicide, call the 24/7 National Suicide Prevention Lifeline at 1-800-273-8255, visit suicidепreventionlifeline.org for a live chat, or text the Crisis Text Line by texting START to 741741.

- **Acceptance** is the stage where your child’s emotions may return to normal as they understand that they can continue with life and grow into their new situation. The child still may feel sad from time to time when reminded of their loss.

Supporting a grieving child or teen
Grief is a difficult experience, especially for children. There are many strategies for supporting a grieving child.

- **Listen to the child.** It is important for a child to have a safe space to talk and share their feelings. Be patient and understanding.

- **Allow the child to show emotion.** Children may experience anger, sadness, pain, shame, guilt, or other powerful emotions. These are all normal during grief.

- **Encourage coping skills.** Support the child by helping them find healthy ways to cope with their feelings. Try out different activities as a family: deep breathing, praying, journaling, going for walks, arts and crafts, etc.

- **Practice self-care.** Caregivers must take care of themselves in order to support their children to the best of their abilities.

- **Understand grief comes in waves.** During grief, children will have good days and bad days. Understand that this is normal, and practice compassion during the bad days.

- **Create and maintain routines.** Children need routines to feel supported and comforted during their grieving process.

- **Ask for help.** Rely on family and friends for support. Encourage the child to reach out to their friends or a trusted adult for support. If these steps are not enough, consider contacting a mental health professional or traditional healer.

For more information: www.CDC.gov/coronavirus

Effective May 1, 2020
Sources: CDC, Hospice Foundation of America, National Alliance for Grieving Children
Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

- Recommend use of EPA-registered household disinfectant.

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for at least 1 minute

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

  OR

- 4 teaspoons bleach per quart of water

- Alcohol solutions with at least 70% alcohol.

Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.

[cdc.gov/coronavirus]
• **Launder items** (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.

OR

• **Disinfect with an EPA-registered household disinfectant.** These disinfectants meet EPA’s criteria for use against COVID-19.

**Electronics**

• For electronics, such as tablets, touch screens, keyboards, and remote controls.

• Consider putting a **wipeable cover** on electronics.

• **Follow manufacturer’s instruction** for cleaning and disinfecting.
  - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.

**Laundry**

For clothing, towels, linens and other items

• Launder items according to the manufacturer’s instructions. Use the **warmest appropriate water setting** and dry items completely.

• **Wear disposable gloves** when handling dirty laundry from a person who is sick.

• Dirty laundry from a person who is sick **can be washed with other people’s items.**

• **Do not shake** dirty laundry.

• Clean and **disinfect clothes hampers** according to guidance above for surfaces.

• **Remove gloves,** and wash hands right away.

**Clean hands often**

• **Wash your hands** often with soap and water for 20 seconds.
  - Always wash immediately after removing gloves and after contact with a person who is sick.

• **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.

• **Additional key times to clean hands** include:
  - After blowing one’s nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance (e.g. a child)

• **Avoid touching** your eyes, nose, and mouth with unwashed hands.

**When Someone is Sick**

**Bedroom and Bathroom**

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

• The person who is sick should stay separated from other people in the home (as much as possible).

• **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
Caregivers can provide personal cleaning supplies to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and EPA-registered disinfectants. If they feel up to it, the person who is sick can clean their own space.

- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.


### Food
- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.

- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.

- **Clean hands** after taking off gloves or handling used items.

### Trash
- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
SPREAD KINDNESS
NOT COVID-19

Be safe for all of us

Spread Kindness. Help to keep our community healthy, and our businesses and schools open.
It will take a unified effort to limit COVID-19’s spread in our Communities.

We are calling on your compassion, respect And kindness to make it happen.

COMMUNITY ACTION RESPONSE: COVID-19
5 things you can do to make a positive difference in your community

Think of others, consider your actions & be kind
Connect and reach out to your neighbours
Make the most of local online groups
Support vulnerable or isolated people
Share accurate information and advice
Tips for Wellness

Physical
- Wash your hands
- Go for a walk outside
- Practice social distancing
- Take a relaxing bath
- Do an at home workout
- Eat a good meal & stay hydrated
- Get enough sleep

Spiritual
- Make Prayer Ties
- Smudge
- Call an Elder
- Be in nature
- Learn more about your culture
- Pray for your loved ones
- Create

Mental
- Establish a new healthy routine
- Take a Social Media Break
- Meditate for 10 minutes
- Learn something new
- Try deep breathing
- Read a book

Emotional
- List what you are grateful for
- Hold space for your feelings
- Listen to your favorite music
- Write in a journal
- Call a loved one

Do Your Part
Protect Yourself, Your Family, Our Elders, and the St. Croix Community.

BE A COVID WARRIOR!