



HO-CHUNK NATION

DEPARTMENT OF HEALTH



Media Release:

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Kiana Beaudin, Executive Director of Health

Ho-Chunk Nation COVID-19 Update

The Ho-Chunk Nation Health Department continues to monitor COVID-19 within our communities and are aware of the continued significant increase in positive cases within the State of Wisconsin. The number of cases within the Ho-Chunk Nation have begun to increase significantly and the Health Department would like to remind everyone that we must stay vigilant in our efforts to decrease the spread of COVID-19 in our communities. Actions that you can take to decrease the spread of COVID-19 in our communities include:

- Monitor yourself for signs and symptoms
- Stay home if you are feeling sick
- Get tested if you are having symptoms or have been identified as a close contact of a positive case
- Only essential travel is recommended which include medical appointments, essential household items (food, prescriptions), and work.
- Gatherings of people outside of your household is not recommended, this includes but is not limited to; parties, celebrations, weddings, sporting events, and funerals. If you do choose to attend these events PLEASE monitor yourself for symptoms and contact your Medical Provider to be evaluated if you should develop symptoms.
- If you must go out into public wear a mask
- Stay at least 6ft away from people outside of your household
- Wash your hands with soap and water or use hand sanitizer frequently
- Clean and disinfect surfaces routinely

It is critical that community members act now to prevent the spread of COVID-19 in our communities. The large number of cases of COVID-19 in the State of Wisconsin continues to put extreme strain on the Hospital systems. It is vital that we protect these systems so that those community members that need hospital care have it available. Many of our hospital partners are at capacity or will be reaching their capacity soon.

Ho-Chunk Health Care Center

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House of Wellness

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Other ways to help prevent the spread of COVID-19 in our communities include:

- Get your annual influenza immunization.
- Answer the call from contact tracers and be honest with them about who you have been in contact with.
- Stay home when you are waiting for COVID-19 test results.
- If you are deemed a close contact quarantine for 14 days.
- If you test positive isolate for at least 10 days (with at least 24 hours of improved symptoms without the use of medications) before returning to normal activities.
- Stay home as much as possible.

The Ho-Chunk Nation Health Department will continue to offer COVID-19 testing at both clinical sites as well as monthly community testing sites. The Health Department also has influenza vaccine available at the clinical sites. The Ho-Chunk Health Department would like to thank all of our community members and leadership for doing their part and being the best role models. We can only be successful together! If you have any questions or concerns regarding COVID-19 please email coronavirus@ho-chunk.com.