



# HO-CHUNK NATION

## DEPARTMENT OF HEALTH



**Date: July 2, 2020**

**Kiana Beaudin, Executive Director of Health**

### **Ho-Chunk Nation COVID-19 Release on Holiday Gatherings**

As the holiday weekend approaches the Ho-Chunk Health Department encourages everyone to celebrate safely. Due to the rising number of COVID-19 cases across Wisconsin we encourage you to celebrate at home with your household. Although more places may be reopening, COVID-19 has not gone away and we must still continue to take precautions to protect ourselves, our families, and our community. In some areas of the State restrictions are being increased due to the rapidly rising number of positive cases. Below are the additional guidelines we urge you to follow to help protect our community.

#### **SAFETY**

All individuals should take precautions when leaving their homes. Some of these precautions include the follow:

- Wear a face mask in public or where it is difficult to maintain physical distance.
- Maintain physical distancing of 6 feet between individuals.
- Wash hands often
- Cover coughs
- Frequently clean high touch surfaces and objects
- Sick or symptomatic individuals should stay home.
- Those high risk people with underlying health conditions should practice extra precautions and stay home as much as possible.
- Those who are high risk include: people over 65 years of age, pregnant women, people in long term care facilities, people with compromised or weak immune systems, and people with serious underlying health conditions (heart, lung, liver, or kidney conditions; diabetes, obesity, asthma).
- Household members of high risk individuals should be aware that they may carry the virus home and should isolate from high risk individuals.
- Individuals who are homeless or feel unsafe at home should seek shelter at a safe location.

**Ho-Chunk Health Care Center**  
**N6520 Lumberjack Guy Road**  
**Black River Falls, WI 54615**

**Ph. 715-284-9851 FAX 715-284-5150**

**House of Wellness**  
**S2845 White Eagle Rd**  
**Baraboo, WI 53913**

**Ph. 888-552-7889 FAX 608-355-9643**

## **GATHERINGS**

Gatherings include any indoor or outdoor group gathering of people who are not maintaining at least 6 feet of space between people at all times.

- Gatherings also include any individuals in a confined space.
- Gatherings DO NOT include individuals living in the same household, but individuals should be counted separately if gathered with non-household members.
- Gatherings of more than 10 individuals should be avoided at this time.
- Large outdoor gatherings such as fairs, carnivals, festivals, or parades should not be held at this time.

## **TRAVEL**

- Individuals are strongly encouraged to remain close to home.
- Avoid unnecessary travel when possible.
- Maintain physical distancing as much as possible when using public transportation. Use of masks on public transportation is encouraged.
- It is recommended that you complete a 14 day quarantine after travelling outside of your regular home and workplace area.

The Ho-Chunk Nation Department of Health recommends finding alternate ways to stay connected with one another and celebrate this holiday weekend.

## **THINGS YOU CAN DO:**

- Call family and friends/video chat
- Stay active: try new yard games with your family
- Celebrate the holiday weekend in your own yard with your household members
- Garden
- Ride bike
- Explore local walking trails
- Visit local County and State parks (follow all safety measures for visiting these places)