



Lummi COVID-19 Contingency Plan

Learning to Live With COVID-19

Effective October 8, 2021

Revised December 21, 2021

Summary:

The Lummi Nation has been under shelter in place since March 22, 2020 enacted by LIBC Resolution 2020-055, as recommended by the Lummi Public Health Department in order to reduce loss of life and health due to the novel infectious coronavirus (COVID-19). Due to the economic impacts of COVID-19, the LIBC implemented the LIBC Phased Approach to Re-Opening on May 19, 2020. Each phase required meeting guidelines as specified by Lummi Public Health with a minimum of three weeks per phase. Safe advancement to each phase depended on a number of factors as evaluated by Lummi Public Health and LIBC.

On October 8, 2021, Lummi Nation, with guidance from Lummi Public Health, adopted a COVID-19 Contingency Plan, replacing the Shelter in Place Order and the Phased Approach to Re-Opening. Much like the Phased Approach, the Contingency Plan relies on current case and test positivity rates to determine the appropriate plan of action. The plan aims to respond to increasing case rates by targeting Lummi Nation's highest categories of transmission – gatherings and travel. There are multiple other COVID mitigation policies for specific entities within our community, including the Lummi Nation School and other LIBC entities that are not included in this plan but are consistent with its contents and being updated regularly.

The goal of the COVID-19 Contingency Plan is to slow the spread of COVID-19 and to protect our community, especially our elders and children who are at increased risk for severe illness. It is important to note that each person faces a different amount of risk of becoming infected with COVID-19 and of becoming seriously ill as a result of this infection based on their age, underlying medical conditions, and other factors. The purpose of this plan is to provide minimum guidelines for reducing community transmission of COVID-19, however some people in our community may elect to be more cautious due to their (and their family members') individual situations. Additionally, this plan will require ongoing reconsideration and revision given ongoing evolution of the virulence and transmissibility of COVID-19 variants, the vaccines and therapeutics available

to treat them, and the economic, cultural, and social tolerance for ongoing restrictions to reduce the spread of the virus.

In December 2021, this plan was revised in the face of the approaching wave of the Omicron COVID variant, recognizing that this variant’s increased transmissibility requires that we adopt additional measures to protect the Lummi community.

Metrics for Determining Level of COVID Transmission:

Lummi Nation COVID transmission level is estimated using the following metrics. If the two metrics suggest different transmission levels, the higher level is selected.

	Low Transmission	Moderate Transmission	High Transmission
Weekly new cases (average over past two weeks)	0-2 cases	3-5 cases	6 or more cases*
Test percent positivity (average over past two weeks)	Lower than 5%	5% to 10%	Higher than 10%

*Based on an estimated total population of approximately 5,000 people who are eligible for testing at LTHC, this corresponds to a case rate of approximately 120 cases/100,000 people.

Guidelines Depending on Level of Transmission

	<i>Low Transmission</i>	<i>Moderate Transmission</i>	<i>High Transmission</i>
<p>Private gatherings</p> <p>Definition: gatherings held in private homes that include at least one person from outside of the immediate household.</p>	<p>If full COVID vaccination is not required for entry, masks are required if indoors except while eating/drinking.</p> <p>If full COVID vaccination is required for entry, masks are optional.</p> <p>No limits on gathering size or location.</p> <p>Encourage proof of vaccination to attend gathering. Unvaccinated people should avoid indoor gatherings.</p>	<p>Indoor gatherings with up to 50 people.</p> <p>Social distancing, contact tracing list, and masks required.</p> <p>Outdoor gatherings or gatherings at LIBC buildings/casino recommended.</p> <p>Encourage proof of vaccination to attend event. Unvaccinated people should avoid indoor gatherings.</p>	<p>Allow indoor gatherings with up to 10 people.</p> <p>Contact tracing list, masks and social distancing required.</p> <p>Outdoor gatherings or gatherings at LIBC buildings/casino recommended.</p> <p>Encourage proof of vaccination to attend event. Unvaccinated people should avoid indoor gatherings.</p>
<p>Travel</p> <p>Definition: any trip that involves sleeping for 1+ nights away from one's home.</p>	<p>Non-essential travel okay; avoid travel to areas of high transmission.</p> <p>Screening PCR test recommended on day 3-5 after return for all travelers visiting areas with high COVID transmission regardless of vaccination status.</p> <p>Unvaccinated travelers required to quarantine for 14 days.</p> <p>All recent travelers encouraged to wear masks near vulnerable people until they receive a negative test and/or quarantine is complete.</p>	<p>Avoid travel to areas of high transmission and encourage travel by private vehicle when possible.</p> <p>Screening PCR test recommended on day 3-5 after return for all travelers visiting areas with high COVID transmission.</p> <p>Unvaccinated travelers are required to quarantine for 14 days.</p> <p>All recent travelers encouraged to wear masks near vulnerable people until negative test and/or quarantine is complete.</p>	<p>Avoid travel when possible, discourage leisure travel, and encourage travel by private vehicle when possible.</p> <p>No LIBC supported travel.</p> <p>Screening PCR test required on day 3-5 after return for all travelers.</p> <p>Unvaccinated individuals required to quarantine for 14 days.</p> <p>All recent travelers are encouraged to wear masks near vulnerable people until they receive a negative PCR test and/or quarantine is complete.</p>

	<i>Low Transmission</i>	<i>Moderate Transmission</i>	<i>High Transmission</i>
<p>Events and Funerals</p> <p>Definition: Gatherings held at public buildings, including Silver Reef Casino.</p> <p><i>Please refer to Funeral Policy for additional information</i></p>	<p>Same as guidance for private gatherings, above.</p> <p>Funerals encouraged to be held at community buildings with COVID monitor/safety officer present.</p> <p>Contact tracing list required. No smoking indoors.</p>	<p>Please refer to Event addendum.</p> <p>Funerals are required to be held at community buildings with COVID monitor/safety officer present.</p> <p>Contact tracing list required. No smoking indoors.</p>	<p>Please refer to Event addendum.</p> <p>In addition, funerals are required to be held at community buildings with COVID monitor/safety officer present.</p> <p>Contact tracing list required. No smoking indoors.</p>
<p>LIBC Workplace</p>	<p>Please refer to Addendum titled <i>LIBC Guidelines for Reducing the Risk of COVID Transmission at LIBC Offices and Facilities</i></p>	<p>Please refer to Addendum titled <i>LIBC Guidelines for Reducing the Risk of COVID Transmission at LIBC Offices and Facilities</i></p>	<p>Please refer to Addendum titled <i>LIBC Guidelines for Reducing the Risk of COVID Transmission at LIBC Offices and Facilities</i></p> <p>In addition, business meetings are required to be held virtually whenever possible.</p>
<p>Youth Sports</p>	<p>Indoor high-contact sports (e.g. basketball): All players and coaches must wear masks at all times except when players need to eat or drink or if players have a medical contraindication to wearing a mask while playing. In the future, frequent testing may replace mask requirements. Spectators at Lummi Nation home games must wear masks at all times in accordance with LIBC mask policy and only consume food and drink in a designated area (e.g. LNS cafeteria) outside of the event arena. Coaches for Lummi teams are responsible for communicating Lummi Nation COVID policies around sports to visiting teams at least 1 week in advance of home games.</p> <p>Outdoor sports (e.g. soccer): Players must wear masks except for when engaging in active practice or competition outdoors. Coaches and spectators must wear masks at all times that they are within 6 feet of another person.</p> <p>In all cases, contact lists for players’ parents/guardians must be maintained, and a contact tracing list completed for all practices, games and events. Isolation and quarantine policies as described below also apply to sports.</p>		

COMMUNITY BEST PRACTICES:

We ask everyone to help with our prevention efforts in order to minimize the spread of COVID-19 and loss of life and health. As set forth below, Lummi Nation has instituted various best practices for our community to follow:

1. Vaccination: Individuals are encouraged to become fully vaccinated, including booster vaccine, against COVID-19 as soon as possible, unless they have a medical contraindication that precludes them from vaccination.

2. Masking: Individuals ages 5+ are required to wear masks that cover their nose, mouth, and chin while in indoor public settings. In addition, children ages 2-4 are encouraged to wear masks when actively supervised by an adult. In outdoor settings, masks are required when within 6 feet of someone from outside of your household.

3. Symptom monitoring and isolation: Individuals are advised to self-isolate from household contacts and stay home from work/school/childcare/gatherings if they are experiencing symptoms of COVID-19 (see below), and to schedule a COVID-19 test as soon as possible. They are encouraged to call their primary care provider for medical advice and/or the Public Health Phone with any questions about isolation guidelines or testing.

3. Quarantining: Individuals are encouraged to quarantine and schedule a COVID-19 test if they are exposed to someone with COVID-19 according to the guidelines outlined below.

4. Prevention measures:

- Wash your hands with soap and water for at least 20 seconds after touching your face/sneezing/coughing into your hand, and before preparing food, eating, or touching your (or anyone else's) face. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol.
- Wear a mask whenever you are indoors with people outside of your immediate family and when outdoors and social distancing is not possible.
- Follow appropriate respiratory etiquette, which includes coughing and sneezing into your elbow and trying not to cough or sneeze within 6 feet of other people.
- Avoid close contact with people who are sick and encourage them to get tested for COVID-19.
- Take measures to keep indoor areas well-ventilated whenever possible

ISOLATION/TESTING RECOMMENDATIONS:

Individual Exhibiting COVID-19 Symptoms

If an individual exhibits symptoms of COVID-19 (see below) they should stay home from work/school/daycare/gatherings and isolate themselves in a room away from family members (if possible) and wear a mask when around others until a COVID PCR test can be performed, regardless of their vaccination status. If their symptoms are worsening or moderate to severe, they

should seek medical attention right away. If a COVID PCR test is negative, they can end isolation when their symptoms are improving and they have not had a fever for more than 24 hours without the use of fever reducing medications unless otherwise advised by their medical provider or Public Health or workplace/school policies. If their symptoms worsen at any point, they should seek medical attention and restart self-isolation and seek a COVID test.

Fully Vaccinated OR Unvaccinated Individual Tests Positive for COVID-19

An individual who tests positive for COVID-19 will be directed to self-isolate away from others for a full 10 days from symptom onset or the day they tested positive. If on day 10 symptoms are not getting better or the person has had a fever or needed to take fever reducing medications within the past 24 hours, self-isolation will need to be continued until these conditions are met. If a person is hospitalized for COVID-19 due to low oxygen levels or is severely immunocompromised, the recommended isolation period is extended to 20 days.

QUARANTINE GUIDELINES (For after someone has been exposed to COVID)

Definition of COVID exposure: Given the increased infectiousness of the Omicron COVID variant, it is considered an exposure if you were less than 6 feet away from an infected person for 5 minutes or more. An exposure could be shorter than 5 minutes if you were very close to them, for example hugging, kissing, or sharing silverware or drinking from the same container. An infected person can spread COVID starting from 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive test date), until the end of their isolation period.

Definition of “Fully Vaccinated” for the purpose of quarantine guidelines during the Omicron wave: having received 2 doses of a Moderna or Pfizer vaccine AND a booster dose of any vaccine OR having received 1 dose of a Johnson and Johnson vaccine AND a booster dose of any vaccine.

Definition of COVID test: For the purposes of these guidelines, only a COVID PCR test can determine whether someone is infected with COVID.

If you are FULLY vaccinated against COVID and do not live with the person who has COVID, you probably do not need to quarantine. You should get tested immediately if you have symptoms and 5-7 days after your last contact with the person with COVID. If you work or live with vulnerable individuals (for example elders, children, patients), you may be advised to quarantine until your first COVID PCR test is negative.

If you are FULLY vaccinated against COVID and DO live with the person with COVID, you are advised to quarantine for the whole time the COVID patient is isolating UNLESS the person with COVID can fully isolate (separate bedroom, separate bathroom, eating separately and all people in the house wearing masks if needing to be in shared space for a short amount of time). If you can isolate in the home, you should get tested immediately and should quarantine (stay home from work and school and avoid social events) until you receive a negative COVID PCR test. You can then return to work/school but should get another COVID PCR test 5-7 days after your last contact

with the sick person. If you work with individuals who are at high risk for severe COVID infection, you may be asked to quarantine until your second negative test.

If you are not FULLY vaccinated against COVID, you should complete a full quarantine starting from the date of your last exposure to the person with COVID (see below for quarantine options). If you live with the person with COVID and the sick person cannot isolate in the home, this would mean 7-14 days from the end of the sick person’s isolation period depending on the type of quarantine. Unvaccinated people should get tested with a PCR COVID test immediately and 5-7 days after last exposure.

Any people who were exposed to someone with COVID who develop symptoms should isolate and get tested for COVID right away, even if they had a negative test previously or if they are vaccinated.

Quarantine options for unvaccinated people exposed to someone with COVID:

	<i>Eligible age groups</i>	<i>Testing requirements</i>	<i>Notes</i>
<i>7-day modified quarantine with required testing</i>	Students in grades K-12	Negative COVID PCR day 5 or later from date of last exposure. Additional testing is encouraged as described above.	Child returns to school on day 8 but otherwise continues to quarantine (no after school activities, sports, or interacting with people outside of their immediate household and wearing masks/distancing from vulnerable family members) until full 14-day quarantine is complete.
<i>10-day modified quarantine with required testing</i>	Children in daycare and pre-K	Negative COVID PCR day 8 or later from date of exposure. Additional testing is encouraged as described above.	Child returns to school on day 11 but otherwise continues to quarantine (no after school activities, sports, or interacting with people outside of their immediate household and wearing masks/distancing from vulnerable family members) until full 14-day quarantine is complete.
<i>14-day quarantine</i>	Any age	None required however testing is encouraged as above	

Common symptoms of COVID-19 (not all people will have all of these symptoms):

- Cough
- Fever
- Shortness of breath and/or difficulty breathing
- Loss of smell and/or taste

- Severe fatigue
- Chills
- Body aches
- Sore throat
- Runny nose
- Headache
- Diarrhea
- Nausea/vomiting
- Confusion (especially in elderly)

References

Centers for Disease Control and Prevention. (2021, September 14). *Ending Isolation and Precautions for People with COVID-19: Interim Guidance*. Centers for Disease Control and Prevention. Retrieved October 4, 2021, from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

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Centers for Disease Control and Prevention. (2020, Dec 2). *Science Brief: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing*. Retrieved October 4, 2021 from <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

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