



Learning to Live With COVID Lummi Nation COVID Mitigation Plan

Effective October 8, 2021

Revised December 21, 2021; February 3, 2022; April 25, 2022

Summary:

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 Learning to Live with COVID Policy, replacing the Shelter in Place Order and the Phased Approach to Re-Opening. Much like the Phased Approach, the Learning to Live with COVID Policy 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 Learning to Live with COVID Policy 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.

In February 2022, the policy was revised again to incorporate additional mitigation measures needed in the context of unprecedented numbers of COVID infections within the Lummi community due to the Omicron variant of COVID.

In April 2022, the policy was revised at the conclusion of the Omicron surge to incorporate 1) a new framework for assessing risk of COVID transmission and associated masking guidelines, 2) revised quarantine policies for people exposed to COVID, 3) isolation policies for people with symptoms of COVID or confirmed COVID infection, 4) an updated policy for events held in LIBC buildings and 5) specific guidance on ventilation.

SUMMARY OF POLICIES:

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

- 1. Vaccination/boosters:** Eligible individuals are encouraged to become fully vaccinated, including booster vaccine(s), against COVID as soon as possible, unless they have a medical contraindication that precludes them from vaccination.
- 2. Masking:** In accordance with the masking policy outlined below, individuals ages 5+ may be required to wear masks that cover their nose, mouth, and chin. In addition, children ages 2-4 may be encouraged to wear masks when actively supervised by an adult.
- 3. COVID Testing, Quarantining, and Isolation:** Individuals who have symptoms of COVID or are exposed to COVID are required to obtain appropriate testing according to the guidelines outlined below and individuals who are diagnosed with COVID or are exposed to COVID are required to quarantine and isolate as outlined below.
- 4. Events:** Individuals hosting events in LIBC buildings are required to follow the LIBC event guidelines included below.
- 5. Ventilation:** LIBC will assess ventilation in occupied LIBC buildings at least once a year to ensure that buildings' ventilation systems are prepared to reduce the transmission of COVID and other airborne pathogens.
- 6. Personal etiquette:** Individuals are reminded to 1) regularly wash their hands with soap and water or alcohol based sanitizer after touching their face/sneezing/coughing into their hand, and before preparing food, eating, or touching their (or anyone else's) face. 2) Follow appropriate

respiratory etiquette, which includes coughing and sneezing into the elbow and trying not to cough or sneeze within 6 feet of other people.

Masking Policy

Masking requirements will vary in accordance with Lummi Nation's COVID risk rating, which is updated weekly according to data collected by Lummi Public Health. If the metrics suggest different risk levels, the highest level is selected. Each color rating has an associated table explaining masking requirements for anyone inside LIBC buildings and employees on LIBC-sponsored business. These masking policies also serve as recommendations for all members of the Lummi community.

Masks will be required until further notice for the following groups, regardless of COVID risk rating:

- Staff and visitors at Lummi Tribal Health Center and other healthcare settings
- Staff at Little Bear Creek, Early Learning Program, Lummi Nation School
- Any LIBC building where ventilation does not meet minimum requirements for COVID safety, as determined by Lummi Planning and Development and Lummi Public Health

More vulnerable people have underlying risk factors for getting more seriously sick from COVID, for example: people over the age of 65 or under the age of 1; people taking immunosuppressive medications; people with certain underlying medical problems; people who are not vaccinated against COVID.

When COVID rating exceeds the limit of the scale, Lummi Public Health will advise additional temporary policies to reduce COVID transmission, such as universal work-from-home, limiting large events, etc.

Lummi Public Health COVID Risk Metrics

Metric	Rating			
# outbreaks at LIBC entities (LNS, ELP, Casino, etc) in the past 14 days (outbreak=3 or more cases)	0	1	2	3 or more
% of eligible people contacted for treatment within 48 hours of positive COVID test being reported (14-day average)	>95	85-94	84-76	<75
% hospital beds at PH occupied by patients w/ COVID (7-day average)	<5	6-10	11-25	>25
# New COVID cases reported in Lummi Nation in the past 7 days	<10	10-20	21-30	>30
Known emerging variant of concern with immune escape present in the United States	No	Yes	Yes	Yes
% Lummi tribal members up-to-date on their COVID vaccines** in each eligible age category (5-11, 12+ as of March 2022)	>80% in all age categories	<80% in at least 1 age category	<80% in at least 1 age category	<80% in at least 1 age category

COVID Green Level Guide

Type of Activity	Examples	Masking Guidance
<p>Low risk activity</p> <ul style="list-style-type: none"> - Outdoor activities (not enclosed) where you will be more than 3 feet apart from others - Indoor activities only attended by people from within your household 	<p>Walking on in an area that isn't crowded</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>Medium risk activity outdoors</p> <ul style="list-style-type: none"> - Outdoor activities where you are in an enclosed area (for example tent) or will be within 3 feet of people from outside of your household in an unenclosed area 	<p>Dining outdoors in a tent</p> <p>Playing soccer or football outdoors</p> <p>Walking in a crowded area</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>Medium risk activity indoors</p> <ul style="list-style-type: none"> - Indoor activities where there is physical distancing AND good ventilation AND required COVID vaccines and screening questions AND total attendance is less than 100 people 	<p>Working in the LIBC Administrative building</p> <p>Going to Lummi Nation School</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>High risk activity</p> <ul style="list-style-type: none"> - Indoor activities without physical distancing, good ventilation OR required vaccination - Any indoor event with more than 100 people attending - Any activity where you could be exposed to another person's saliva or nasal secretions (kissing, sharing cigarettes, utensils or cups) 	<p>Travel through airports</p> <p>Some indoor dining</p> <p>Driving in a car with closed windows</p> <p>Indoor high contact sports</p>	<p>Most people: Masks optional except when required by a certain location (clinic, school, business, etc)</p> <p>Well-fitting medical or 3+ layer cloth masks advised if you or a household member are more vulnerable</p>

COVID Yellow Level Guide

Type of Activity	Examples	Masking Guidance
<p>Low risk activity</p> <ul style="list-style-type: none"> - Outdoor activities (not enclosed) where you will be more than 3 feet apart from others - Indoor activities only attended by people from within your household 	<p>Walking on in an area that isn't crowded</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>Medium risk activity outdoors</p> <ul style="list-style-type: none"> - Outdoor activities where you are in an enclosed area (for example tent) or will be within 3 feet of people from outside of your household in an unenclosed area, for example dining outdoors, playing outdoor contact sports, or walking in a crowded area 	<p>Dining outdoors in a tent</p> <p>Playing soccer or football outdoors</p> <p>Walking in a crowded area</p>	<p>Most people: Masks optional except when required by a certain location (clinic, school, business, etc)</p> <p>Well-fitting medical or 3+ layer cloth masks advised if you or a household member are more vulnerable</p>
<p>Medium risk activity indoors</p> <ul style="list-style-type: none"> - Indoor activities where there is physical distancing AND good ventilation AND required COVID vaccines and screening questions AND total attendance is less than 100 people, for example working in the LIBC Administrative building 	<p>Working in the LIBC Administrative building</p> <p>Going to Lummi Nation School</p>	<p>Well-fitting medical or 3+ layer cloth masks required</p>
<p>High risk activity</p> <ul style="list-style-type: none"> - Indoor activities without physical distancing, good ventilation OR required vaccination, for example travel through airports, some indoor dining, driving in a car with closed windows, indoor high contact sports - Any indoor event with more than 100 people attending - Any activity where you could be exposed to another person's saliva or nasal secretions (kissing, sharing cigarettes, utensils or cups) 	<p>Travel through airports</p> <p>Some indoor dining</p> <p>Driving in a car with closed windows</p> <p>Indoor high contact sports</p>	<p>Most people: Well-fitting medical or 3+ layer cloth masks required</p> <p>N95/KN95 masks advised if you or a household member are more vulnerable</p>

COVID Orange Level Guide

Type of Activity	Examples	Masking Guidance
<p>Low risk activity</p> <ul style="list-style-type: none"> - Outdoor activities (not enclosed) where you will be more than 3 feet apart from others - Indoor activities only attended by people from within your household 	<p>Walking on in an area that isn't crowded</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>Medium risk activity outdoors</p> <ul style="list-style-type: none"> - Outdoor activities where you are in an enclosed area (for example tent) or will be within 3 feet of people from outside of your household in an unenclosed area, for example dining outdoors, playing outdoor contact sports, or walking in a crowded area 	<p>Dining outdoors in a tent</p> <p>Playing soccer or football outdoors</p> <p>Walking in a crowded area</p>	<p>Well-fitting medical or 3+ layer cloth masks advised</p>
<p>Medium risk activity indoors</p> <ul style="list-style-type: none"> - Indoor activities where there is physical distancing AND good ventilation AND required COVID vaccines and screening questions AND total attendance is less than 100 people, for example working in the LIBC Administrative building 	<p>Working in the LIBC Administrative building</p> <p>Going to Lummi Nation School</p>	<p>Most people: Well-fitting medical or 3+ layer cloth masks required</p> <p>N95/KN95 masks advised if you or a household member are more vulnerable</p>
<p>High risk activity</p> <ul style="list-style-type: none"> - Indoor activities without physical distancing, good ventilation OR required vaccination, for example travel through airports, some indoor dining, driving in a car with closed windows, indoor high contact sports - Any indoor event with more than 100 people attending - Any activity where you could be exposed to another person's saliva or nasal secretions (kissing, sharing cigarettes, utensils or cups) 	<p>Travel through airports</p> <p>Some indoor dining</p> <p>Driving in a car with closed windows</p> <p>Indoor high contact sports</p>	<p>N95/KN95 masks required for everyone</p> <p>Avoid these activities if you or your household member are more vulnerable</p>

COVID Red Level Guide

Type of Activity	Examples	Masking Guidance
<p>Low risk activity</p> <ul style="list-style-type: none"> - Outdoor activities (not enclosed) where you will be more than 3 feet apart from others - Indoor activities only attended by people from within your household 	<p>Walking on in an area that isn't crowded</p>	<p>Masks optional except when required by a certain location (clinic, school, business, etc)</p>
<p>Medium risk activity outdoors</p> <ul style="list-style-type: none"> - Outdoor activities where you are in an enclosed area (for example tent) or will be within 3 feet of people from outside of your household in an unenclosed area, for example dining outdoors, playing outdoor contact sports, or walking in a crowded area 	<p>Dining outdoors in a tent</p> <p>Playing soccer or football outdoors</p> <p>Walking in a crowded area</p>	<p>Well-fitting medical or 3+ layer cloth masks required</p>
<p>Medium risk activity indoors</p> <ul style="list-style-type: none"> - Indoor activities where there is physical distancing AND good ventilation AND required COVID vaccines and screening questions AND total attendance is less than 100 people, for example working in the LIBC Administrative building 	<p>Working in the LIBC Administrative building</p> <p>Going to Lummi Nation School</p>	<p>N95/KN95 masks required for everyone</p>
<p>High risk activity</p> <ul style="list-style-type: none"> - Indoor activities without physical distancing, good ventilation OR required vaccination, for example travel through airports, some indoor dining, driving in a car with closed windows, indoor high contact sports - Any indoor event with more than 100 people attending - Any activity where you could be exposed to another person's saliva or nasal secretions (kissing, sharing cigarettes, utensils or cups) 	<p>Travel through airports</p> <p>Some indoor dining</p> <p>Driving in a car with closed windows</p> <p>Indoor high contact sports</p>	<p>N95/KN95 masks required for everyone</p> <p>Avoid these activities if you or your household member are more vulnerable</p>

Summary table:

Type of Activity		Lummi Nation COVID Rating			
Type of activity	Low risk activity - Outdoor activities (not enclosed) where you will be more than 3 ft apart from others - Indoor activities only attended by people from within your household	Masks optional except when required by location	Masks optional except when required by location	Masks optional except when required by location	Masks optional except when required by location
	Medium risk activity outdoors - Outdoor activities where you are in an enclosed area (e.g. tent) or will be within 3 ft of people from outside of your household in an unenclosed area, for example dining outdoors, playing outdoor sports with close contact, or walking in a crowded area	Masks optional except when required by location	Most people: Masks optional except when required by location Well-fitting medical or 3+ layer cloth masks advised if you or household member are more vulnerable	Well-fitting medical or 3+ layer cloth masks advised	Well-fitting medical or 3+ layer cloth masks required
	Medium risk activity indoors - Indoor activities where there is physical distancing AND adequate ventilation AND required COVID vaccines and screening questions AND total attendance is less than 100 people, for example an event at an LIBC building	Masks optional except when required by location	Well-fitting medical or 3+ layer cloth masks required	Most people: well-fitting medical or 3+ layer cloth masks required N95/KN95 masks advised if you or household member are more vulnerable	N95/KN95 masks required for everyone
	High risk activity - Indoor activities without physical distancing, adequate ventilation OR required vaccination, for example travel through airports, some indoor dining, driving in a car with closed windows, indoor high contact sports, or the gym - Any indoor event with more than 100 people attending - Any activity where you could be exposed to another person's saliva or nasal secretions (kissing, sharing cigarettes, utensils or cups)	Most people: masks optional except when required by location Well-fitting medical or 3+ layer cloth masks advised if you or household member are more vulnerable	Most people: well-fitting medical or 3+ layer cloth masks required N95/KN95 masks advised if you or household member are more vulnerable	N95/KN95 masks required for everyone Avoid these activities if you or your household member is more vulnerable	N95/KN95 masks required for everyone Avoid these activities if you or your household member is more vulnerable

TESTING, QUARANTINE AND ISOLATION POLICIES:

- 1. Symptom monitoring and isolation:** Individuals must self-isolate from household contacts and stay home from work/school/childcare/gatherings if they are experiencing symptoms of COVID, and schedule a COVID test as soon as possible.
 - a. If they *have not* had COVID within the past 90 days, a negative PCR test is required before returning to work/school/childcare/gatherings.
 - b. If they *have* had COVID within the past 90 days, a negative rapid antigen test is required.

- 2. Quarantine after exposure:** Individuals who have had close contact with a positive case during their infectious period are required to quarantine according to their vaccination status and whether they have had COVID in the past 90 days as follows:

- If an individual has had COVID in the past 90 days, they should monitor for symptoms, avoid vulnerable people, wear a mask, and perform a rapid antigen COVID test 5 days from last date of exposure
 - If an individual has not had COVID in the past 90 days and they are:
 - o *up-to-date on their COVID vaccinations*, they should monitor for symptoms, avoid vulnerable people, wear a mask, and perform a rapid antigen COVID test 5 days from last exposure
 - o *not up-to-date on their COVID vaccinations*, they should quarantine for 5 days after exposure and undergo a PCR test on day 5. Even if the test is negative, they should continue to wear a mask, monitor for symptoms, and avoid vulnerable people until 10 days from last exposure. (Children at Lummi Nation School and Early Learning Program may have the option of “test-to-stay” using rapid antigen tests with guardian consent, however should still undergo PCR test on day #5 after exposure).
- 3. Isolation of positive cases:** If an individual tests positive for COVID, they are required to isolate for 10 days from positive COVID test or symptom onset, whichever is earlier. Individuals who are immunocompromised may be advised to quarantine for a longer period.

POLICY FOR LIBC EVENTS AND EVENTS HELD IN LIBC BUILDINGS:

- Events follow the same masking policy as outlined above
- COVID vaccination is required for all people ages 5+
- Plated food service OR boxed foods OR buffet with dedicated servers (no self-service)
- Size limited to 50% of room capacity (including Wexleim)
- Contact tracing list required for all events
- Event organizers are required to post signs and send advance written notice reminding attendees not to attend the event if they have had recent symptoms of COVID, were recently diagnosed with COVID, or are required to quarantine per policies outlined above.

VENTILATION POLICY:

LIBC will assess ventilation in occupied LIBC buildings at least once a year to ensure that buildings’ ventilation systems are prepared to reduce the transmission of COVID and other airborne pathogens in consultation with an HVAC specialist.

In areas where HVAC ventilation is not installed or is not adequate, LIBC will maintain portable air cleaners/purifiers with HEPA filters set to a minimum of 6 air changes per hour. Air cleaners/purifiers containing ozone generators, electrostatic precipitators and ionizers, or negative ion air purifiers are not permitted because they can produce harmful by-products. Filters must be changed according to manufacturer instructions.

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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