

Numa News

March/April 2020



Pyramid Lake is closed to fishing and other outside activities to non-tribal members, effective March 23, 2020. This closure includes the rivers inside the Reservation boundary lines.

There is no definite date for re-opening.

The Pyramid Lake Tribal Administration has limited services available due to the Coronavirus Pandemic.

The following departments will be closed until further notice.

- Pyramid Lake Natural Resources Department
- Pyramid Lake TERO
- Pyramid Lake Enrollment Services
- Pyramid Lake Museum
- Pyramid Lake Parks and Recreation
- Pyramid Lake THPO
- Pyramid Lake Roads Maintenance
- Pyramid Lake Transportation Planning
- Pyramid Lake Child Care
- Pyramid Lake Higher Education
- Pyramid Lake JOM
- Pyramid Lake Culture-Language
- Pyramid Lake Tribal Lands Manager
- Pyramid Lake – Lake Maintenance
- Pyramid Lake Realty Department
- Pyramid Lake Committees

The Social Services Department has limited staff available— please call ahead at 775-574-1047. For inquiries about **food banks/pantries**, please call the PLPT Social Services Dept.

The Pyramid Lake Court is open—please see Page 2 for additional details.

The PLPT Tribal Land Office is closed from March 23 until further notice.

Due to continuously changing information on Administration hours, please check out our emergency information line at 775-574-2424, or follow us on our Facebook pages, Pyramid Lake Paiute Tribe and Pyramid Lake. You can also follow us on Twitter @plpt, or check out our Youtube Channel at Pyramid Lake Paiute Tribe for Chairman Sampson's updates on the COVID-19 Pandemic.

Emergency Point of Contact and any additional Service Questions can be found at 775-574-8999, which is available 24hrs.

Pyramid Lake Paiute Tribe Tribal Court

221 Nixon Highway 447, P.O. Box 257

Nixon, Nevada 89424

Telephone: (775) 574-1094

Fax: (775) 574-1096

Memo

TO: ALL PYRAMID LAKE PAIUTE TRIBE, CLIENTS & PUBLIC
FROM: KHIRA SHAW, COURT ADMINISTRATOR
DATE: March 17, 2020
RE: COVID19 PANDEMIC & LIMITED PUBLIC COURT ACCESS

ATTENTION ALL: Due to the Pyramid Lake Tribal Court being a compact building, at this time we are asking the public to limit public contact. The Court has limited space and are taking proper precautions to prevent the spread of the COVID19 Pandemic and any other potential illness at this time.

The Court staff will still be onsite working diligently on filings etc. **During this time the Court** would like to ask the public to submit any filings through mail with a money order or check or via email to: tribalcourt@plpt.nsn.us or kshaw@plpt.nsn.us and pay the appropriate filing fee with the finance department at 775.574.1000.

All Court clients are asked to contact the Court at 775.574.1094 ext. 10 or 775.225.1151 and update all contact information to schedule telephonic court hearings, arrangement of proper check in times or if an appointment is needed. **THE COURT HAS MADE A DECISION TO CANCEL ALL JURY TRIALS FOR THE NEXT THIRTY (30) DAYS, AND WILL NOTIFY ALL PARTIES WITH A NEW SCHEDULED DATE & TIME.**

If **you do not** have a contact number or access to be telephonic you will be allowed to appear personally, however hearings will be **closed** and parties will be called from outside of the courthouse. This will only be essential if you are healthy and not sick with a cough, runny nose, fever, shortness of breath etc. Or showing symptoms of COVID19. If you do have the stated symptoms and appear to be ill you will be asked to leave.

The Pyramid Lake Tribal Court would like to thank you all in advance for the cooperation during these trying times.

If you have any questions or concerns please feel free to contact the Pyramid Lake Tribal Court at 775.574.1094 ext. 10 or 775.225.1151

TRIBAL LAND OFFICE

208 Capitol Hill/P.O. Box 256

Nixon, Nevada 89424

P: (775) 574-1038 | F: (775) 574-1007

rfrazier@plpt.nsn.us

PUBLIC NOTICE

COVID-19 Pandemic

*Due to the health concerns and the potential risks of the coronavirus
The Tribal Land Office will be closed effective **March 23, 2020**
until further notice.*

*This also effects any Land & Resource Committee meetings,
the meeting scheduled for Mar. 24, 2020 has been cancelled.*

*For any questions regarding your land concerns, you can
contact the email address above.*

Thanks for your cooperation and understanding



March 19, 2020

Due to the updated status of the COVID-19 Pandemic and to ensure the safety of the membership and staff, the Wadsworth Transfer Station will be closed to the public effective March 20, 2020 until further notice.

The Nixon Dump will remain open.

Pyramid Lake Paiute Tribe Public Utilities District

The Curbside Pickup Services will continue as scheduled.



Natchez Elementary School & Pyramid Lake Jr. Sr. High School

Food Drop Schedule

Nixon:

Stop Times (AM)	Stop Location
9:00	Nixon Apartments
9:10	End of Pyramid St.
9:20	Alkali Ct.
9:25	Hollywood
9:30	Old Gym
9:40	Arrow St.
9:55	Basin St.

Sutcliffe:

Stop Times (AM)	Stop Location
8:50	Dewey & Desert Flower
9:00	ST Rt. 445

Wadsworth:

Stop Times (AM)	Stop Location
9:00	Community Center
9:10	Rabbit
9:15	Rabbit & 5 th
9:30	Hill Ranch Rd.

Other available pick up Location is Natchez Elementary School @ 9:00 AM

Pyramid Lake Paiute Tribal Council

Post Office Box 256
Nixon, Nevada 89424
Telephone: (775) 574-1000
Fax (775) 574-1054

PROCLAMATION by the PYRAMID LAKE PAIUTE TRIBE

**STAND AGAINST ILLEGAL DRUG, ALCOHOL, AND OPIOID ADDICTION
AND ITS DISTRIBUTION
ON THE PYRAMID LAKE PAIUTE RESERVATION**

WHEREAS, for thousands of years, Numu lived throughout the western Great Basin free from unnatural materials, and Numu traditional customs and a cultural life-way maintained and secured the cultural continuity from time immemorial to present day; and

WHEREAS, Numu lifestyles and customary practices changed over time, especially with the settlement of western civilization throughout Numu territory that forced widespread trauma with non-traditional intentions; and

WHEREAS, the lands surrounding Pyramid Lake were set aside on November 29, 1859 for the purpose as the Pyramid Lake Paiute Reservation where the Numu conformed a new way of life as a means of survival by adjusting to the mainstream dominant society and government authorities; and

WHEREAS, the Pyramid Lake Paiute Tribe is federally recognized and organized pursuant to the provisions of Section 16 of the Indian Reorganization Act of 1934 (25 U.S.C. § 476) affirmed by the Secretary of Interior through the Bureau of Indian Affairs; and

WHEREAS, the Pyramid Lake Paiute Tribe knows that the addiction to alcohol, illegal drug use, and opioid abuse each collectively and separately destroys the lives of people, it destroys families, it traumatizes youth, and it forever alters the lifeway of our native community; and

WHEREAS, the Pyramid Lake Paiute Tribe acknowledges that its judiciary structure and its administrative organization requires a sufficient means for effective enforcement and implementation of its judicial services, including but not limited to sentencing, criminal reporting, and criminal adjudication; and

WHEREAS, the Pyramid Lake Paiute Tribe recognize that the following professional services and Tribal programming is needed:

- o Professional facilities in each Tribal community
- o Intervention with short-term and long-term recovery services
- o Psychological professionals
- o Traditional and cultural programming for adults and youth
- o Family wellness
- o Suicide prevention for adults and youth with support statistics and analysis
- o Adult and juvenile detention facilities with statistics and support analysis
- o Detoxification centers
- o Mental wellness and treatment
- o Traditional and cultural practice and treatment
- o Toxic and hazardous waste identification and cleanup
- o Secret witness and reporting priority to protect Tribal members
- o Statistical data and analysis of methamphetamine usage, outpatient statistics, distribution sources in our communities from within the reservation and from outside of the reservation

NOW, THEREFORE IT IS HEREBY PROCLAIMED, the Pyramid Lake Paiute Tribe hereby declares it shall use its authority and resources to eliminate the use of and abuse of alcohol and opioids, the use of and abuse of illegal drugs and its distribution on the Pyramid Lake Paiute Reservation; and

BE IT FURTHER PROCLAIMED, the Pyramid Lake Paiute Tribe shall develop its governmental and administrative resources to establish zero tolerance with the use and abuse of alcohol, illegal drugs and opioids along with the distribution of the same on the Pyramid Lake Paiute Reservation.

WHEREAS, the Pyramid Lake Paiute Tribe recognizes the detrimental impact for the distribution of illegal drugs to members of our tribal community with no regard or remorse for the impact it has upon our native families; and

WHEREAS, the Pyramid Lake Paiute Tribe recognizes that education services for youth and adults about illegal drug use, alcohol and opioid addiction is an important fact of life to instruct our community members about the health risks and dangers associated with the short-term and long-term effects; and

WHEREAS, the Pyramid Lake Paiute Tribe recognizes that new born babies that are addicted to illegal drugs, opiates (prescriptive drugs), and with fetal alcohol syndrome and that there has to be restitution and persons held responsible; and

WHEREAS, the Pyramid Lake Paiute Tribe knows that the methamphetamine production waste products are deadly toxic to the physical surroundings where it is discarded and the contamination causes toxic exposure to residential households; and

WHEREAS, the Pyramid Lake Paiute Tribe recognizes that residents, neighbors, and relatives are fearful of retaliation by illegal drug users and illegal drug distributors for reporting drug use and drug distribution activities in our Tribal communities; and

WHEREAS, the Pyramid Lake Paiute Tribe recognizes that professional treatment includes building personal skills, counseling services and treatment for drug induced psychosis and other drug induced mental disorders to reduce and eliminate potential dependency on prescribed medication; and

WHEREAS, the Pyramid Lake Paiute Tribe is reliant on the Bureau of Indian Affairs contract funding for law enforcement detention facility services and for juvenile detention facility services, from which is not suitable to meeting the needs with adequately protecting our tribal communities and tribal members; and

WHEREAS, the Pyramid Lake Paiute Tribe desires to have jurisdiction over with the criminal investigative responsibility and for the complete criminal jurisdiction over matters involving illegal drugs, opioids, and alcohol addiction because the Bureau of Indian Affairs lack any ability to effectively support the stand against criminal activity on the Pyramid Lake Paiute Reservation; and

CERTIFICATION

It is hereby certified that this Proclamation of the Pyramid Lake Paiute Tribal Council, governing body of the Pyramid Lake Paiute Tribe, composed of ten members, of whom ten (10) constituting a quorum were present at a meeting duly held on the 21st day of February, 2020 was adopted by the affirmative vote of nine (9) for and zero (0) against, with zero (0) abstention; pursuant to the authority contained in the Constitution and By-laws of the Pyramid Lake Paiute Tribe.


Brenda A. Henry, Tribal Secretary
Pyramid Lake Paiute Tribal Council



PYRAMID LAKE PAIUTE TRIBE PUBLIC UTILITIES DISTRICT

Coronavirus Response

March 31, 2020

Curbside Garbage Pickup:

Until further notice;

Only curbside bins will be picked up.

No trash bags outside the bins will be removed.

This is for the protection of our employees.

SENIORS 60 AND OVER RECEIVE ASSISTANCE



GET HELP FROM THE SALVATION ARMY GET ASSISTANCE WITH A FOOD BOX OR DELIVERED MEAL

EMAIL: SALARMY.RENO@USW.SALVATIONARMY.ORG
OR CALL: 775-688-4555 EXT 233
FOR MORE INFORMATION



1931 SUTRO ST
RENO, NV 89512
775-688-4555
SALARMY.RENO.ORG

Internet Supports Available:

There are several internet access providers which are offering accommodations during this Coronavirus pandemic. These include: AT&T Comcast, Charter, Cox, Google Fiber, Spring, Verizon, and T Mobile will not disconnect anyone for next 60 days. All are participating in the "Keep America Connected" Comcast is offering an "Internet Essentials Package" free for 60 days during Coronavirus Outbreak.

Charter Communications announced it will offer free Spectrum broadband and WIFI access for 60 days to households with K-12 and/or College students who do not already have a subscription.

These are a few alternative accesses to internet access: The Tribe has also opened up access at the Nixon Gym. You must remain in your car and do your work. Also can be accessed at The Wadsworth Community BLDG.

The WIFI password is:

plpt_wifi123.



Struggling with Virtual learning?

Students struggling with remote learning need to talk to their school Counselors.

Stress and anxieties over school work, grades and being out of the daily routine of school can add up! Remember you are not alone and we all can pull together to get through this pandemic. Call Natchez 775-351-1902 PLHS 775-574-1016 Lyon Co. 775-575-1575 messages will be forwarded on to the Counselors.



College students keep in touch with your professors. Classes have changed- Assignments might have increased, labs are now online and other changes but let your professors know any frustrations you are encountering- it's different and more challenging. Keep track of testing dates and times. You do not have that long to go- hang in there and do the best you can! Every College has supports reach out to them. ©

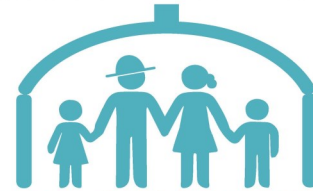
Need any assistance call 775-574-0300
I will be checking messages
Thanks,
Karen Shaw



Remember we are all in this together and your School Districts and Colleges are doing what they need to do for the Education of our students. Please contact your school for advice, direction and supports they are there to assist you.

STAY HOME

TO PROTECT YOU AND YOUR FAMILY AGAINST COVID-19



Everyone should stay at home,
except to do the following:



TO GET MEDICAL CARE - Call ahead, then send only **one** person.



TO GET PERSCRIPTIONS - Go alone or send only **one** person.



TO SHOP FOR FOOD - Have a plan and only send **one** person.



TO CHECK ON FAMILY - Call, or send **one** person if needed.

WHEN YOU STAY HOME, YOU HELP SLOW THE SPREAD OF CORONAVIRUS (COVID-19)

#coronavirus
#StayHomeHeroes
calh.jhu.edu



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH



Pyramid Lake Tribal Health Clinic:
Diabetes Program 2020



Diabetes Education Monthly News

MARCH

Developing Alternative Solutions

Alternative solution = 1 or more ways of achieving a desired end or goal.

Example:

"I have been trying to eat breakfast in the mornings, but I don't feel like eating."

First, we must ask ourselves what the true problem is.

Is the problem that we physically feel ill and don't want to eat, did we eat too much late into the night and are still full from the previous snack or meal.

If we see that we are

not hungry for breakfast because we ate a meal at 11:30 P.M. earlier that night, then we may not be hungry.

Now that we know that the problem is not with "BREAKFAST", we can then focus on the real problem = That is, being too full for breakfast from the previous snack or meal.

With the problem identified, we can now make Three (3) separate alternative solutions to see how we would want fix the

problem.

1. I will wake up 30 minute earlier to create a sense of hunger.
2. I will eat smaller portion sizes at my last meal of the day.
3. I will use carbohydrate counting to control my food intake.

Once the list of 3 is created, pick the 1 choice that you think will work to solve the problem.

Practice the alternative solution daily for 1 month and then re-evaluate the previous problem.



Volume 2, Issue 3

March 1, 2020

American Association of Diabetes Educators (AADE)

diabeteseducator.org

AADE 7 Self-care Behaviors

- ☺ Healthy Eating
- ☺ Healthy Coping
- ☺ Monitoring
- ☺ Medication
- ☺ Problem Solving
- ☺ Being Active
- ☺ Risk Reductions

Pyramid Lake Tribal Health Clinic: Diabetes Program
2020

Please call Medical Scheduling to make a
Diabetes Education Appointment.

Mondays– Wednesdays Available 775-574-1018





Barrier or Excuse?



Find a problem you are having, and create 3 different solutions for the problem, and then choose 1 to practice for the next month.

Example

#1: Problem= Not enough exercise

Create 3 solutions

1. I will sign-up for Fitness for 10 at the PLTHC front desk.

2. I will go check out Senior physical activity class at Numaga Senior Center.



3. I will go outside and walk 10 minutes at a time.

PICK 1 & TRY IT FOR 1 MONTH



For Immediate Release

Contact: Bobbi Rahder
Phone: 775-687-7606
E-mail: brahder@nic.nv.gov

**Stewart Indian School Cultural Center Grand Opening Postponed,
Father's Day Powwow Cancelled Due to Global Crisis**

CARSON CITY, Nevada – (March 24, 2020) Out of an abundance of caution for the safety of elders and all community members, today the Nevada Indian Commission announced the postponement of the grand opening of the Stewart Indian School Cultural Center & Museum, as well as the cancellation of the 2020 Stewart Father's Day Powwow.

"During these uncertain times, we cannot risk the wellbeing of our elders, nor any participant or spectator," said Stacey Montooth, executive director of the Nevada Indian Commission. "Our grand opening will be held at a later date. Since 2002, Native American dancers, singers, artists, and on-lookers have helped build our annual powwow to be one of the most popular cultural gatherings in Northern Nevada. However, because of COVID-19, we must cancel."

Montooth said that the Nevada Indian Commission is issuing full refunds to pre-paid vendors and looks forward to orchestrating the biggest, best powwow in 2021. For questions about the powwow or the vendor refunds, please contact Sari Nicholas, at 775-687-7603 or email at snichols@nic.nv.gov.

The Nevada Indian Commission, which has been closed to the public since Governor Steve Sisolak's directive on March 12, will work with the Nevada Department of Health and Human Services and other partners to determine when it is safe to hold the Cultural Center Grand Opening.

"Again, the safety of our people comes first," Montooth said.

Opened to the public in January, the Cultural Center & Museum occupies what was once the school's administrative building. Stewart Indian School was operated by the federal government for 90 years to forcefully educate Native American children. This assimilation policy impacted thousands of Native students not only from the Great Basin tribal nations, but over 200 tribes over the school's 90-year history.

Currently, visitors can still use the guide by cellphone audio tour. This walking tour allows guests to view the spectacular physical site and to learn from alumni about their experience at the boarding school. These firsthand accounts are also available at: <https://stewartindianschool.com/walking-trail/>.

For more information about the postponement of the grand opening of the cultural center, or about the cancellation of the powwow, please contact Bobbi Rahder, Museum Director, at 775-687-7606 or e-mail at brahder@nic.nv.gov.

21ST ANNUAL SHOSHONEAN ♦ NUMIC LANGUAGE REUNION

A REUNION FOR THE SHOSHONEAN, NUMIC & UTO-AZTECAN PEOPLES

Honoring Our Traditions - Preparing for Our Future

JUNE 16TH - 18TH, 2020

RENO-SPARKS INDIAN COLONY, HUNGRY VALLEY GYMNASIUM - 9075 EAGLE CANYON DR, SPARKS, NV 89441



FOR MORE INFORMATION CONTACT:

MICHAEL R. EBEN
RSIC THPO/CULTURAL RESOURCE PROGRAM
775.785.1326 EXT. 5430
SHOSHONEANREUNION.COM

REGISTRATION:

ANTOINETTE THAYER
RSIC PLANNING
775.785.1363
REUNION2020@RSIC.ORG

HOST HOTEL:

NUGGET RESORT CASINO
HTTP://BOOKINGS.HOTELIER.COM/BOOKINGS.JSP?
GROUPID=2777402&HOTELID=96145
OR CALL:
1.800.648.1177 Group ID: GR5IC20

How the 2020 Census will invite everyone to respond



Every household will have the option of responding online, by mail, or by phone.

Nearly every household will receive an invitation to participate in the 2020 Census from either a postal worker or a census worker.

95% of households will receive their census invitation in the mail.



Almost 5% of households will receive their census invitation when a census taker drops it off. In these areas, the majority of households may not receive mail at their home's physical location (like households that use PO boxes or areas recently affected by natural disasters).

Less than 1% of households will be counted in person by a census taker, instead of being invited to respond on their own. We do this in very remote areas like parts of northern Maine, remote Alaska, and in select American Indian areas that ask to be counted in person.

Note: We have special procedures to count people who don't live in households, such as students living in university housing or people experiencing homelessness.

How the 2020 Census will invite everyone to respond



What to Expect in the Mail

When it's time to respond, most households will receive an invitation in the mail. Every household will have the option of responding online, by mail, or by phone.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

Letter Invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking you to go online to complete the census questionnaire.
- We plan on working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

Letter Invitation and Paper Questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their invitation. The invitation will also include information about how to respond online or by phone.

WHAT WE WILL SEND IN THE MAIL

On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
March 26-April 3	If you haven't responded yet: A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

We understand you might miss our initial letter in the mail.

- Every household that hasn't already responded will receive reminders and will eventually receive a paper questionnaire.
- It doesn't matter which initial invitation you get or how you get it—we will follow up in person with all households that don't respond.

Obituaries

In Loving Memory



William "Billy" Eisenhour
01/01/1958 - 03/02/2020

Viewing: Friday, March 13, 2020
Ross, Burke, & Knobel
2155 Kietzke Lane, Reno, NV 89502
Family may attend at 4p.m.
Friends may attend 5p.m. - 8p.m.

Memorial Services: Saturday, March 14, 2020
Christian Colony Fellowship Church
625 Golden Lane, Reno, NV 89502
11:00a.m. - 2:00p.m. Dinner to Follow

Food Donations will be greatly appreciated

Funeral Services Sidney & Hunter Timothy

March 11, 1996



July 20, 1996

Their Song has ended but the Melody lives on.
March 7, 2020

Sunday, March 15, 2020

Viewing: 1:00 pm Services: 2:00 pm
Nixon Gym, Nixon, Nevada

Burial: Nixon Cemetery, Nixon, NV

Dinner to follow Nixon Gym
Food Donations Appreciated

In Loving Memory of



Roberta

Benjamin

Entered Eternal Life: March 05th, 2020

Saturday, March 21st, 2020

Services: 12:00 Pm

*Antelope Valley Community Center, Walker, CA
442 Mule Deer Road, Coleville, CA 96107*

Burial: Antelope Valley Cemetery

Dinner to follow at:

Antelope Valley Community Center

*The family would appreciate any food donations
And would like to thank everyone who helped during
this difficult time.*

In Loving Memory of Robert Phoenix

Due to the coronavirus pandemic
The Family of Robert Phoenix
kindly ask that you respect
and honor the families wishes.

A PRIVATE Wake Service
is scheduled.

Graveside services at 9:00 a.m.

Thursday, April 2, 2020

Nixon Cemetery.

Please come in a good way.

Flower donations appreciated.

*We are the invisible ones,
The People of the Sky,
The people of dreams whose voices cannot be
bound by pain.
We are the people of prayers.
Who stand small before the Creator,
Who entreat him, so that the strand of time that
holds us to eternity might not be cut and our
words slip into silence*

Franklin Harvard Winnemucca Jr.

AKA Bobby

*Born May 6, 1959 to Velma Jack and Frank,
Winnemucca Sr. in Loyalton, Ca.
Passed away in Oakland Ca. on March 17,
2020.*

*Our brother, a warrior, proud of his heritage
will never be forgotten. But due to circum-
stances beyond our control, there will be no
services. A memorial will be announced at a
later date. Rest in Peace brother Bob, love
you for all eternity.*



Preventing the Spread of Corvid-19 (Coronavirus)

- DO NOT PANIC
 - Wash your hands often, for twenty seconds
 - Use a hand sanitizer that is at least 60% alcohol
 - Stay home if sick
- Use Clorox Wipes and Lysol on all commonly used household surfaces
 - Avoid touching your face
- Face Masks are unnecessary; cover your mouth and nose with tissue or sleeve if coughing or sneezing
 - Check out the CDC website for up to date information.

From the CDC Website: COVID-19 (novel coronavirus 2019) is a respiratory illness that primarily spreads through the air and through personal contact with surfaces and infected people. COVID-19 is an enveloped virus, meaning it is easily compromised by proper cleaning and sanitizing. It is unknown how long COVID-19 can survive on surfaces, but it is recommended to clean and sanitize high contact surfaces at home, school, and the work place.

Remove visible soil and dirt from surfaces using soap and water.

Apply an EPA registered disinfectant to kill pathogens, including COVID-19.

Common cleaners include:

- Clorox Disinfecting Wipes
- Lysol Brand Bleach Multi-Purpose Cleaner
- Purell Multi Surface Disinfectant

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

Older adults

People who have serious chronic medical conditions like: Heart disease, Diabetes, Lung disease

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

What Others can do to Support Older Adults

Community preparedness planning for COVID-19 should include older adults and people with disabilities, and the organizations that support them in their communities, to ensure their needs are taken into consideration.

Many of these individuals live in the community, and many depend on services and supports provided in their homes or in the community to

maintain their health and independence.

Long-term care facilities should be vigilant to prevent the introduction and spread of COVID-19. Information for long-term care facilities can be found here.

Family and Caregiver Support

Know what medications your loved one is taking and see if you can help them have extra on hand.

Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.

Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.

If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

What to Do if You Get Sick

Stay home and call your doctor

Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home.

Know when to get emergency help.

From the Washoe County Health District: Washoe County Residents, if you suspect a case meets the Person Under Investigation (PUI) criteria, please call this hotline number: 775-328-2447, or 775-328-2427.

How to Prevent the Spread of Germs Like Coronavirus (COVID-19) in the Home



Separate the sick person from others.



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



Clean and disinfect all "high-touch" surfaces multiple times each day.



Avoid sharing household items.



Wear a bandana or facemask over nose and mouth.



Avoid touching eyes, nose, and mouth.



Wear gloves for cleaning. Wash hands immediately after gloves are removed.



Wash laundry thoroughly.

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.*

- Fever
- Cough
- Shortness of breath

FEVER



COUGH



SHORTNESS OF BREATH



Call your doctor if you...

Develop **symptoms**, and have been in close contact with a person known to have COVID-19

OR

Have recently traveled from an area with widespread or ongoing community spread of COVID-19.

April 2020

Greetings from the Numaga Senior Center:

I hope this letter finds all of you in good health and good spirits. We have come into really trying times and it saddens me to say this:

At this time, in order to minimize spreading the virus that has come in to our reservation- we will discontinue Homebound Meals effective March 31, 2020- this will be until further notice. Things had been changing day-by-day and we were trying to keep things as normal as possible- but the time has come to keep all involved safe at home- Our Elders, Our Staff, and Our Communities.

Be safe....



☺ Hugs!!

Carla, Christina,
Karen and Isabel

Pyramid Lake Paiute Tribe

P.O Box 256, Nixon, NV 89424, 775-574-1000 FAX 775-574-1008

ANNOUNCEMENT

The Pyramid Lake Paiute Tribe is currently recruiting for
Two (2) vacancies on the

GAMING COMMISSION

If you are interested in serving on the Gaming Commission, please complete a Committee/Board Participation Application form and return to:

PYRAMID LAKE PAIUTE TRIBE
ATTN: Tribal Secretary
P.O. Box 256
Nixon, NV 89424

Must possess and demonstrate as a minimum knowledge and experience in the commercial gaming industry, familiarity with the IGRA, and experience in and knowledge of administration and administrative procedure.

**APPLICATIONS AVAILABLE AT THE TRIBAL ADMINISTRATIVE OFFICE
OR CONTACT THE TRIBAL SECRETARY AT 775 574-1000**

CLOSING DATE: June 1, 2020 at 4:30 p.m.

NOTICE

To Protect our Tribal Members, Community Members, and Employees the Victim Services Program has scaled to minimum staff

Our office hours will be Tuesdays and Thursdays from 8:00am to 4:30pm

Please call the office before coming in

575-9444

If you have an emergency Please call 911

For non-emergency you can call the PLPD at

574-1014

Effective March 31, 2020

Food Distribution Program on Indian Reservations
Food and Nutrition Division



PYRAMID LAKE PAIUTE TRIBE

Supplemental Food Resources Calendar for 2020

Commodity Foods Nixon Gym 8:30 -1:30 pm	Tribal Food Pantry Nixon Gym 10:30-11:30 am	Mobile Pantry Wads. Comm. Bldg. 8:00-9:00 Nixon Gym 10:00-10:30
January 6, 2020	January 21, 2020	January 28, 2020
February 3, 2020	February 18, 2020	February 25, 2020
March 9, 2020	March 17, 2020	March 24, 2020
April 6, 2020	April 21, 2020	April 28, 2020
May 4, 2020	May 19, 2020	May 26, 2020
June 1, 2020	June 16, 2020	June 23, 2020
July 6, 2020	July 21, 2020	July 28, 2020
August 3, 2020	August 18, 2020	August 25, 2020
September 14, 2020	September 15, 2020	September 22, 2020
October 5, 2020	October 20, 2020	October 27, 2020
November 2, 2020	November 17, 2020	November 24, 2020
December 7, 2020	December 15, 2020	December 22, 2020

Applications will be available on site. Bring your own bags.





**INTER-TRIBAL COUNCIL OF NEVADA
HEAD START PROGRAM**

680 GREENBRAE DR., SUITE 265 • SPARKS, NV 89431
P.O. BOX 7440 • RENO, NV 89510
PHONE (775) 355-0600 • FAX (775) 355-0648
FAX (775) 355-5206



- BATTLE MOUNTAIN BAND COUNCIL
- CARSON COLONY COMMUNITY COUNCIL
- DRESSLERVILLE COMMUNITY COUNCIL
- DUCK VALLEY SHOSHONE-PAIUTE BUSINESS COUNCIL
- DUCKWATER SHOSHONE TRIBAL COUNCIL
- ELKO BAND COUNCIL
- ELY SHOSHONE COUNCIL
- FALLON BUSINESS COUNCIL
- FT. McDERMITT PAIUTE SHOSHONE TRIBES
- GOSHUTE BAND COUNCIL
- LAS VEGAS PAIUTE TRIBAL COUNCIL
- LOVELOCK TRIBAL COUNCIL
- MOAPA BUSINESS COUNCIL
- PYRAMID LAKE TRIBAL COUNCIL
- RENO/SPARKS TRIBAL COUNCIL
- SOUTH FORK BAND COUNCIL
- STEWART COMMUNITY COUNCIL
- SUMMIT LAKE PAIUTE COUNCIL
- TE-MOAK TRIBAL COUNCIL
- WALKER RIVER PAIUTE TRIBAL COUNCIL
- WASHOE TRIBAL COUNCIL
- WELLS BAND COUNCIL
- WINNIEMUCCA COLONY COUNCIL
- WOODSFORDS COMMUNITY COUNCIL
- YERINGTON PAIUTE TRIBAL COUNCIL
- YOMBA TRIBAL COUNCIL

TO: All ITCN Head Start Families
Tribal Offices, and Community Resources

FROM: Maria Warf, ITCN Head Start Director

DATE: 03/15/2020

RE: HEAD START CLASSROOM CLOSURES

Dear Head Start Families, and Tribal Government and Community Resources:

The ITCN Head Start continues to evaluate and respond to the continually evolving nature of the coronavirus (COVID-19). The safety and well-being of our children and staff is our number one priority. As such, ITCN Head Start is in support of the Nevada Governor Sisolak in making the difficult decision for the best interest of the health and safety of children, staff and families.

ITCN Head Start programs will be closed from March 16 thru the minimum of April, 6, 2020.

Again, this has not been an easy decision; it was the goal of the ITCN Head Start to remain open, provide the essential components of education for our children and to continue a sense of stability for our children, employees, and families, unfortunately, we had to think of their safety and the priority at this time is to prevent any risk to our children, staff and families.

It is important to inform you that, at this time, **NO Head Start employees, family members or community members** have suspected of, or tested positive for COVID-19 and that we are at **low risk of contracting the coronavirus.**

We will continue to keep you informed for further information about length of closures. As you are aware conditions associated with this pandemic are continually evolving and may require quick modifications to this response.

ITCN Agency is consistently tracking the information provided by public health agencies such as the Centers for Disease Control and Prevention (CDC), Indian Health Services and World Health Organization (WHO). Utilizing their guidance, we are taking precautions to protect our employees and children. Our team is making decisions based on the most recent information provided by the CDC, WHO, IHS, local public health agencies and government officials, while keeping the health and safety of our employees and children in mind.

We understand many of you may be feeling isolated as public health officials encourage us to distance ourselves from others and community events are canceled. I encourage you to continue to find ways to connect with your loved ones during this time. Make a phone call, video chat with a friend, send a handwritten note in the mail, spend time with your child doing art projects, enjoy a movie night in with your family. Emotional wellness is just as important as physical well-being. As you take precautions to keep your family physically healthy, don't forget to take a moment for yourself.

Head Start is committed to helping you live a caring and connected life filled with meaningful moments, and we are here for you during the good times and tough times. If you need to reach us, please call ITCN Head Start (775) 355-0600

We would like to take this opportunity to share information with you about the most common protective measures against this new virus and encourage you to use these practices and share these practices with your colleagues, friends, families and the children in your care.

- **Wash your hands frequently** - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds. Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- **Avoid touching eyes, nose and mouth** -Use alternative greetings that do not require touching (wave instead of a handshake).
- **Practice respiratory hygiene** - When sneezing or coughing, cover your nose and mouth with a tissue and throw the tissue away after use. If a tissue is not available, cough or sneeze into the crook of your elbow or sleeve...not your hands.
- **Maintain social distancing** - Maintain at least a 3 feet distance between yourself and anyone who is coughing or sneezing. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- **Stay home if feeling unwell** - If you are sick or feeling unwell, staying home avoids infecting the vulnerable. If you have a fever, cough or difficulty breathing, seek medical attend and follow the directions of your local health authority.

We hope you find this information useful. We can all take action to prevent the spread of viruses and promote healthy environments for all!

Thank you for your patience and understanding and we will keep you informed as news develop--For more information please visit:

- <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

This letter was distributed to all ITCN Head Start centers per our Head Start Director, we are very sorry for the closure but look forward to continuing to providing a service to our community when allowed to return back to our classroom—PL HEADSTART STAFF



**Tuesday & Thursday
10:00a - 11:00a**

During this time, we are providing the option of requesting orders for Elders and those with compromised health issues. It is encouraged to submit a request in advance to provide accessible service upon arrival.

I-80 Smokeshop (775) 575-2181
Marina (775) 476-0700
Nixon Store (775) 574-0467

I-80 SMOKESHOP

Business Hours

Monday	06:00a	to	06:00p
Tuesday	06:00a	to	10:00a
	11:00a	to	06:00p
Wednesday	06:00a	to	06:00p
Thursday	06:00a	to	10:00a
	11:00a	to	06:00p
Friday	06:00a	to	06:00p
Saturday	06:00a	to	06:00p
Sunday	06:00a	to	06:00p

**"ELDER HOUR"
TUESDAY & THURSDAY 10AM—11AM**

TEMPORARY BUSINESS HOURS EFFECTIVE 3/29/20

NIXON STORE

Business Hours

Monday	06:00a	to	06:00p
Tuesday	06:00a	to	10:00a
	11:00a	to	06:00p
Wednesday	06:00a	to	06:00p
Thursday	06:00a	to	10:00a
	11:00a	to	06:00p
Friday	06:00a	to	06:00p
Saturday	06:00a	to	06:00p
Sunday	06:00a	to	06:00p

**"ELDER HOUR"
TUESDAY & THURSDAY 10AM—11AM**

PYRAMID LAKE MARINA

Business Hours

Monday	10:00a	to	05:00p
Tuesday	11:00a	to	05:00p
	<u>Elders Only</u> 10:00a	to	11:00a
Wednesday	10:00a	to	05:00p
Thursday	11:00a	to	05:00p
	<u>Elders Only</u> 10:00a	to	11:00a
Friday	10:00a	to	05:00p
Saturday	10:00a	to	05:00p
Sunday	10:00a	to	05:00p

**"ELDER HOUR"
TUESDAY & THURSDAY 10AM—11AM**



Local Food Pantries: Washoe County

This list is current as of **March 2020**.
Please note, this list is subject to change at any time.

*Indicates an agency that is able to work with youth that do not have ID or a permanent address by providing food assistance.
★ Indicates TEFAP/Commodities available here.

PANTRY LOCATION	HOURS OF OPERATION	REQUIREMENTS
★ St. Vincent's Food Pantry 500 E 4th Street, Reno (775) 786-5266	Pantry Hours: Mon-Fri 9a-5p, Sat 9a-3p Dining Room Hours: Mon-Sat 11:30am-12:30pm	Picture ID required along with proof of income and proof of Washoe County residency for pantry only.
Our Savior Lutheran Church 1900 1ST St, Sparks (775) 358-0743	2nd & 3rd Saturday 10am-Noon Note: People still in line at noon will be served, however clients who arrive close to noon when a line is present may not be served.	Must live in 89431 zip code—proof of residency required. Intake form and valid ID for each member of the family required on the first visit. Valid photo ID each visit.
* Bethel AME Church 2655 N. Rock Blvd., Sparks (775) 355-9030	2nd & 4th Tuesday 4:30-6:30pm	Do not arrive prior to 4:00 pm. Need proof of address and ability to fill out short intake form on 1st visit. Photo ID required at each visit.
Sparks Christian Fellowship 510 Greenbrae, Sparks (775) 331-2303	Wednesday 10am-Noon Handing out at the door	Valid picture ID, proof of residency, we only serve Sparks or Sun Valley residency
New Life Assembly of God 1100 Lemmon Dr , Lemmon Valley NV	2nd & 4th Saturday 10am-Noon	Must have ID and be willing to fill out intake form
* Church of Jesus Christ Spirit Filled 3175 Goldy Way, Sparks	Tuesday 8:30pm - until food is gone	ID Requirements
First United Methodist Church 209 West 1st Street, Reno (775) 322-4565	2nd & 4th Saturday of each month 9:30 am	Distribution Dates posted at Church. Photo ID is required. Individuals must be present to receive food.
* Valley View Christian Fellowship 1805 Geiger Grade Rd.	Sunday 8-9am drive thru , pre pack	Must have ID and be willing to fill out intake form
Faith Alive Christian Center 120 Hubbard Way, Reno	Wednesday 8:30-10am Closed on the first Wednesday of the month	Picture ID and short intake form.
* The Community Food Pantry (St. Paul's) 1135 12th St., Sparks	Wednesday 10am-Noon Saturdays 9-11am	Picture ID requested (eligible every 30 days) * March 1— Sept. 30
* Faith Lutheran Church 2075 W 7th. Street, Reno	Monday 11am - Noon	Photo ID and be willing to fill out intake form
Faith Ministry 2301 Kings Row, Reno	Friday 11am - Noon Letting 3 people in at time	Must provide ID and be willing to fill out intake form
* The Bridge Church 1330 Foster Drive, Reno	1st & 3rd Thursday 10-11 am hanging at the door	Must provide ID and be willing to fill out intake form (775) 331-3663 www.FBNN.org

PANTRY LOCATION	HOURS OF OPERATION	REQUIREMENTS
★*The Salvation Army 1931 Sutro Street, Reno (775) 688-4555	Monday-Friday 9-11am 10 people inside at a time, get a box	Must provide picture ID, proof of Washoe County residency, and income verification
University Family Fellowship 1125 Stanford Way, Sparks (Corner of I Street and Stanford)	1st & 3rd Saturday 9:30am Closed	Must provide photo ID and be willing to fill out an intake form , and proof of residency
*Reno Sparks Seventh Day Adventist Church 1555 Wedekind Rd., Reno (775) 378-9472	Every other Sunday 9-10:30am (Call for specific dates)	Ability to fill out short intake form
*Rehoboth Holy Temple 700 C Smithridge Drive, Reno	Monday 4-6pm Closed 3/23	Do not arrive before 3:30. Ability to fill out short intake form and provide photo ID.
Calvary Chapel NW Reno/Sonrise 246 Courtney Lane, Reno	Monday 11am one at time	Ability to fill out short intake form and provide photo ID.
*Sparks Seventh Day Adventist Church 2990 Rock Blvd, Sparks	1st & 3rd Friday Noon-1pm Handing out the door pre packed boxes	Must fill out intake form
*Voice in the Wildemess 513 E.2nd Street, Reno	Thursday 10:30-11:30am	Must fill out intake form
St. Michael Catholic Church 10475 Mt. Vida St, Reno	Thursday 3:30-5pm	Must fill out intake form
Pyramid Lake Paiute Tribe – Nixon Nixon Gym	3rd Tuesday 1-3:30pm drive thru	Must fill out intake form
★*St. Francis of Assisi Food Pantry 160 Hubbard Way, Suite F, Reno	Monday, Tuesday, & Thursday 1-3pm 3rd Wednesday 5-7pm 5people inside at a time	Must fill out intake form
Adventist Community Services – Center of Influence 1095 E Taylor Way, Reno	Full pantry 2nd & 4th Friday 1-2pm Emergency bags Monday – Thursday and 1st & 3rd Fridays 11-3pm	Must fill out intake form and provide photo ID and have proof of residency in 89502 zip.
Skyline Church 5301 Longley Ln, Ste. A19 Reno,	Sunday 11:00 –12:00pm Pre-bags	Must fill out intake form
Center of Hope 4690 Longley Lane Ste 59 (Behind the building)	Monday 5:30-7pm	Must fill out intake form
Sparks United Methodist Church 1231 Pyramid Way, Sparks	Tuesday handing out at the door 1:00pm - 3:00pm	Must fill out intake form

Elder Fall Prevention Newsletter

Pyramid Lake Tribal Health Clinic

775-574-1018

April 2020

3 Questions To Ask Your Doctor About Exercise

Talk with your Doctor about exercises and physical activities that are best for you if you are planning to **start** exercising or are **adding** exercises to your daily routine.

1. **Are there any exercises or activities I should avoid?** Your Doctor can make recommendations based on your health history such as diabetes, arthritis, heart disease, or physical limitations. Share with your Doctor any current health concerns and symptoms.
2. **Is my preventive care up to date?** Your Doctor can tell you if there are any tests you might need, for example, women over 65 should be checked regularly for osteoporosis.
3. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, some people with arthritis may need to avoid certain activities because of swollen or inflamed joints. Diabetics may need to adjust their schedule for medication and meals.

Remember

- Check with your doctor if you have any concerns.
- Exercising may be uncomfortable but should never hurt, listen to your body, do not over do.



There's a safe way for almost everyone to be more active.

Even if you have a health condition, there are exercises you can do that offer great health benefits.

A good rule of thumb when getting started with exercise is to "start low and go slow".

Senior Physical Activity Class

Monday and Tuesday

10am – 11am

Numaga Senior Center

\$20.00 Gift Cards for Elders that attend

2 Chair Exercise Classes

Wednesday – April 22nd and 29th

Wadsworth Brown Building—9:30 am

Nixon Numaga Center—10:30 am



Worried about the coronavirus (COVID-19)? Here's what you should know:

The CDC has determined that COVID-19 is a serious public health threat—and older adults and people with chronic medical conditions, including diabetes, are at a risk of experiencing complications and getting very sick from it.

People with diabetes are not more likely to get COVID-19 than the general population.

The problem people with diabetes face is primarily a problem of worse outcomes, not greater chance of contracting the virus. In China, where most cases have occurred so far, people with diabetes—and generally we believe that the more health conditions someone has (I.E., diabetes and heart disease), the higher their chance of getting serious complications from COVID-19. We expect the death rate to decline over time as we get better at detecting and treating this specific virus.

People with diabetes *do* face a higher chance of experiencing serious complications from COVID-19.

When people with diabetes do not manage their diabetes well and experience fluctuating blood sugars, they are generally at risk for a number of diabetes-related complications. Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because your body's ability to fight off an infection is compromised.

Viral infections can also increase inflammation, or internal swelling, in people with diabetes. This is also caused by above-target blood sugars, and both could contribute to more severe complications.

When sick with a viral infection, people with diabetes do face an increased risk of DKA (diabetic ketoacidosis), commonly experienced by people with type 1 diabetes. DKA can make it challenging to manage your fluid intake and electrolyte levels—which is important in managing sepsis. Sepsis and septic shock are some of the more serious complications that some people with COVID-19 have experienced.

COVID-19 is different from the seasonal flu.

Recommended safety precautions are the same as for flu, such as frequent hand washing and covering coughs and sneezes with a tissue or your elbow. The CDC does not recommend the use of face masks by people who are NOT infected.

We encourage people with diabetes to follow the guidance of the CDC and to review how you manage sick days—preparing for a sick day can make it easier.

The risks are similar for people with Type 1 and Type 2 Diabetes.

In general, we don't know of any reason to think COVID-19 will pose a difference in risk between Type 1 and Type 2 diabetes. More important is that people with either type of diabetes vary in their age, complications and how well they have been managing their diabetes. People who already have diabetes-related health problems are likely to have worse outcomes if they contract COVID-19 than people with diabetes who are otherwise healthy, whichever type of diabetes they have.

The CDC has guidance on how to decrease the spread of COVID-19 at home.

For people with underlying health conditions, including diabetes, healthy family members in the household should conduct themselves as if they were a significant risk to them. For example, they should be sure to wash their hands before feeding and caring for them. If possible, a protected space should be made available for vulnerable household members, and all utensils and surfaces should be cleaned regularly. If a member of your household is sick, be sure to give them their own room, if possible, and keep the door closed. Have only one family member care for them, and consider providing additional protections or more intensive care for household members over 65 years old or with underlying health conditions.

Manufacturers are not reporting that COVID-19 is impacting access to insulin and other supplies.

Leading manufacturers are reporting that COVID-19 is not having an impact on their current manufacturing and distribution capabilities for insulin and other supplies at this time. We are continuing to monitor the situation and will provide updates should anything change. If you are struggling to pay for insulin or know someone who is, the ADA has resources to help—visit [InsulinHelp.org](https://www.diabetes.org/insulin-help).

If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus. Stay home as much as possible. Avoid all non-essential travel including plane trips.

BEFORE YOU GET SICK, MAKE A PLAN:

Gather your supplies:

Phone numbers of your doctors and healthcare team, your pharmacy and your insurance provider.

List of medications and doses (including vitamins and supplements)

Simple carbs like regular soda, honey, jam, Jell-O, hard candies or popsicles to help keep your blood sugar up if you are at risk for lows and too ill to eat

If a state of emergency is declared, get extra refills on your prescriptions so you do not have to leave the house

- If you can't get to the pharmacy, find out about having your medications delivered.

- always have enough insulin for the week ahead, in case you get sick or cannot refill.

- if you are struggling to pay for insulin or know someone who is, the ADA has resources to help—visit Insulin-Help.org

Extra supplies like rubbing alcohol and soap to wash your hands

Glucagon and ketone strips, in case of lows and highs

Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time

TAKE EVERYDAY PRECAUTIONS:

Avoid close contact with people who are sick.

Take preventative actions:

- Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place

- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol

- To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.

- Wash your hands after touching surfaces in public places

- Avoid touching your face, nose, eyes, etc.

- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones)

Talk to your Health Care Team:

Be ready to discuss:

When to call your doctor's office (for ketones, changes in food intake, medication adjustments, etc.)

How often to check your blood sugar

When to check for ketones

Medications you should use for colds, flu, virus and infections

Any changes to your diabetes medications when you are sick

And, for those on Medicare, keep in mind: Medicare has temporarily expanded its coverage of telehealth services to help you have access from more places, including your home, and with a wider range of communication tools, such as smartphones. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

You can learn more at medicare.gov/medicare-coronavirus and by reading the FAQs.

- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.

- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.





WATCH FOR EMERGENCY WARNING SIGNS:

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs include:

- Difficulty Breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

IF YOU FEEL LIKE YOU ARE DEVELOPING THESE SYMPTOMS, CALL YOUR DOCTOR:

Pay attention for potential COVID-19 symptoms including fever, dry cough and shortness of breath. If you feel like you are developing symptoms, **call your doctor**.

When you call:

- Have your glucose reading available
- Have your ketone reading available
- Keep track of your fluid consumption (you can use a 1-liter water bottle) and report
- Be clear on your symptoms (for example: are you nauseated? Just a stuffy nose?)
- Ask your questions on how to manage your diabetes

If you do get sick, know what to do:

Here are some common tips, which may vary for each person:

- Drink lots of fluids. If you're having trouble keeping water down, have small sips every 15 minutes or so throughout the day to avoid dehydration.
- If you are experiencing a low (blood sugar below 70 mg/dl or your target range), eat 15 grams of simple carbs that are easy to digest like honey, jam, Jell-O, hard candy, popsicles, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure your levels are rising. Check your blood sugar extra times throughout the day and night (generally, every 2-3 hours; if using a CGM, monitor frequently).
- If your blood sugar has registered high (BG greater than 240mg/dl) more than 2 times in a row, check for ketones to avoid DKA.
- Call your doctor's office immediately, if you have medium or large ketones (and if instructed to with trace or small ketones).
- Be aware that some CGM sensors (Dexcom G5, Medtronic Enlite, and Guardian) are impacted by Acetaminophen (Tylenol). Check with finger sticks to ensure accuracy.
- Wash your hands and clean your injection/infusion and finger-stick sites with soap and water or rubbing alcohol.

Know your rights:

A reminder: If you have diabetes, you have legal rights that do not go away during a health crisis like COVID-19.

Even in a pandemic, you have the right to reasonable accommodations at work, which could include medical leave or alternate work arrangements.

Your child's Section 504 Plan should include accommodation for extra sick days without penalty. This would apply if your child is sick or if you choose to keep him or her home from school to avoid contagion with COVID-19.

People with diabetes who are incarcerated or in police custody are entitled to appropriate and adequate medical care, and their medical needs may change during infectious disease outbreaks.

If you are concerned you are being treated unfairly because of your diabetes, contact us to seek help from our Legal Advocacy team.

For more information, please call 1-800-DIABETES (800-342-2383).



Pyramid Lake Tribal Health Clinic:
Diabetes Program 2020



Diabetes Education (Extra) News "Searchforinfo.edu"

Finding Information for Health

First, stop, take a deep breath!

Times are tough right now, and people are trying to find information to help themselves and their families.

But what information out there is the correct information, and which information is the best to search for?

It was taught to me in school, especially at the University of Nevada, Reno that credible sources of information is the information that one should research when

validating and or exploring information for decisional purposes.

Using the internet, it is very hard to understand where the information is coming from, let alone know who or what company is involved with the information.

You may think that the information is there to help you, but it may be a sly trap to get you to buy something, and waste your time in a State of Emergency.

To know what website you are going to, you are going to have to:

1. Look at the website affiliation after the name and period.
Example =unr.**edu**
Example =yahoo.**com**

We can see after UNR and yahoo, there is the period. But after the period, there is either an **.edu** or **.com**.

.com = business

.edu = education institutions.

.gov = government institutions.

Try to use scholarly and government websites to get info for making health decisions!



Special Edition #1

March 18, 2020

American Association of Diabetes Educators (AADE)

diabeteseducator.org

AADE 7 Self-care Behaviors

☺ Healthy Eating

☺ Healthy Coping

☺ Monitoring

☺ Medication

☺ Problem Solving

☺ Being Active

☺ Risk Reductions

**Pyramid Lake Tribal Health Clinic: Diabetes Program
2020**

**Please call Medical Scheduling to make a
Diabetes Education Appointment.**

Mondays– Wednesdays Available 775-574-1018





Finding Health Information



Try looking at .gov, .org and .edu for facts about health!

For Diabetes and Exercise:

Try these:

1. American Association of Diabetes Education (AADE) = diabeteseducator.org

2. Certification Board for Diabetes Care and Education (CBDCE) = ncbde.org

3. American College of Sports Medicine (ACSM) = acsm.org

4. (ACE) American Council on Exercise = acefitness.org

Find the correct INFORMATION!



Natchez Elementary School News -

Please follow us on Facebook @Natchez Elementary School

Natchez Families,

For all the families that requested Food Bank Café meals for children 18 years and younger, and if requested Food Box from the Natchez Food Pantry, this email is communication to inform you of the pick-up locations for the week of March 30th. ALL FOOD FOR THE WEEK WILL BE DELIVERED MONDAY – if unable to pick up at the nearest stop, Meals can be picked up at Natchez ES.

Below are the stops and times for the food pick-up for the week March 30th: ALL FOOD FOR THE WEEK WILL BE DELIVERED MONDAY

Natchez Elementary School & Pyramid Lake Jr. Sr. High School Food —

Nixon:

Stop Times (AM)

Stop Location

9:00. Nixon Apartments

9:10. End of Pyramid St.

9:20. Alkali Ct.

9:25. Hollywood

9:30. Old Gym

9:40. Arrow St.

9:55. Basin St

Sutcliffe:

Stop Times (AM)

Stop Location

8:50. Dewey & Desert Flower

9:00. ST Rt. 445

Wadsworth:

Stop Times (AM)

Stop Location

9:00. Community Center

9:10. Rabbit

9:15. Rabbit & 5th

9:30. Hill Ranch Rd

Our Distance Learning will begin APRIL 1st. If you have any questions, please contact Buddiette at

bsalway@washoeschools.net and/or myself at dakirk@washoeschools.net

Thank you, families, for all your support and dedication to our Mighty Mustangs.

Natchez Mustangs, Building Successful communities through positive collaboration.

Daniel Kirk,

Principal

How to Care for Someone at Home During COVID-19 (Coronavirus)

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Mild illness might include fever and cough. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

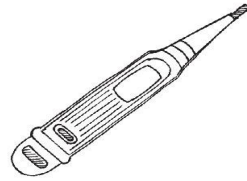
At-home care may not be appropriate for elders and people of any age with certain serious medical conditions like lung disease, heart disease, or diabetes. These groups are at higher risk for developing more serious effects from COVID-19 and should contact their healthcare provider as soon as symptoms start.

If you are caring for someone at home, prevent the spread of germs, watch them for emergency signs, treat symptoms, and end care only after following appropriate guidelines.

Prevent the spread of germs

COVID-19 spreads 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. It is important for anyone showing even mild symptoms to stay inside and stay 6 feet away from others during their recovery.**

- If possible, have the sick person use another bathroom.
- Avoid sharing items like towels, dishes, and bedding.
- Have them wear a facemask or bandana over the mouth and nose when around others in the home. If the mask or bandana gets moist or wet, change it. Bandanas or homemade masks can be washed and reused.
- Wash hands with soap or use hand sanitizer often, especially after interacting with the sick person.
- Avoid touching eyes, hands, and mouth.
- Multiple times per day, clean flat surfaces that droplets can land on, such as tabletops or countertops, and surfaces that are touched often, such as doorknobs. Use household cleaners and disinfectants, and wear gloves if available. If the sick person is using a shared bathroom, that should be cleaned and disinfected after each use by the sick person.
- If possible, keep windows open to increase air flow.
- Wash laundry thoroughly. Wash hands after handling clothes.
- Avoid having visitors.



Know the emergency warning signs

People who develop **emergency warning signs** for COVID-19 should **call 911 and get medical attention immediately**. Emergency warning signs include:

- **Difficulty breathing or shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

Treating symptoms

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest. Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after 1-2 weeks. **Elders and those with serious medical conditions are at greater risk for severe symptoms that may last a long time. People in these groups should contact their healthcare provider as soon as they show symptoms.**

Guidelines for ending care

Those who no longer have symptoms can restart normal activities under the following circumstances:

- If they do not have access to a coronavirus test:
 - They have had no fever for at least 72 hours **AND** other symptoms like coughing have improved **AND** at least 7 days have passed since their symptoms first appeared.
- If they do have access to a coronavirus test:
 - They have had no fever for at least 72 hours **AND** other symptoms like coughing have improved **AND** they received two negative tests in a row, 24 hours apart.

How To Care for Someone At Home During COVID-19 - From the Johns Hopkins Center for American Indian Health.



For more information, please go to [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, avoid using any kind of public transportation or ridesharing.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask or a bandana.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Effective March 27, 2020
Source: CDC

What Pyramid Lake Paiute Tribal Members need to know about COVID-19

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 Washoe County Health Department at (775) 328-2427 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



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Ways to Support Elders with Medical Needs

Elders with mild cognitive impairment or early stages of dementia need to be informed of what is happening within their capacity and provided support to ease their anxiety and stress. For people at moderate and late stages of dementia, their medical and daily living needs need to be met during the quarantine time.

- Medical needs of older adults with/without COVID-19 need to be met during the outbreak. This includes uninterrupted access to essential medicines (for diabetes, cancer, kidney disease, HIV). Telemedicine and online medical services can be used to provide medical services.
- Isolated or infected older people should be presented with truthful information on risk factors and chances of recovery.
- During quarantine, adjust respite or home care services to use technology (WeChat, WhatsApp) to provide trainings/counseling for family caregivers at home, and include psychological first aid training for family caregivers.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and Español)

Activities That Support Elder Well-being During Isolation or Quarantine

- Physical exercise like yoga, tai chi, and stretching.
- Cognitive exercises such as word search, Sudoku, and crossword puzzles.
- Relaxation exercises including breathing, meditation, and mindfulness.
- Reading books and magazines.
- Reducing the time spent looking at fearful images on TV.
- Reducing time listening to rumors.
- Searching information from reliable sources such as CDC.gov.
- Reducing time looking for information—1-2 times per day, rather than every hour.

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for additional information.

Ways to Support Elders in Residential Care

Nursing home populations are at the highest risk of being affected by COVID-19. If infected, residents are at increased risk of serious illness.

Facilities should take these steps before there are confirmed cases in the community:

1. Educate residents, healthcare personnel, and visitors on COVID-19.
2. Provide hygiene and cleaning supplies for recommended infection prevention and control practices.
3. Evaluate and manage providers with symptoms of respiratory illness.
4. Consider new policies and procedures for visitors.
5. Evaluate and manage residents with symptoms of respiratory infection.
6. Minimize group activities inside the facility or field trips outside of the facility.
7. Develop criteria for halting group activities and communal dining, closing units or the entire facility to new admissions, and restricting visitation.
8. Create a plan for grouping residents with symptoms of respiratory infection, including dedicating providers to work only on affected units.

Facilities should take these steps when there are confirmed cases in community:

1. Implement policies and procedures for limiting visitors.
2. Implement healthcare personnel monitoring and restrictions.
3. Monitor residents for symptoms and apply appropriate restrictions of communal activities.



Photos by Ed Cunicelli

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. "Social 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) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. It 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 March 25, 2020
Source: CDC



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ELDER MENTAL HEALTH DURING COVID-19



ADDRESS THE RISK

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for elders. Older adults are particularly vulnerable to COVID-19 given their weaker immune systems, the higher COVID-19 mortality rate found in the older population, and their limited information sources. Providers should be aware of especially high-risk groups such as low-income elders, those living alone, and those suffering from other health conditions such as cognitive decline, dementia, or other mental health conditions.

MANAGE STRESS

- Share simple facts about the COVID-19 outbreak, including symptoms, treatment, and effective strategies to reduce risk of infection in words older people can understand. Consider whether they have cognitive impairments when speaking about risk.
- Communicate instructions in a clear, concise, and respectful way. Information may be displayed in writing or pictures.
- Engage families with information and help them practice prevention measures such as handwashing.
- Contact elders via landline phones.
- Encourage family or friends to call their elders regularly and teach elders how to use video (chat).

DEFINITIONS

Communities, families, and elders must take steps to protect elders:

What is Social Distancing?

Social distancing means remaining out of settings with large groups of people and maintaining distance (approximately 6 feet) from others when possible. People can practice social distancing while remaining connected to others through the phone and other forms of technology.

What is Isolation?

Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious, from those who are not infected, to prevent spread of the disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

What is Quarantine?

Quarantine means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic. The person or group of people must be separated from others who have not been so exposed to prevent the possible spread of the disease.



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Updated March 19, 2020
Learn more: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

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www.washoeschools.net/enroll**



How to Prevent the Spread of Coronavirus (COVID-19) in the Home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a bandana or something else to cover their nose and mouth. When the mask or bandana gets moist or wet, it needs to be changed. The bandana can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.



Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.



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For more information:
[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Effective March 23, 2020
Source: CDC

STOP THE SPREAD OF GERMS

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

Avoid close contact with people who are sick.



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



Avoid touching 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.



For more info: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)