



# Numa News

May 2020

The Pyramid Lake Paiute Tribe wants to remind the public that the Pyramid Lake Tribal Council has chosen to close the lake to ALL recreational activities (fishing, camping, boating, etc.,) on March 23, 2020. The order remains in place as of May/June 2020, with no update of re-opening. As there is a Shelter in Place Order in effect on the Pyramid Lake Reservation, due to the rise in positive Coronavirus cases, all Pyramid Lake Tribal Members are strongly discouraged from recreational activities as well. The Pyramid Lake Paiute Tribe will continue to screen all traffic entering Pyramid Lake Tribal Lands at the intersection of State Routes 446 and 447 (located at the Pyramid Lake Museum and Visitor's Center, and the Pyramid Lake JR/SR High School). The Tribe would like to assure those going to the Black Rock Desert/Gerlach that SR 447 is open for travel.

The other screening area is located near the former site of the Pyramid Lake Store on SR 445, mile marker 28 from Spanish Springs. Through the Pyramid Lake Paiute Tribe's screening process, this will allow only residential and business traffic on SR 446 and SR 445 north and south of Sutcliffe. All local tribal and non-tribal traffic with proof of residency will be allowed through, while all traffic without appropriate proof of residency will be turned around. The screening will take place for 60 days or until the COVID-19 pandemic has substantially eroded as a measure to reduce potential spread of the virus within Tribal Communities.

- For those recovering from positive COVID-19 cases, the Pyramid Lake Housing Authority offers deep cleaning of your living space. Please call 775-574-1026 for more information.
- The Numaga Senior Center is now open Monday-Thursday, delivering meals to their regular homebound routes.
- The Pyramid Lake Tribal Administration is closed to the public, but phonenumber is open Tuesdays and Thursdays, from 8 am to 4:30 pm.

**For information after business hours, please contact the Emergency Operations Center at 775-574-2425.**

On May 11, the Pyramid Lake Paiute Tribal Council announced its intention to provide critical economic support for Pyramid Lake Paiute Tribal Members who are impacted by the COVID-19 public health emergency. To implement this commitment, the Tribal Council approved the Pyramid Lake Paiute Tribe General Welfare Grant Support Program (PLPTGWGSP) to ensure all eligible Pyramid Lake Paiute Tribal enrolled members, including children, will receive stipends for the unexpected costs or loss of income because of the COVID-19 pandemic and public health emergency.

The PLPTGWGSP will financially support eligible tribal members to help alleviate the hardships endured. The PLPTGWGSP will provide a support stipend of two thousand dollars to every eligible Pyramid Lake Paiute Tribal Enrolled member, who is 18 years of age and older, and one hundred dollars, in the form of a visa card/gift card, for every eligible enrolled child 17 years of age and younger. You must be enrolled as of May 11th, 2020.

**- Please see next page for full flyer -**

# ***Pyramid Lake Paiute Tribe***

*P. O. Box 256*

*Nixon, Nevada 89424*

*Telephone: (775) 574-1000 Fax: (775) 574-1008*

## **Pyramid Lake Paiute Tribe Announcement to All Eligible Tribal Enrolled Members Request for Support**

On May 11, the Pyramid Lake Paiute Tribal Council announced its intention to provide critical economic support for Pyramid Lake Paiute tribal members who are impacted by the COVID-19 public health emergency. To implement this commitment, the Tribal Council approved the Pyramid Lake Paiute Tribe General Welfare Grant Support Program (PLPTGWGSP) to ensure all eligible Pyramid Lake Paiute tribal enrolled members, including children, will receive stipends for the unexpected costs or loss of income because the COVID-19 pandemic and public health emergency. The PLPTGWGSP will financially support eligible tribal members to help alleviate the hardships endured. The PLPTGWGSP will provide a support stipend of two thousand dollars to every eligible Pyramid Lake Paiute Tribal Enrolled member, who is 18 years of age and older, and one hundred dollars, in the form of a visa card/gift card, for every eligible enrolled child 17 years of age and younger. You must be enrolled as of May 11th, 2020.

To formally request support from the PLPTGWGSP, please print and fill out the “Request for Support Application” found on the Pyramid Lake Paiute Tribes’ website at <http://plpt.nsn.us/>, and follow one of the submission options identified below.

1. Complete the attached Request for Support Application
  - a) Completely fill out the application, 1 application per eligible adult member 18 years of age and older.
  - b) If you do not have eligible enrolled children, you will fill out the application for yourself and leave the children section blank.
  - c) If you are applying on behalf of children
    - a. use the same application and
    - b. list the children in provided section on the application and
    - c. include their birthdate or enrollment number
2. Application submission
  - a) Please submit completed application by June 30<sup>th</sup>, 2020.
  - b) In order to process payments in a timely manner, we are requesting applications to be returned by May 31<sup>st</sup>, 2020 if possible. Please be assured that applications received after that date may take longer to process, however, all applications received by June 30<sup>th</sup>, 2020, and approved, will be processed.
  - c) **NO CONTACT SUBMISSION** due to COVID-19 pandemic, so any one of the following options are available for submission.
    - a. Return complete application to the Dropbox located outside of the front doors of the PLPT Administration Building *or*,
    - b. Scan and email to [plptdist@plpt.nsn.us](mailto:plptdist@plpt.nsn.us) with subject title Request for Support *or*,
    - c. Fax to 775-201-1941 *or*,
    - d. Mail to – Pyramid Lake Paiute Tribe, P. O. Box 256, Nixon, Nevada 89424
3. Award
  - a) All financial support **will begin to be mailed** the week of June 8<sup>th</sup> – 12<sup>th</sup>.

***\*If you have any questions please contact the Tribal Secretary at 775-574-1000.***

Please go to our website, [plpt.nsn.us](http://plpt.nsn.us), for more information.

You will see it here, in bold red print, on the first page of [plpt.nsn.us](http://plpt.nsn.us)

## **Pyramid Lake Paiute Tribe General Welfare Grant Support Program 5/22/2020**

[1. Announcement](#)

[2. Application](#)

- If your mailing address HAS CHANGED since the 2018 Economic Stimulus Distribution, please check out our website, [plpt.nsn.us](http://plpt.nsn.us), and locate this area here on the front page, or use the next page (Page 4) to fill out and send back.

### **Corona Virus Tribal Operations Information**

Click on links to view documents with information pertinent to PLPT Government Operations at this time

[IMPORTANT ENROLLMENT INFORMATION and ADDRESS UPDATE 5/13/2020](#)

- You can either email, mail or fax your updated Address Form to the numbers at the bottom of the Enrolled Members Address Form.

*Due to the volume of calls and requests, please be patient; make sure your voicemail box is prepared to take a message if you miss the Enrollment Officer's callback.*

- There are NO options for electronic deposits—all checks will be mailed.





Pyramid Lake Paiute Tribe of Nevada
Pyramid Lake Tribal Enrollment Office

PO Box 256, Nixon, NV 89424

ENROLLED MEMBER ADDRESS UPDATE FORM

SECTION 1: MEMBER INFORMATION

ROLL #: BIRTH DATE: Telephone: ( ) -

(PLEASE PRINT)

Member Name: LAST FIRST MIDDLE MAIDEN (IF ANY)

Home Address: Street Apt. # City State Zip Code

Mailing Address: Street or PO Box Apt. # City State Zip Code

County of Residence:

\*Is the enrolled member Head of Household? Yes No

\*Is the enrolled member a Veteran? Yes No If yes, which branch?

\*I authorize the Pyramid Lake Paiute Tribe to release this info to the PL Veteran's Office: Yes No

E-Mail Address: (Please print as it should appear when used)

\*I authorize the Pyramid Lake Enrollment Office to release my mailing address for the following:

- Tribal Mailings Home Tribal Newspaper Home

If you would like any of the above mailings sent to your home address, please check HOME to the right of the box.

SIGNATURE: DATE:

SECTION 2: MEMBER SIGNATURE

I, THE UNDERSIGNED, UNDER PENALTY OF PERJURY, DEPOSE AND SAY THAT ALL OF THE INFORMATION IN SECTION ONE IS TRUE AND CORRECT.

SIGNATURE: DATE:

- Check this box if the person signing above is the assigned Power of Attorney (POA) or Guardian of the enrolled member. PLEASE CONTACT THE PYRAMID LAKE TRIBAL ENROLLMENT OFFICE WITH ANY QUESTIONS.

SECTION 3: ENROLLED MINOR CHILDREN INFORMATION

Please list your enrolled minor (under age 18) children's information so we can update their address:

Table with 4 columns: Name, Birth Date, or, Roll #



**PYRAMID LAKE HOUSING AUTHORITY**  
 PO Box 210 • 204 Capitol Hill • Nixon, NV 89424  
 T: 775-74-1026 FAX: 775-574-1044

Stamp Date Received

**COVID-19 EMERGENCY UTILITY ASSISTANCE APPLICATION**

**SECTION I. COVID-19 EMERGENCY UTILITY ASSISTANCE PROGRAM:**

PLEASE COMPLETE THE APPLICATION AND CHECK ALL THAT APPLY:

I, \_\_\_\_\_ (TENANT/TRIBAL MEMBER NAME), AM REQUESTING THE FOLLOWING EMERGENCY UTILITY ASSISTANCE, TOTAL AMOUNT REQUESTED IS: \$ \_\_\_\_\_ (UP TO \$500.00 PER HOUSEHOLD). THIS ASSISTANCE IS FOR:

- S \_\_\_\_\_ ELECTRICAL \*attach utility bills, must be in qualifying Tenants/Tribal Member's name.
- S \_\_\_\_\_ PROPANE \*attach utility bills, must be in qualifying Tenants/Tribal Member's name. For FerrellGas, phone in order and they will submit invoice to PLHA for payment.
- S \_\_\_\_\_ SOUTHWEST GAS \*attach utility bills, must be in qualifying Tenants/Tribal Member's name.
- S \_\_\_\_\_ PLPT/PUD \*attach utility bills, must be in qualifying Tenants/Tribal Member's name.

Note\* Must provide copies of your utility bills that you are requesting payments. All payments will made to the 3RD party and for the account listed on the invoice.

**SECTION II. HOUSEHOLD INFORMATION**

TENANT/TRIBAL MEMBER/APPLICANT NAME: \_\_\_\_\_ ENROLLMENT # \_\_\_\_\_

CURRENT ADDRESS: \_\_\_\_\_

SOCIAL SECURITY NO. # OF APPLICANT: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

TELEPHONE NUMBER OR CONTACT TELEPHONE NUMBER: \_\_\_\_\_

LIST EACH HOUSEHOLD MEMBER THAT RESIDES AT THIS ADDRESS:

NAME	D.O.B.	S.S. #	TRIBAL MEMBER

**SECTION III. CERTIFICATION**

I certify that all information in this Application is true to the best of my knowledge. I also certify that this assistance is due to the COVID-19 "stay at home" order that has been in place starting March 16, 2020, and has impacted our income, livelihood and living expenses. I understand that this assistance is for the entire household whether or not there are numerous tribal members in the household. I understand that following the lifting of the "stay at home" order this assistance will no longer be available to my household, and/or is available until funds are no longer available.

SIGNATURE:

\_\_\_\_\_  
 APPLICANT TENANT/TRIBAL MEMBER

\_\_\_\_\_  
 DATE:

Please return form and invoice by mail, fax or email to: [plhadirector@plpt.nsn.us](mailto:plhadirector@plpt.nsn.us)



# Obituaries

*In Loving Memory  
of  
Rita Davis-Blackowl*



Viewing to be held on Sunday, May 31st 2020  
10 am—7pm

10 people every 20 minutes per regulations

*At Ross, Burke and Knobel*

*2155 Kietzke Ln.*

*Reno, Nevada 89502*

*Rita's Wishes were to be Cremated but Viewing will be Open Casket*

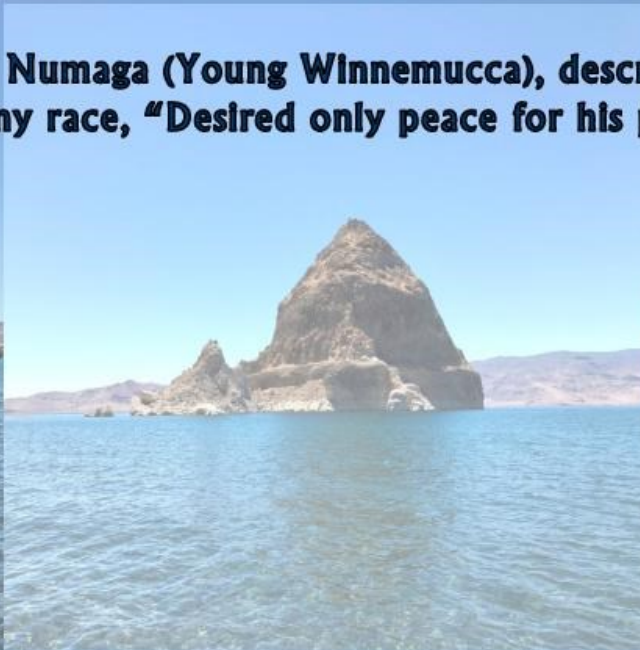
*Traditional Burn at Rita's House on Saturday at 7 pm*



On May 12, 1860, Northern Palute Warriors fighting to retain their way of life decisively defeated a volunteer army from Virginia City and nearby settlements. The battle and consequent white retreat began with a skillful ambush north of Nixon and continued along the plateau on the opposite side of the Truck River, almost to the present site of Wadsworth.

On June 2, 1860, a strong force of volunteers and regular U.S. Army troops engaged the Indians in battle along the tableland and mountainside. Several hundred braves, attempting a delaying action to allow their women, children and elders to escape, fought with such courage and strategy that the superior Caucasian forces were held back during the day until the Indians withdrew.

**Palute War Leader, Numaga (Young Winnemucca), described as a superior man of any race, "Desired only peace for his people."**



**This May 15, 2020, we remember those that gave their lives to fight for their people—us. We are their descendants—we will not forget.**





The background of the entire page is a close-up, slightly blurred image of the American flag, showing the stars and stripes. In the center of the page, there is a dark, semi-transparent rectangular area. Within this area, a white line-art illustration of a mountain range is visible. The text is overlaid on this dark area.

*Memorial Day  
2020*

*Recognizing those who  
had came before us and  
made the ultimate  
sacrifice. Thank you for  
your service.*



## 10 things you can do to manage your COVID-19 symptoms at home

### If you have possible or confirmed COVID-19:

- Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. 
- Get rest and stay hydrated.** 
- If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19. 
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19. 
- Cover your cough and sneezes.** 
- 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. 
- 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. 
- Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. 
- Clean all surfaces** that are touched often, like counters, tabletops, and door knobs. Use household cleaning sprays or wipes according to the label instructions. 



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## 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.

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

Effective March 23, 2020



## 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.**

**Avoid sharing household items.**

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

**Avoid touching eyes, nose, and mouth.**

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

**Wear a bandana or facemask over nose and mouth.**

**Wash laundry thoroughly.**

## What 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 local Indian Health Service unit 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.

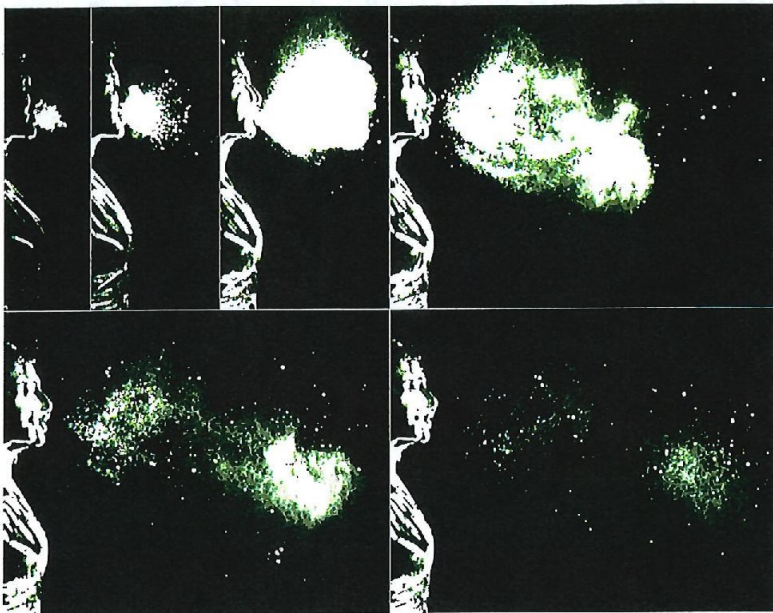
There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

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

Effective March 26, 2020  
Source: CDC







## SLOW MOTION SNEEZE

Droplets that come from a sick person's nose and mouth when they cough, sneeze, or talk can travel up to 6 feet and land in the noses and mouths of people nearby or be inhaled into the lungs.

# COVID-19 TESTING

Will be done if:

1. You have had direct contact with a CONFIRMED POSITIVE patient.
2. Have any of the following symptoms: HEADACHE, FEVER, CHILLS, LOSS OF SMELL and/or TASTE. SYMPTOMS APPEAR 2-14 DAYS AFTER EXPOSURE
3. Call this number for an appointment: **775.574.2602**
4. Leave a message with a Phone Number that is ACCURATE & ACTIVE VOICE MAIL, in case we have to leave a message.
5. Arrive at the exact time for your appointment—no sooner, no later.
6. **SELF-QUARANTINE ->** This means STAY AT HOME with YOUR FAMILY AND DO NOT LET ANY ONE INTO YOUR HOME.

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## PYRAMID LAKE TRIBAL HEALTH CLINIC

UPDATED: April 30, 2020

Due to limited staff, the following changes are being made. These changes are made to ensure the best quality care we can provide to our patients during this time.. SUBJECT TO CHANGE

## PHARMACY

1. PLAN AHEAD!
2. CALL FIRST for Refill: **775.574.2600**. Be prepared to leave a message. Leave a clear message with your **NAME** and **PHONE NUMBER** where you can be reached.
3. ALLOW up to **ONE (1)** business day for a call back.
4. ALLOW up to **TWO (2)** business days for medication processing.
5. WAIT for a call back for pick-up.

**Monday-Thursday**  
**9:00 AM—12:00 PM**

KEEP CALM  
AND LIVE  
A HEALTHY LIFE

## MEDICAL PHONE TRIAGE ONLY

Call: **775.574.1018**

1. Be prepared to leave a message. Leave a **CLEAR** message with your **NAME** and **PHONE NUMBER** where you can be reached.
2. A Nurse or Provider will call back in the order the calls have been received during business hours or by the next business day. They need this time to review your chart to better prepare for your call.
3. Outside these hours you can call the:

**Monday-Thursday**  
**9:00 AM—12:00 PM**

In case of an emergency:  
**CALL 911**

**Nurse Hot Line:**  
**775.982.5757**  
**PL EMS-Paramedicine:**  
**775.574.8999**

## PRC

1. Call 775.574.1018 for all outside Medical Appointments and Emergency Room visits
2. Leave a Message with: PATIENT NAME, PHONE NUMBER, APPOINTMENT DATE AND NAME OF MEDICAL FACILITY

**For your protection and our community - SELF-ISOLATE**

**Stay HOME MEANS NEVADA.**

Learn more at [nvhealthresponse.nv.gov](http://nvhealthresponse.nv.gov)

NEVADA HEALTH RESPONSE



**PYRAMID LAKE PAIUTE TRIBE  
PUBLIC UTILITIES DISTRICT  
CUSTOMER NOTICE- MAY 2020**



Service cessations will be temporarily suspended for May 2020. If you are experiencing financial hardship in making your monthly payments due to COVID-19, we will be flexible with you. The Public Utilities District is committed to ensuring you receive reliable service. Please be patient with us as we navigate through these unprecedented times.



**GARBAGE SERVICE**

For the safety of our employees, only curbside bins will be pick up. No trash bags outside the bins will be removed.



**WATER SERVICE**

PUD utilizes full-scale chlorine disinfection in its water treatment facilities. This process is one of the most effective water treatment processes in removing contaminants from water.



**WADSWORTH TRANSFER STATION**

The Wadsworth Transfer Station is closed to the public effective March 20, 2020 until further notice.

**The Natural Resources Building is closed to the public.  
Thank you for your cooperation and understanding.**

For payments, please mail to:

PLPT PUD  
P.O. Box 474  
Nixon, NV 89424

**EVERYONE IS SAFER WHEN WE WORK TOGETHER: WASH YOUR HANDS, KEEP YOUR DISTANCE, & STAY HEALTHY.**

OFFICE: ● (775) 574-0268 ● P.O. BOX 474, NIXON, NV 89424 ● [www.plpt.nsn.us/pud/pud.htm](http://www.plpt.nsn.us/pud/pud.htm)

The Natural Resources Building is closed due to the COVID-19 Pandemic. Pyramid Lake PUD has requested that all payments be mailed to :

**PLPT PUD, PO Box 474, Nixon, NV 89424**

**FLUSHABLE? THINK TWICE**



**DISPOSE OF THESE ITEMS IN THE TRASH, NOT THE TOILET!**

Many household cleaning products labeled as "flushable" should not be flushed down the toilet.

The only things you should flush down the toilet are the

**THREE P'S: PEE, POO and TOILET PAPER!**



Disposable Wipes



Cleaning Wipes



Personal Wipes

**FLUSH IT OR CAN IT?**

NOT SURE whether something belongs in the drain or toilet? visit [PAININTHEDRAIN.COM](http://PAININTHEDRAIN.COM) please call us at (702) 668-8065 or email us at [publicinfo@cleanwaterteam.com](mailto:publicinfo@cleanwaterteam.com)



THANK YOU FOR BEING A PARTNER IN CLEAN WATER!

**PAININTHEDRAIN.COM**

**COVID-19**

FREQUENTLY ASKED QUESTIONS



Due to the rapidly evolving nature of the situation, information below is subject to change. The Nevada Division of Public and Behavioral Health (DPBH) will be updating information as frequently as possible. For the most current information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

**COVID-19**



**What is coronavirus?**

The virus causing coronavirus disease 2019 (COVID-19) is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold. COVID-19 causes illnesses that can range from the mild to more severe.

**What are the symptoms of COVID-19?**

Symptoms can include:

- Fever
- Cough
- Shortness of breath, difficulty breathing

Symptoms may appear 2 - 14 days after exposure.

**How does COVID-19 spread?**

The viruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

**How severe is COVID-19?**

Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults with prior health conditions.

**What can I do to keep myself and others healthy?**

- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your face as much as possible.
- If you're feeling sick, stay home and avoid close contact with family members.
- Sneeze into your elbow instead of your hand.



For more information visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

# SHOULD I WORRY ABOUT COVID-19?

Illness due to COVID-19 is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.

Therefore, it is quite normal to worry about how the COVID-19 outbreak will affect you and your loved ones.

Turn your worry into action by practicing physical distancing, washing your hands frequently, wearing a facial covering for essential errands, and by **staying home for Nevada**. It's the best way to protect yourself and your loved ones.

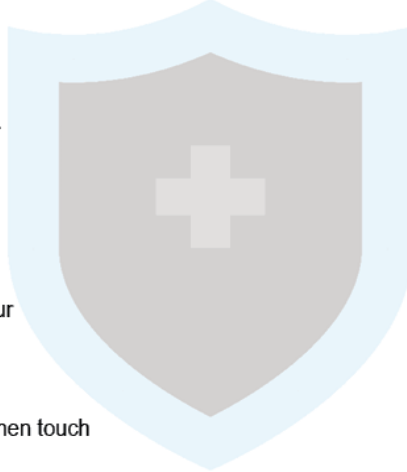


insert local agency logo here



## HOW CAN I PROTECT MYSELF AND OTHERS FROM COVID-19?

- Avoid all unnecessary events, travel, and interactions. Stay home as much as you can.
- Wash hands often - with soap and hot water for at least 20 seconds, or with an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Throw away the tissue and then immediately wash your hands before touching anything.
- Do not touch your eyes, nose, or mouth with unwashed hands. Do not touch your face and then touch anything else (like a door handle).



- Do not shake hands - wave instead.
- Monitor your health more close than usual for any cold or flu symptoms.
- Create more personal space between yourself and others (physical distancing).
- Wear a face covering if you do need to leave your home for essential errands.



insert local agency logo here

## SOCIAL DISTANCING • OUTSIDE



Maintain at least **6 feet** between you and others outside your household unit

← **YES**



After returning home, **wash hands** with soap and water for at least 20 seconds

← **YES**

**NO** → Congregating in groups of **10 or more**



**NO** → **Team sports** or sports requiring sharing of equipment



**NO** → **Close contact** with individuals outside your household unit



Learn more at [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov)





## - Cleaning and Disinfection -



### **How can I prepare for COVID 19 at work?**

Plan for potential changes at your workplace. Talk to your employer about their emergency operations plan, including sick-leave policies and telework options. [Learn how businesses and employers can plan for and respond to COVID-19.](#)

### **Should I use soap and water or a hand sanitizer to protect against COVID 19?**

Handwashing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

### **What is the difference between cleaning and disinfecting?**

*Cleaning* with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection. *Disinfecting* kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

### **What is routine cleaning? How frequently should facilities be cleaned to reduce the potential spread of COVID 19?**

Routine cleaning is the everyday cleaning practices that businesses and communities normally use to maintain a healthy environment. Surfaces frequently touched by multiple people, such as door handles, bathroom surfaces, and handrails, should be cleaned with soap and water or another detergent at least daily when facilities are in use. More frequent cleaning and disinfection may be required based on level of use. For example, certain surfaces and objects in public spaces, such as shopping carts and point of sale keypads, should be cleaned and disinfected before each use. Cleaning *removes* dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs, but it reduces the number of germs on a surface.

### **Is cleaning alone effective against the virus that causes COVID 19?**

Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. If a surface may have gotten the virus on it from a person with or suspected

to have COVID-19, the surface should be cleaned and disinfected. Disinfecting kills germs on surfaces.

### **Who should clean and disinfect community spaces?**

Regular cleaning staff can clean and disinfect community spaces. Cleaning staff should be trained on appropriate use of cleaning and disinfection chemicals and provided with the personal protective equipment (PPE) required for the chemicals used.

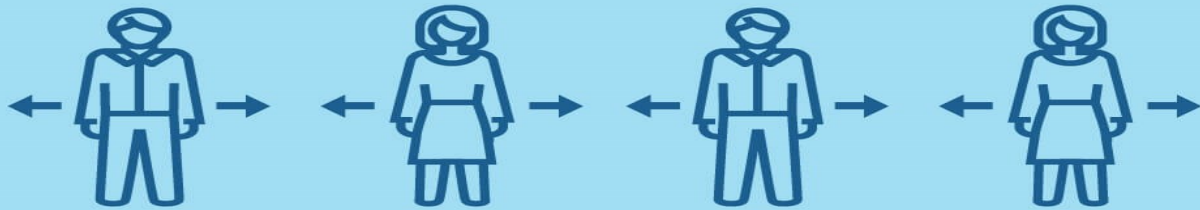
### **How long do companies need to close for disinfection after an exposure? How long before other workers can come back to work?**

Companies do not necessarily need to close after a person with confirmed or suspected COVID-19 has been in a company facility. The area(s) used or visited by the ill person should be closed for 24 hours or as long as possible. Open outside doors and windows as much as possible ensuring that doing so does not pose a safety risk to children using the facility (i.e. make sure that children are not able to enter the closed off area through any windows or doors). and use ventilating fans to increase air circulation in the area. Once the area has been [appropriately disinfected](#), it can be opened for use. Workers without close contact with the person with confirmed or suspected COVID-19 can return to work immediately after disinfection is completed.

### **Does the CDC recommend the use of a face mask or a face covering to prevent COVID 19?**

In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a [cloth face covering](#) to cover their nose and mouth in the community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but may prevent the spread of virus from the wearer to others. This would be especially important in the event that someone is infected but does not have symptoms. A cloth face covering should be worn whenever people must go into public settings (grocery stores, for example). Medical masks and N-95 respirators are reserved for healthcare workers and other first responders, as recommended by current CDC guidance.





## WHAT IS SOCIAL DISTANCING?

Learn more at [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov)



NEVADA  
HEALTH  
RESPONSE



**For immediate release:**  
March 13, 2020

**Contact:** Jennifer Schuricht  
702-521-3097 (mobile)

### NV Energy Offers Payment Support for Customers

To support customers experiencing financial hardship or isolation as a result of the coronavirus (COVID-19) threat, NV Energy is temporarily suspending disconnections for non-payment. This step is being taken to ensure our customers have the certainty of electric service during an otherwise uncertain time in many of their lives. We are coordinating closely with Nevada Governor Steve Sisolak's office as we work with our customers during the state of emergency announced yesterday.

"We are seeing the effects the coronavirus is having on our community and our customers, and we want to provide our customers with some peace of mind during this challenging time," said Doug Cannon, NV Energy President and Chief Executive Officer. "As more of our customers choose to self-isolate or work from home, reliable, uninterrupted power is essential to their health, well-being and comfort."

The company will work with customers who are impacted economically by COVID-19 by waiving deposits and fees for late payments and providing payment plans as needed. NV Energy offers a mobile app and a wide variety of online self-service options including move-in and move-out, online payment, and paperless billing to make it easy for customers to manage their NV Energy account from their computer or mobile device.

"We are here to support our customers, and we will continue to deliver reliable electric service during this period of uncertainty – every customer can be certain of that," said Cannon. "The safety of our customers and our employees is our highest priority."

If you experience a financial hardship or isolation due to the coronavirus, please call an NV Energy customer service representative at 702-402-5555 in southern Nevada or 775-834-4444 in northern Nevada to discuss payment options and receive payment support.

NV Energy provides a wide range of energy services to 1.4 million customers throughout Nevada and more than 56 million tourists annually. NV Energy, Inc. is a holding company whose principal subsidiaries, Nevada Power Company and Sierra Pacific Power Company, are doing business as NV Energy. The company is headquartered in Las Vegas, Nevada. For a list of NV Energy's renewable resources, [click here](#). Information about NV Energy is available on the company's [website](#), [Twitter](#), [Facebook](#) and [YouTube](#) pages, which can be accessed via [nvenergy.com](https://nvenergy.com).

###



## ATTENTION TRAVELERS ENTERING OR RETURNING TO NEVADA



**You are urged to self-quarantine and monitor your health for 14 days (or the duration of your stay in Nevada, whichever is shorter) as the state works to contain the spread of COVID-19. DO NOT visit any public places or come into contact with those who are not members of your household.**

Employees of essential industries—including health-care, public health, public safety, transportation, and food supply—are exempt from this request.

If you are experiencing symptoms (fever, cough, shortness of breath):

1. Continue to stay in your designated quarantine location, avoid contact with others, and contact a healthcare provider for further instructions on treatment or testing.
2. If you are older or have any medical conditions (e.g., immune compromise, diabetes, asthma), consult your regular healthcare provider.
3. If you feel you need medical care, call ahead before you go in and inform them of your travel history.
4. If you need urgent medical care (e.g., have difficulty breathing), call 9-1-1 and let the dispatcher know your travel history).

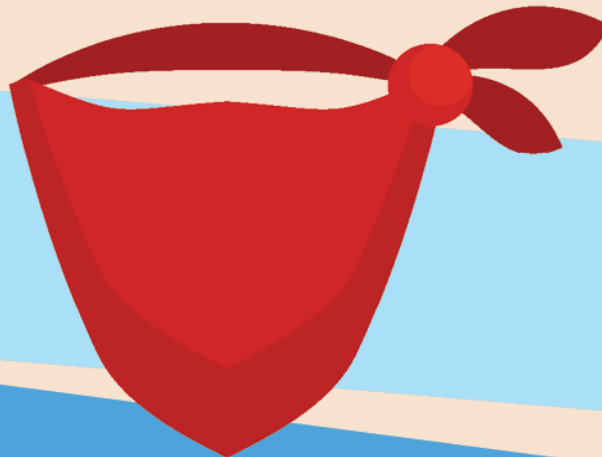
**Visit [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov) for more information and please #stayhomeforNevada.**

Learn more at [nvhealthresponse.nv.gov](https://nvhealthresponse.nv.gov)



NEVADA  
HEALTH  
RESPONSE

Insert local  
agency logo  
here



## FACE COVERINGS HELP PREVENT SPREAD

While there is no consensus if masks can reduce individuals' risk for contracting COVID-19, it is well established that even improvised homemade face coverings can control and reduce the spread of the virus from infected individuals.

Since transmissions may occur prior to the development of symptoms, face coverings can serve as a source of control for an individual who may be infected, but there are no substitutes for handwashing and aggressive social distancing. For more information, visit [NVHealthResponse.nv.gov](https://NVHealthResponse.nv.gov).

# **From the Nevada Department of Health and Human Services, Division of Public and Behavioral Health**

## **Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19**

Who this is for: Occupational health programs and public health officials making decisions about return to work for healthcare personnel (HCP) with confirmed COVID-19, or who have suspected COVID-19 (e.g., developed symptoms of a respiratory infection [e.g., cough, sore throat, shortness of breath, fever] but did not get tested for COVID-19).

Decisions about return to work for HCP with confirmed or suspected COVID-19 should be made in the context of local circumstances. Options include a symptom-based (i.e., time-since-illness-onset and time-since-recovery strategy) or timebased strategy or a test-based strategy. Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

### **Return to Work Criteria for HCP with Suspected or Confirmed COVID-19 Symptomatic HCP with suspected or confirmed COVID-19 (Either strategy is acceptable depending on local circumstances):**

- Symptom-based strategy. Exclude from work until:

At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,

- At least 10 days have passed since symptoms first appeared

- Test-based strategy. Exclude from work until:

- Resolution of fever without the use of fever-reducing medications and

- Improvement in respiratory symptoms (e.g., cough, shortness of breath), and

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).

Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

### **HCP with laboratory-confirmed COVID-19 who have not had any symptoms (Either strategy is acceptable depending on local circumstances):**

- Time-based strategy. Exclude from work until:

- 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom based or test-based strategy should be used.

Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

- Test-based strategy. Exclude from work until:

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected  $\geq 24$  hours apart (total of two negative specimens).

Note, because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.

Note that detecting viral RNA via PCR does not necessarily mean that infectious virus is present.



Consider consulting with local infectious disease experts when making decisions about discontinuing Transmission-Based Precautions for individuals who might remain infectious longer than 10 days (e.g., severely immunocompromised).

If HCP had COVID-19 ruled out and have an alternate diagnosis (e.g., tested positive for influenza), criteria for return to work should be based on that diagnosis.

### **Return to Work Practices and Work Restrictions:**

After returning to work, HCP should:

- Always wear a facemask for source control while in the healthcare facility until all symptoms are completely resolved or at baseline. A facemask instead of a cloth face covering should be used by these HCP for source control during this time period while in the facility. After this time period, these HCP should revert to their facility policy regarding universal source control during the pandemic.

- A facemask for source control does not replace the need to wear an N95 or higher-level respirator (or other recommended PPE) when indicated, including when caring for patients with suspected or confirmed COVID19.

Of note, N95 or other respirators with an exhaust valve might not provide source control.

- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen

### **Strategies to Mitigate Healthcare Personnel Staffing Shortages:**

Maintaining appropriate staffing in healthcare facilities is essential to providing a safe work environment for HCP and safe patient care. As the COVID-19 pandemic progresses, staffing shortages will likely occur due to HCP exposures, illness, or need to care for family members at home. Healthcare facilities must be prepared for potential staffing shortages and have plans and processes in place to mitigate them, including considerations for permitting HCP to return to work without meeting all return to work criteria above. Refer to the Strategies to Mitigate Healthcare Personnel Staffing Shortages document for information. As part of this, asymptomatic HCP with a recognized COVID-19 exposure might be permitted to work in a crisis capacity strategy to address staffing shortages if they wear a facemask for source control for 14 days after the exposure. This time period is based on the current incubation period for COVID-19 which is 14 days.

### **Definitions:**

**Cloth face covering:** Textile (cloth) covers are intended to keep the person wearing one from spreading respiratory secretions when talking, sneezing, or coughing. They are not PPE and it is uncertain whether cloth face coverings protect the wearer. CDC has guidance available on design, use, and maintenance of cloth face coverings.

**Facemask:** Facemasks are PPE and are often referred to as surgical masks or procedure masks. Use facemasks according to product labeling and local, state, and federal requirements. FDA-cleared surgical masks are designed to protect against splashes and sprays and are prioritized for use when such exposures are anticipated, including surgical procedures. Facemasks that are not regulated by FDA, such as some procedure masks, which are typically used for isolation purposes, may not provide protection against splashes and sprays.

**Respirator:** A respirator is a personal protective device that is worn on the face, covers at least the nose and mouth, and is used to reduce the wearer's risk of inhaling hazardous airborne particles (including dust particles and infectious agents), gases, or vapors. Respirators are certified by the CDC/NIOSH, including those intended for use in healthcare.

For the most up to date CDC guidance see Criteria for Return to Work for Healthcare Personnel with Suspected or Confirmed COVID-19.



## Laboratory Testing FAQs

### What is Reverse-Transcriptase Polymerase Chain Reaction (RT-PCR)?

PCR is a very common scientific technique that has been widely used in both research and medicine to detect genetic information. RT-PCR is a special version used when RNA is being detected. It is being used to detect SARS-CoV-2, the virus causing COVID-19. RT-PCR tests for the presence of the virus RNA. This test is quick, sensitive and reliable.

### When should the RT-PCR test be used?

The RT-PCR test is diagnostic and should be used to determine an active infection of COVID-19. Patients that present with symptoms of COVID-19 should have an RT-PCR test performed. This test can only determine if the patient is currently infected at the time of specimen collection, not if they previously had the disease. RT-PCR performed on a nasopharyngeal swab is the current gold standard for diagnosis of an active COVID infection. Though it is possible that either a throat or nasal swab will be taken for RT-PCR, as these types of specimens have been shown to be of nearly equal quality to nasopharyngeal swabs.

### What is needed for specimen collection?

CDC recommends collecting and testing an upper respiratory specimen. The following are acceptable specimens:

- A nasopharyngeal (NP) specimen collected by a healthcare professional; or
- An oropharyngeal (OP) specimen collected by a healthcare professional; or
- A nasal mid-turbinate swab collected by a healthcare professional or by a supervised onsite self-collection (using a flocked tapered swab); or
- An anterior nares (nasal swab) specimen collected by a healthcare professional or by onsite or home selfcollection (using a flocked or spun polyester swab); or
- Nasopharyngeal wash/aspirate or nasal wash/aspirate (NW) specimen collected by a healthcare professional.

### How should the specimen be handled and transported?

- Specimen is stable for 72 hours at 2-8°C degrees. Long storage times are allowable but will require that the specimen be frozen.

- Specimen must be kept at 2-8°C (refrigerated/cool) or frozen

### What is antibody testing?

An antibody test looks for the presence of antibodies, which are specific proteins made in response to infections. Antibodies can be found in the blood of people who are tested after infection and show that people have had an immune response to the infection. Antibody test results are especially valuable for detecting previous infections with few or no symptoms. However, we do not know if the antibodies that result from SARS-CoV-2 infection will provide someone with immunity from a future infection. If antibodies do provide immunity, we don't know what titer or amount of antibodies would be protective or the duration that protection would last.

### When should antibody testing be used?

Antibody testing should not be used as the sole basis to diagnose COVID-19. It typically takes 1 to 3 weeks after someone becomes infected with SARS-CoV-2 for their body to make antibodies; some people may take longer to develop antibodies. Depending on when someone was infected and the timing of the test, the test may not find antibodies in someone with an active infection. Antibody testing is a mechanism to assess previous infection with COVID-19. This testing is important to better understand the level of antibodies needed for protection, the duration of that protection, and the factors associated with whether a person develops a protective antibody response. Antibody testing is designed and validated to be used for broad-based surveillance and research purposes, to provide information needed to guide the response to the pandemic and protect the public's health. This test is not currently designed for individual use, i.e., to test people who want to know if they have been previously infected with SARS-CoV-2

### What is needed for specimen collection?

Specimen Type: Blood Plasma or serum Blood Collection Tube Type: Mint-top tube (lithium heparin, gel or no-gel tube) Required Volume (adult): 2 mL plasma Minimum Volume (pediatric): 1 mL plasma How should the specimen be handled? Plasma must be centrifuged within 6 hours of collection. Specimen is stable at 2-8°C for up to 3 days. If sending whole blood, refrigerated (2-8°C) samples must be received within 2 hours of collection.





## Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings

### Discontinuation of Transmission-Based Precautions for Patients with COVID-19:

The decision to discontinue Transmission-Based Precautions for patients with confirmed COVID-19 should be made using either a test-based strategy or a symptom-based (i.e., time-since-illness-onset and time-since-recovery strategy) or time-based strategy as described below. Meeting criteria for discontinuation of Transmission-Based Precautions is not a prerequisite for discharge.

Symptomatic patients with COVID-19 should remain in Transmission-Based Precautions until either:

- Test Based Strategy
  - ◇ Resolution of fever without the use of fever-reducing medications and
  - ◇ Improvement in respiratory symptoms (e.g., cough, shortness of breath), and
  - ◇ Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive nasopharyngeal swab specimens). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.
- Symptom-Based Strategy
  - ◇ At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., shortness of breath); and,
  - ◇ At least 10 days have passed since symptoms first appeared

Patients with laboratory-confirmed COVID-19 who have not had any symptoms should remain in Transmission-Based Precautions until either:

- Test-Based Strategy
  - ◇ Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive nasopharyngeal swab specimens). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.
- Time-Based Strategy
  - ◇ 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

Note that detecting viral RNA via PCR does not necessarily mean that infectious virus is present.

Consider consulting with local infectious disease experts when making decisions about discontinuing Transmission-Based Precautions for patients who might remain infectious longer than 10 days (e.g., severely immunocompromised).



## Disposition of Patients with COVID-19:

Patients can be discharged from the healthcare facility whenever clinically indicated.

If discharged to home:

- Isolation should be maintained at home if the patient returns home before discontinuation of Transmission-Based Precautions. The decision to send the patient home should be made in consultation with the patient's clinical care team and local or state public health departments. It should include considerations of the home's suitability for and patient's ability to adhere to home isolation recommendations. Guidance on implementing home care of persons who do not require hospitalization and the discontinuation of home isolation for persons with COVID-19 is available.

If discharged to nursing home or other long-term care facility (e.g., assisted living facility), AND

- Transmission-Based Precautions are still required, they should go to a facility with an ability to adhere to infection prevention and control recommendations for the care of COVID-19 patients. The patient would be placed in a location designated to care for COVID-19 residents.
- Transmission-Based Precautions have been discontinued, but the patient has persistent symptoms from COVID-19 (e.g., persistent cough), they should be placed in a single room, be restricted to their room to the extent possible, and wear a facemask (if tolerated) during care activities until all symptoms are completely resolved or at baseline.
- Transmission-Based Precautions have been discontinued and the patient's symptoms have resolved, they do not require further restrictions, based upon their history of COVID-19.

For the most up to date CDC guidance, see Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings (Interim Guidance.)