



THE CAMP NEWS

VOLUME XVI ISSUE 12

December 2020

SERVING THE RENO-SPARKS INDIAN COLONY & HV COMMUNITIES

RSTHC documents 1st Pfizer Vaccination Injections

on December 16, 2020

Reno-Sparks Tribal Health Center documents 1st Vaccination Injections on December 16, 2020.

At 11:44 am, Indian Health Services Representative, Nicolas Laughton, delivered 50 doses of the Pfizer Vaccination to the Reno Sparks Tribal Health Center. RSIC Pharmacy Manager, Wendy Grady, received the vaccine package on behalf of the Tribal Health Center.

Even though the RSTHC was given less than 24 hours notice of the Pfizer vaccination delivery, the RSTHC was prepared to receive, store, administer and document the 1st Pfizer vaccination injections.

As the Health Center anticipated the vaccine rollout, they organized the Vaccine Taskforce (VTF). The Vaccine Taskforce; made up of medical professionals; organized how the RSTHC would administer the Pfizer vaccine.

The VTF used CDC guidelines for the Phase 1A vaccine allocation to healthcare workers to create a priority list for RSTHC employees. As they knew they

would only have 5 days to administer the vaccine once received in hand.

Prior to the FDA approving the Pfizer vaccine, the VTF did a survey with their employees on who would volunteer to get the vaccination in the first cycle. It was also determined the 1st vaccinations would be offered to RSIC Tribal Members who are also RSTHC healthcare employees. They had 63 employees who volunteered.

The VTF carefully planned the vaccinations to stagger medical staff in case an employee couldn't report to work due to an adverse reaction. It was also decided there would be 10 injections on Wednesday, December 16th, 20 injections on Thursday, December 17th and 20 more injections on December 18th. Totaling 50 vaccinations for the first cycle.

The 1st four injections that were documented, included Elvin Willie, RSTHC Health Human

Continued On Page 5



RSIC Tribal Member & Healthcare Worker, Hank Johnson receiving the Pfizer Vaccine.

Photo Provided by Bucky Harjo

Reno Sparks Indian Colony

Recreation Program

Community Christmas Dinner

Drive-thru pick up will be held on December 23, 2020

- Reno Colony Gym/Golden Lane - 6:30pm
- Hungry Valley Gym parking lot - 6:30pm

RENO GYM LOCATION

- All vehicles will enter Golden Lane from Mill Street and exit North
- There will be a stop for intake of RSIC households and Urban/non-resident RSIC enrolled members participating
- Dinners will be picked up at the front entrance of gym
- Please stay in your vehicle
- Face masks are REQUIRED
- NO CONTACT EVENT

HUNGRY VALLEY GYM LOCATION

- All vehicles will enter on the east entrance to the gym and exit to the west
- There will be a stop for intake of Hungry Valley households participating
- Dinners will be picked up at the front entrance of gym
- Please stay in your vehicle
- Face masks are REQUIRED
- NO CONTACT EVENT



Delivery will be limited to RSIC/HV Residents *only* if you are Covid positive or on quarantine. Please call HV Division B, if you need delivery, at 775-785-1304.

COVID19 RESTRICTIONS WILL BE FOLLOWED

Mandatory masks, social distancing, stay home if you are sick, on quarantine, or covid positive

Happy Holidays

Deadlines, Mailing List

The Camp News Profile

Started in the early 1980s, *The Camp News* is the monthly publication for the Reno-Sparks Indian Colony (RSIC) community. The newsletter is produced monthly out of the RSIC Public Relations Office, and duplicated and distributed by the RSIC Administration Front Office.

SEND US YOUR NEWS

The deadline for all print submissions to be considered for publication in *The Camp News* is 5 p.m., the second Thursday of every month.

CONTACT OUR STAFF

E-mail your submissions to bsam@rsic.org or drop off your photos and suggested articles at 34 Reservation Road, Reno, NV 89502.

CIRCULATION

If you live outside Washoe County and would like to receive *The Camp News* via U.S. Post, please contact us with your mailing address.

If you have a problem with delivery, please call us at (775) 329-2936.

ELECTRONIC EDITION

For those of you who would prefer to get an electronic version of *The Camp News* or just read it on-line, please see: www.rsic.org and PDFs of our publication are available.

If you have questions, call us at 329-2936.

Important December Dates

DUE TO COVID-19

**ALL IN-PERSON EVENTS CANCELLED
UNTIL FURTHER NOTICE**

Social Media / Virtual Events

Mondays:

-Monday Evenings, Chairman Melendez's Facebook LIVE on RSIC's Facebook Page (FB: @rsictribe)

Tuesdays:

-Food Bank, Hungry Valley Gym Parking Lot, 2:30p-4p

Wednesdays:

-RSIC Language & Culture Virtual Zoom Bead Session 6pm-8pm (Email Stacey Burns for Zoom ID and Passcode).

-December 23rd, Community Christmas Drive-Thru Dinner for Reno and Hungry Valley Communities.

Thursdays:

Fridays:

-Christmas Holiday, December 25th.

Find the most up-to-date info on RSIC's Facebook.
If you'd like to receive RAVE Alert text messages,
call/text 775-842-2902 or jcastillo@rsic.org.

FOLLOW US AT:



www.rsic.org



Services Grant Writer and Walker River Paiute Tribe Tribal Member, Cordelia Abel-Johnson, enrolled RSIC Tribal Member and RSTHC Community Health Supervisor, Hank Johnson, an enrolled RSIC Tribal Member & RSTHC Security, and Dr. G Natarajan, RSTHC Medical Provider. All volunteers said, "they wanted to lead by example and show there is nothing to fear from the vaccine". *If you'd like to watch the actual recording, go to RSIC's Facebook page and search in videos.*

The RSTHC put a lot of work to making December 16, 2020 a historical day. The RSTHC is the 1st Nevada Tribal Clinic and 2nd Health Center in Washoe County to administer the Pfizer COVID-19 vaccination to healthcare workers.

The Reno-Sparks Indian Colony is taking proactive steps to mitigate the spread of COVID-19. As the vaccine is becoming more available, the RSTHC is already working on a plan & process to offer vaccines to the community. Right now, RSIC is following CDC Guidelines and will be only offering vaccinations to healthcare workers until further notice.

Since the beginning of our Declaration of Emergency, dated on March 18th, 2020, our Reno-Sparks Tribal Health Center has reported 310 Total COVID-19 Cases with 4 deaths, 234 Recoveries, and as of today, December 18, 2020,



Vaccine Taskforce & RSTHC Employees with 1st Delivery of Pfizer Vaccination

Photo Provided by Bucky Harjo

RSTHC is reporting 69 Active Cases.

The Reno-Sparks Indian Colony Tribal Member / Residents stats are as follows: 124 total cases with 2 deaths, 103 Recoveries, and as of today, December 18, 2020, RSTHC is reporting 21 Active Cases (4 Reno, 12 Hungry Valley, 5 Urban).

RSIC's experience shows this virus does not discriminate, it interrupts all daily activities and tests our mental wellness. We're gracefully adapting to our new normal. Whatever that maybe to you.

The Pfizer and Moderna COVID-19 vaccine is a step closer towards recovery. RSIC is hopeful this will begin the stop of the spread. However, we all know we aren't in the clear just yet. All must continue to follow all COVID-19 protocols.

If you're experiencing symptoms or need COVID-19 guid-

ance, please call the RSTHC Nurse Call-in Line at 775-334-4319 (Mon-Fri, 8am-1pm). If after hours, call Washoe County Hotline at 775-328-2427, Nevada Health Response Hotline at 702-759-4636, or the CDC Hotline at 800-232-4636. If emergency, call 911.

If we work together, rally as a tribal community, and follow the preventive measures we will prevail together through this difficult time of COVID-19.



Indian Health Services Rep., Nicolas Laughton, delivers 50 doses of the Pfizer Vaccine

Photo by Bucky Harjo



DECEMBER 29TH @ 7PM

TUNE INTO THE RSIC FACEBOOK PAGE TO WATCH THE LIVESTREAM

**SPECIAL GUEST:
LYNSIE DUNN, PLHS GUIDANCE COUNSELOR**

CONTACT INFO. PAM ABERCROMBIE (775)399-2674
EMAIL: PABERCROMBIE@RSIC.ORG

NDOT SBX RSIC 2020-21 CONSTRUCTION ACTIVITIES



2020 (DECEMBER)

- Utility work including trenching on the empty lot between Mill St. and Second St.
- Utility work on Second St. from Kietzke Ln. to Galletti Wy.
- Trenching and boring on residential properties, pending RSIC acceptance of the NV Energy contract.
- **Neighborhood wall construction:**
 - South of Second St. and west of Reservation Rd.
 - South of Second St., heading east to the southbound I-580 off-ramp.
 - North of Mill St. from Reservation Rd. east to the open property.
- Northbound I-580 paving reconstruction.
- Eastbound I-80 to northbound U.S. 395 bridge reconstruction.
- Eastbound I-80 to southbound I-580 ramp work.



FIRST QUARTER 2021 (JANUARY, FEBRUARY, MARCH)

- Utility upgrades (NV Energy, Charter Cable, and AT&T).
- Neighborhood wall construction: east side of the RSIC property next to the empty lot between Mill St. and Second St.
- Construction of southbound I-580 off-ramps at Second St. and Mill St.
- Northbound I-580 paving reconstruction estimated completion.
- Eastbound I-80 to northbound U.S. 395 bridge work.
- Retaining wall work on the west side of Mill St., at the corner of the southbound I-580 on-ramp, and north of Fourth St., next to the eastbound I-80 to southbound I-580 ramp.
- Southbound I-580 off-ramps at Second St. and Mill St. construction.



SECOND QUARTER 2021 (APRIL, MAY, JUNE)

- Eastbound I-80 to northbound U.S. 395 bridge work.
- Neighborhood wall work expected to be complete.
- Retaining wall work (Mill St. to Second St., north of Second St., north of Truckee River, and north of Fourth St.), on southbound I-580.
- Late spring, traffic routed onto new off-ramps to Second St. and Mill St.
- Southbound I-580 traffic configuration change to move traffic to the eastbound lanes—to allow for demolition and reconstruction of the Truckee River and UPRR bridges.



THIRD QUARTER 2021 (JULY, AUGUST, SEPTEMBER)

- Southbound I-580 bridge work (UPRR, Truckee River, Second St. and Mill St.).
- Southbound I-580 retaining wall work (Mill St. to Second St., north of Second St., north of Truckee River, and north of Fourth St.).
- Southbound I-580 grading and paving.



FOURTH QUARTER 2021 (OCTOBER, NOVEMBER, DECEMBER)

- New southbound I-580 bridges open to traffic.
- I-580 median reconstruction.

Operations are anticipated and subject to change.

TEXT: 797979 with "SBX" for project updates via text | FACEBOOK: www.facebook.com/NevadaDOT | HOTLINE: 775-636-4202
EMAIL: info@ndotspaghettibowl.com | WEBSITE: ndotspaghettibowl.com





Need Help?

You are not alone

Call or Text



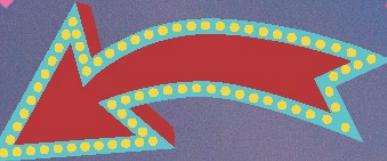
- **Mobile Crisis Response Team- 775-688-1670**
- **Crisis Support Services of NV- 800-273-8255**
- **Text: LISTEN to 839863**
- **Suicide Prevention Hotline- 800-273-TALK**
- **SafeVoice- 833-216-SAFE (7233)**
www.safevoicenv.org
- **Reno Behavioral Healthcare Hospital- 775-393-2200**
- **West Hills Hospital- 775-323-0478**
- **Renown Hospital- 775-982-4100**
- **St. Mary's Hospital- 775-770-3000**
- **Northern Nevada Medical Center- 775-331-7000**



** Pause and remember, there is.
always hope... **



STUDENT SUPPORT APPS



Free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.



MindShift CBT App



Focuses on youth resources including counseling, education, emergency food and shelter as well as youth employment is free to download and can be searched based on zip code.

Allows students, parents, and community members to submit secure & anonymous safety concerns to the statewide SafeVoice strategic prevention model

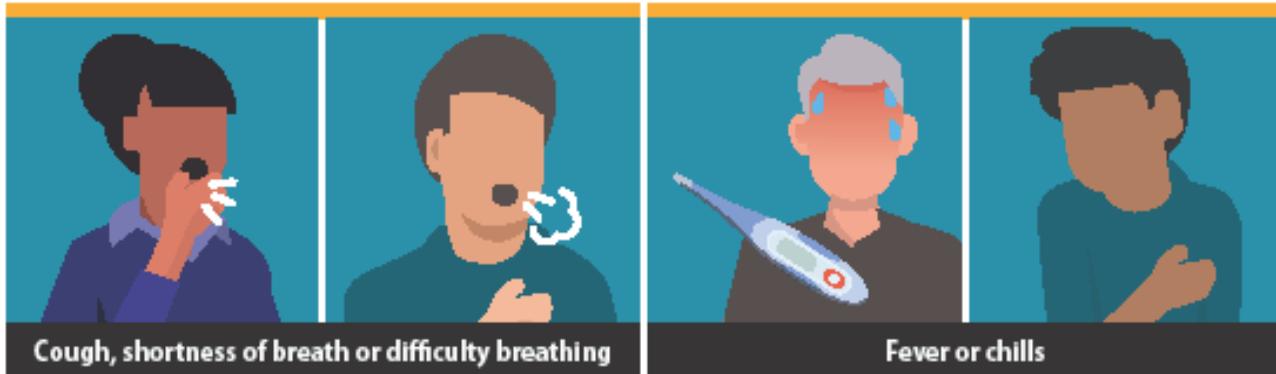


Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal.

24/7 Crisis Support Services 800-273-TALK

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period.

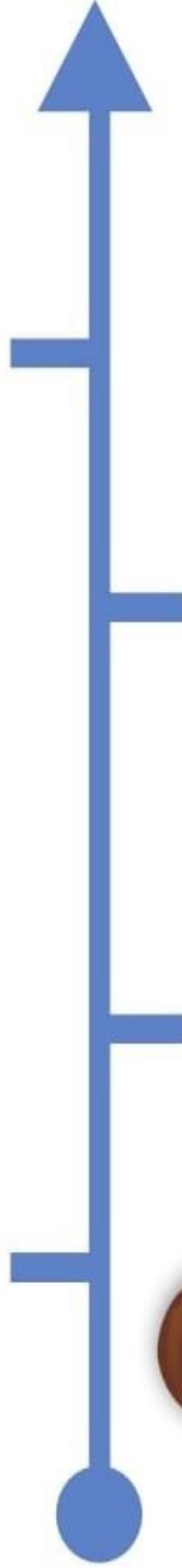
KATE WAS EXPOSED TO COVID-19.

DAY 0

Kate was exposed to COVID-19.

DAY 10

Kate became symptomatic and tested positive.



DAY 5

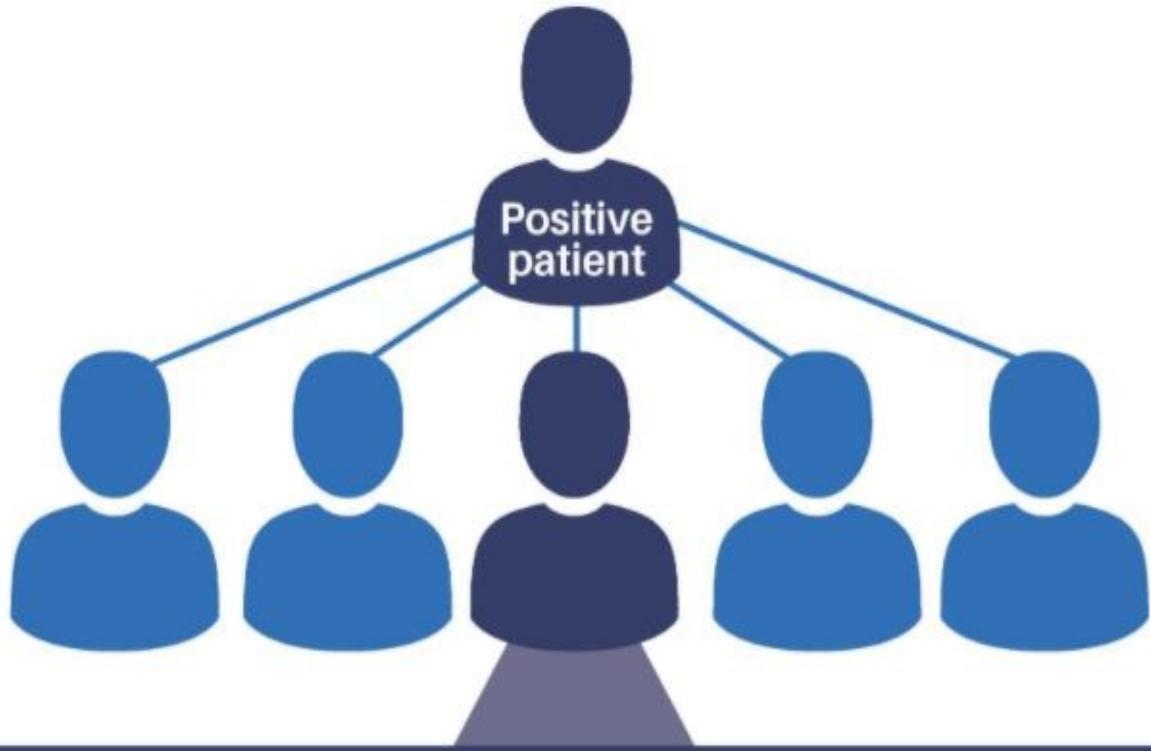
Kate got tested for COVID-19 and the results came back negative.

DAY 8

Thinking she didn't have COVID-19, Kate went to work and a family gathering. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 22 people.



Who is considered a contact?



Contact tracing focuses on close contacts who were:



With the patient
while they were
infectious.

6 ft.
↔

Within 6 feet
of the patient.



For more than
15 minutes.

Patients are considered infectious 48 hours before symptoms began or before the positive test was collected, if the person never developed symptoms.

What To Do If You Think
You Have Symptoms

or

**Have Been in Close Contact with Persons
Suspect, or Confirmed to have COVID-19:**

#1 - Call RSTHC Nurse Call Line,

8am-1pm at 775-334-4319.

**#2 - After Hours: Call Washoe County
Health District 775-328-2427**

#3 – NV Health Response: 702-759-4636

#4 – CDC Hotline: 800-232-4636.



COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19

- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



cdc.gov/coronavirus



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | www.nihb.org

4/17/2020

Considerations for Shopping & Running Errands



- 1. Prepare a list in advance.** This can help reduce the amount of time spent in the store as well as ensure you get all the items you need.
 - Try to run your errands during hours where fewer people will be out or in the store(s).



- 2. Call the store(s)** to see if they have limits on the number of people that can be in the store, special hours, parking lot/drive thru pick-up, call ahead or order ahead options, or free delivery.



- 3. Try to shop alone.** Don't bring the whole family. This helps to reduce the number of people in the store. This can also help to reduce your family's exposure.
 - Vulnerable populations.** Ask friends, family, and neighbors for assistance, such as running errands for you, picking up food or medicine, etc.



- 5. Use disinfecting wipes to clean off the shopping carts, handles, and gas pumps.**
 - While shopping, try to touch only what you plan to buy.



- 6. Wear a face covering or mask.** The Centers for Disease Control and Prevention (CDC) recommends wearing a [face covering](#) when out in public.



- 7. Practice physical distancing.** Maintain at least 6 feet (about 2 shopping cart lengths) from other people. Remember don't touch your eyes, nose, or mouth.



- 8. Use hand sanitizer when you leave the store.** When you get home, **wash your hands with soap and water for at least 20 seconds.**



- 9. Put your groceries away, following food safety recommendations.** For example clean produce. Wash your hands again after putting away your groceries.

For more information on running errands visit

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>.
- [Coronavirus pandemic and grocery shopping: No need to wipe down food packaging, FDA says](#)

Disclaimer: This fact sheet is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor are endorsement by CDC/HHS, or the U.S. Government.

For more information, visit NIHB's National Tribal COVID-19 Response page at www.nihb.org

Celebrating Winter Holidays

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>



Everyone Can Make Winter Holidays Safer

- Celebrating virtually or with the people you live with is the safest choice this winter.
- Stay home or cancel your gathering if you or someone who lives with you is sick or has been near someone who thinks they have or had COVID-19.
- If you do gather with people who don't live with you, outdoors events are safer than indoor events.

Wear a mask

- Wear a mask indoors and outdoors.
- In cold weather, wear your mask under your scarf, ski mask, or balaclava.
- Keep a spare mask in case your mask becomes wet from moisture in your breath or from snow or rain.



Stay at least 6 feet away from others who do not live with you

- Stay 6 feet apart from others, indoors or outdoors.
- Remember, people without symptoms or with a recent negative test result can still spread COVID-19 to others.

Avoid crowded, poorly ventilated indoor spaces

- Avoid crowds and indoor spaces that do not offer fresh air from the outdoors. If indoors, bring in fresh air by opening windows and doors.

Wash your hands

- Wash hands often or use hand sanitizer.



Get a flu shot as soon as possible

- Getting a flu shot can help stop the spread of flu and lower hospital visits and serious health problems from flu.



CS321908-B 13/18/2020

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

Attending a Winter Holiday Celebration

Make celebrations safer by following the steps that everyone can take and take these additional steps.

- Plan ahead. Talk with the host about expectations.
- Bring your own food, drinks, plates, cups, and utensils.
- Avoid shouting or singing.

Hosting a Winter Holiday Celebration

If having guests to your home, be sure they follow steps that everyone can take to make celebrations safer.

Steps you can take include:

- Plan ahead. Have conversations with guests to set expectations.
- Limit the number of guests.
- Provide unused masks for guests and ask everyone to wear them inside and outside.
- Clean and disinfect frequently touched surfaces and items between uses.
- If celebrating indoors, make sure to open windows.
- Have a separate space for guests to wash their hands or provide hand sanitizer.



Food and Drink at Holiday Celebrations

Food traditions are a part of many holiday celebrations. There is no evidence that handling or eating food spreads COVID-19, but always follow food safety practices. Make sure to:

- Use single-use options, like salad dressing and condiment packets, and disposable items like plates and utensils.
- Avoid sharing food and utensils with people who don't live with you.
- Use a touchless garbage can, if available.

Winter Holiday Travel

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others. **If you do travel**

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who does not live with you.
- Consider getting a viral test 1-3 days before your trip, as well as 3-5 days afterward.
- Reduce non-essential activities for 7 days after traveling, even if your test is negative.
- If you don't get tested, consider reducing non-essential activities for 10 days.



This holiday season do what's best for you and your loved ones

Being away from family and friends during the holidays can be hard.



Hard choices to be apart this year may mean that you can spend many more years with your loved ones.



Do what is best for your health and the health of your loved ones. This year spend time with those in your own household.



When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.



Doing what's best for you includes eating healthy foods and getting enough sleep.



Make time to take care of your body and stay active to lessen fatigue, anxiety, and sadness.



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746

cdc.gov/coronavirus

321172-A

Reno-Sparks Tribal Health Center



Winter Patient Process



RSTHC Appt./Walk-In RX Pick-up: Mon.-Fri. 8:00am-12:00pm

COVID Testing: Mon-Fri 9:00am-12:00pm

For the upcoming cold winter months, the Tribal Health Center is hoping to keep as few of its staff members outside as possible.

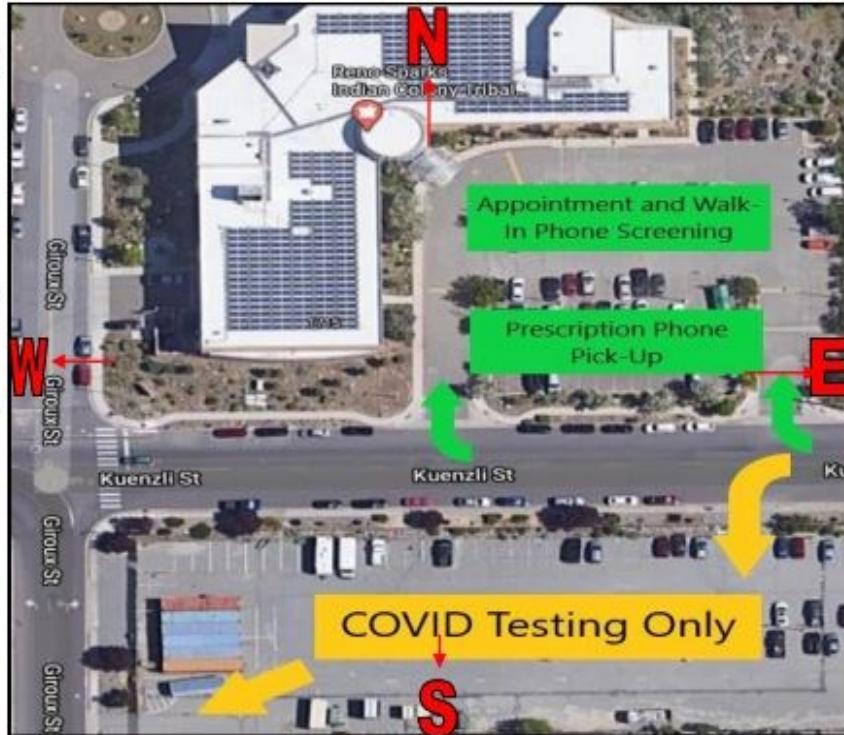
In the hopes of achieving this, we are setting up a **Telephone Appointment/Walk-In Screening** and **Pharmacy pick-up service**. Similar to how our area hospitals are operating.

***COVID-19 testing available in the southern parking lot 9am-12pm M-F**

*Please have your phone ready when you arrive at the Health Center (north lot) for:

- Appointments, walk-ins, or pharmacy pick-up
- You will find a parking cone at each available space in the main lot, with a phone number to call for appointments and walk-ins, or pharmacy pick-up
- Please call the number when you arrive and a staff member will assist you with your needs over the phone
- If you do not have a phone, please walk-up to the front door and the staff member will assist you

Call-In Process



*Wear your mask *Wash your hands *Keep your distance *Stay home

RENO-SPARKS TRIBAL HEALTH CENTER 1715 KUENZLI STREET, RENO, NV 89502 (775)329-5162

Patient Education

COVID-19 Vaccine

WHAT YOU NEED TO KNOW

The virus that causes COVID-19 comes from a family of viruses called Coronaviruses. These viruses cause the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). COVID-19 is caused by a virus that is closely related to the one that causes SARS. For this reason, scientists named the new virus SARS-CoV-2.

In March 2020, the World Health Organization named COVID-19 a global pandemic. A pandemic refers to a disease that has spread around the world and has had an impact on society. Because COVID-19 has affected so many people, researchers have been working to develop a vaccine as quickly as possible.

It can take years to develop a vaccine. But past research on SARS and MERS vaccines has helped researchers quickly develop the COVID-19 vaccines that are now available.

WHY GET VACCINATED?

You get vaccines to prevent you from getting an illness. An example of this is the flu vaccine.

Vaccines help your body build up the ability to fight off a virus. A vaccine may not prevent you from getting the COVID-19 virus. But if you do get it, the vaccination may keep you from becoming seriously ill. Or it may keep you from developing complications due to the illness. And that may be a lifesaving benefit of the vaccine.

VACCINE EFFECTIVENESS

COVID-19 spreads easily from person to person. It can cause severe illness or death. For these reasons, creating vaccines for COVID-19 have become a global health priority. Several vaccines are being tested. The U.S. Food and Drug Administration (FDA) authorizes only vaccines shown to be safe and effective.

Several COVID-19 vaccines are being tested under strict guidelines. A few are meeting all requirements and receiving FDA authorization. These vaccines are more than 90% effective in preventing COVID-19 illness. That means that more than 90% of people who get the vaccine are protected from becoming seriously ill with the virus. Some vaccines are given in 2 doses at least 3 weeks apart. Some are given in 2 doses at least 4 weeks apart. Others may be given in a single dose.

Researchers do not know how long the vaccination offers protection. They also do not know whether people will need additional vaccine doses, called booster doses, to continue protection and reduce COVID-19 spread in communities.

SIDE EFFECTS OF THE VACCINE

All medications have the risk of side effects or reactions. So far, no one receiving the COVID-19 vaccine has had serious side effects. The side effects, or reactions, of the COVID-19 vaccine are mild. Most reactions happen within the first few days after you get the vaccine and last no more than three days. Some people who received the vaccine reported the following reactions:

- Pain, redness or swelling where the shot was given
- Fever
- Fatigue
- Headache
- Muscle pain
- Chills
- Joint pain

WHAT TO DO ABOUT SIDE EFFECTS

While many people do not have reactions after vaccination, it is normal if you do. It does not mean you have the COVID-19 infection. If you have a reaction, take some time to rest and allow your body to recover.

These reactions should not keep you from going to work or doing other activities. However, stay home if you have a fever. It is not necessary to have a COVID-19 test or to quarantine.

If you have reactions that prevent you from eating, sleeping or going to work, contact your health care provider. Also contact your health care provider if you have reactions that last longer than three days.



Signs of an allergic reaction include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. If you have any of these signs, call 9-1-1 or have someone drive you to the nearest emergency department.

WHO SHOULD BE VACCINATED?

A COVID-19 vaccine cannot be made fast enough to be available to everyone right away. The vaccine will be recommended first to health care personnel. As more vaccine doses become available, other high priority groups will become eligible to receive it. These include people who are at higher risk of severe complications if they get sick with COVID-19. Eventually the vaccine will be offered to all people.

At this time, the vaccine is not recommended for children younger than 16 years of age. This is because researchers do not know enough about how the vaccine can affect children.

The vaccine may not be recommended to those with certain health conditions. Talk to your health care provider if you have questions about receiving the vaccine.

PREVENTING COVID-19

The COVID-19 infection is preventable.

The COVID-19 virus most commonly spreads among people in close contact with one another. When an infected person coughs, sneezes, sings, talks, or breathes, the virus can be spread through droplets or small particles from their mouth or nose. You may get COVID-19 if you are in close contact with someone who is infected. Those infected may not show symptoms. Some may never develop symptoms.

You may also become infected if you touch surfaces or objects that have the virus on them and then touch your own mouth, nose or eyes. Evidence also shows that some particles can remain in the air after the infected person leaves the room.

SLOW THE SPREAD OF COVID-19



Wear a mask to cover your nose and mouth.



Stay at least 6 feet apart from other people.



Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 70% alcohol.



And you can get vaccinated.

You and others can be infected but not feel sick. When you take these actions, you protect yourself and those around you.

Barbara Woodward Lips Patient Education Center

Mrs. Lips, a resident of San Antonio, Texas, was a loyal Mayo Clinic patient of more than 40 years and a self-made business leader who significantly expanded her family's activities in oil, gas and ranching. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

Biden selects Deb Haaland as Interior Secretary

Becomes the first American Indian nominee cabinet secretary in U.S. history.

By Debra Utacia Krol, AZ Central

President-elect Joe Biden introduced Rep. Deb Haaland, D-N.M., as his nominee for Interior Secretary on Saturday. If she's confirmed by the U.S. Senate, she will be the first Native American to hold a cabinet position.

Accolades from tribal leaders, Haaland's House seatmates and senators crammed inboxes and social media feeds this week as news of the nomination circulated. Native people are also talking about what many are calling a historic event.

This move will be another first for Haaland, an enrolled member of the Laguna Pueblo. In 2018, she and Sharice Davids of Kansas, a member of the Ho-Chunk Nation of Wisconsin, became the first two female tribal members from the continental U.S. to be elected to Congress.

Haaland quickly assumed a leadership role in the House, where she is vice-chair of the House Natural Resources Committee, which oversees Native issues, and chairs a subcommittee on national parks, forests and public lands.

If confirmed by the U.S. Senate, Haaland will confront some major issues on day one, including a proposal by the Trump administration to reopen some public lands to uranium mining. The area surrounding the Grand Canyon is coveted by energy producers who want to mine uranium deposits. Environmentalists and tribes, particularly the Havasupai Tribe, oppose any

new mines in the area. Interior also oversees the Bureau of Indian Education, which is dealing with its long record of failing to meet the academic needs of the 46,000 students in its system.

Haaland will also face pressure by tribes and environmentalists to restore Bears Ears National Monument, which Trump reduced in size by 85% in 2017.

Haaland would replace David Bernhardt, a former lobbyist for oil, gas and water companies who's been unpopular with the conservation movement but well-liked by the energy industry.

Tribal leaders, officials and activists offer support across Arizona and the West, tribal leaders praised Haaland's nomi-

nation.

"Today is a historic day for the nomination of Rep. Deb Haaland as Secretary of the Interior," said Fort McDowell Yavapai Nation President Bernadine Burnette. "It is a humble and great day to have our Native sister with her teachings and respect for the land be nominated. We women tribal leaders have long served our communities, so we know what to do, and it is fitting for her."

Burnette added, "We send our prayers, protection and congratulations as Deb Haaland officially becomes Secretary of the Interior."

Continued On Page 23



NV Tribal Leaders meet with New Mexico Congresswoman Deb Haaland at RSIC

Photo Provided by Bethany Sam

Gila River Indian Community Gov. Stephen Roe Lewis talked about the historic nature of Haaland's nomination to lead an agency so intertwined with Indigenous issues.

"President-elect Biden said Indian Country will have a seat at the table — and now — the person across the table from us will be a Native American," he said. "It is a proud day for the Gila River Indian Community and Indian Country." The nation's largest tribe, the Navajo Nation, also offered congratulations.

"It is truly a historic and unprecedented day for all Indigenous people as Congresswoman Deb Haaland has been selected to head one of the largest federal agencies, which oversees the BIA and BIE, at the highest level of the federal government," said Navajo Nation Jonathan Nez in a statement. Nez was one of the first tribal leaders to support Haaland to become Interior Secretary.

Chairman Arlan D. Melendez of the Reno-Sparks Indian Colony in Nevada is hopeful that having Haaland at the helm of Interior will smooth out the process to take land into trust, address tribal water rights and issues and enable more meaningful consultation processes between tribes and the various



RSIC UNITY poses with New Secretary of the Interior, Deb Haaland at RSIC

Photo by Bethany sam

agencies under the department's oversight.

"During the Obama administration, the nation's land bill that passed through Congress was supported by Interior," he said. "But it's really gone the other direction during the Trump administration."

Melendez cited cases like the reversals of trust land status for the entire reservation of the Mashpee Wampanoag Tribe in Massachusetts and for parcels of land belonging to the Santa Ynez Chumash Tribe in California as examples of the current's administration's approach to tribes.

"I think that tribes feared that Trump was moving in the direction of termination of tribes," Melendez said.

Nevada tribes are also concerned that projects to move water away from the eastern part of the state to busting cities like Las Vegas will leave small rural tribes high and dry.

Melendez also said consultation with tribes needs to be reformed.

"We need to be able to see action come out of a meeting rather than just saying that we held a meeting and the consultation is done," he said.

And he's concerned with staffing shortages at the Bureau of Indian Affairs in the wake of retirements. For example, simply recording deeds of ownership to tribal member homes is at a bottleneck due to staff shortages.

Biden's nomination is just the first step. Haaland's appointment must now be confirmed by the U.S. Senate.

Platte said Haaland has broad support on both sides of the Senate aisle.

"Many of our tribal communities are in red states," she said, and have long made it a priority to work with both sides of the aisle. That should help build support for Haaland's confirmation.





Commodity date
changed for

Reno commodity day

will be on Monday

December 21, 2020





FOOD BANK
OF NORTHERN NEVADA



VISIT THE
FOOD BANK OF NORTHERN
NEVADA'S MOBILE HARVEST
IN HUNGRY VALLEY

Drive
Through
Until
Further
Notice

WHEN:

TUESDAY 2:30-4
DECEMBER 22

WHERE:
HV GYM PARKING LOT

LIMIT ONE DISTRIBUTION PER WEEK



PLEASE NOTE:

- EACH FAMILY (NOT PERSON) RECEIVES ONE DISTRIBUTION
- CLIENTS MAY PICK UP FOR UP TO 3 FAMILIES NOT PRESENT
- VOLUNTEERS DISTRIBUTE BASED ON WHAT FBNN STAFF WRITES ON WINDSHIELDS

IF YOU DON'T HAVE
TRANSPORTATION
AND WOULD LIKE
A DISTRIBUTION, CALL
775-785-1304
BEFORE
3PM
MONDAY 12/21

COMING TO
YOUR
DOORSTEP
SOON!



HOME GARDENING KITS FROM
URBAN ROOTS GARDEN CLASSROOM
FROM THE 3NWC/DIABETES PROGRAM
TO YOUR FAMILY....
BUILD A MINI INDOOR GARDEN
AND CELEBRATE THE SEASON SAFELY!

STAY TUNED TO THE
RSIC FACEBOOK PAGE FOR
DELIVERY DETAILS



HAPPY HOLIDAYS FROM 3NWC/DIABETES PROGRAM

RED & GREEN

COVID-19 CARDS

The RED and GREEN cards are to help RSIC identify if your household needs assistance during COVID-19 Home Sheltering.

The GREEN CARD

Is to identify your household is good. You don't need any assistance.

The RED CARD

Is to identify your household needs assistance

(food, personal hygiene, cleaning supplies, masks, medication, transport to RSTHC)

***Place the color of card you feel fits best for your household in the front window of your home/apartment.**

*We ask you be a good neighbor and report any household(s) with a Red Card in window.

*Tribal Police, Hungry Valley Fire, and RSTHC CHR's are also patrolling for Red Cards.

Need Immediate Assistance, Please Send a Text or Call Anytime to:

Public Information Officer, Bethany Sam 775-842-2902

Tribal Police Chief Michael Ford 775-530-1173

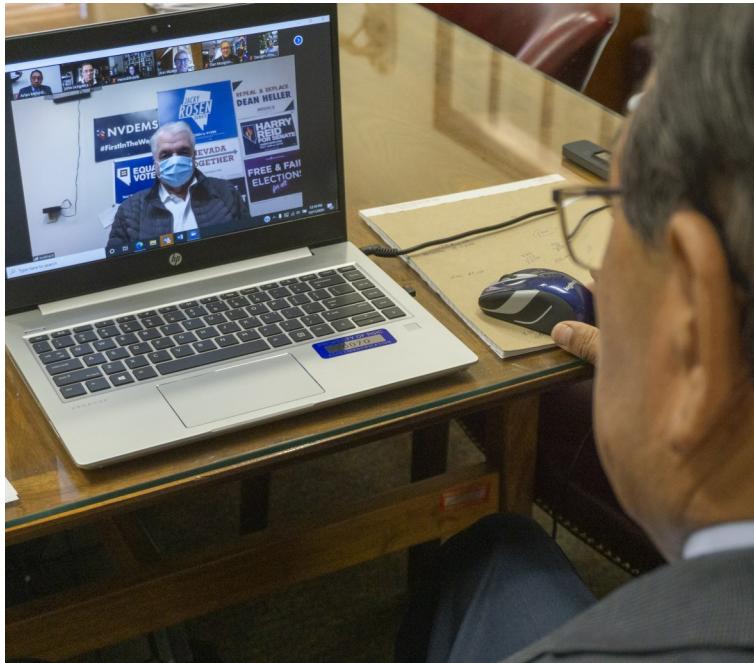
Emergency Manager, Danny Thayer 775-232-8116

COVID-19 Case Manager, Griselda Maya 775-560-9041



Photo Collage of RSIC During COVID-19

Photos provided by Bucky Harjo and Bethany Sam



Top Photo: Chairman Melendez meets with Governor Sisolak using ZOOM Communications Software.

All other Photos: RSTHC Employees prepare to administer 50 doses of the COVID-19 Pfizer Vaccination.



Top Photo: RSTHC Employee Volunteers
Bottom Photo: RSTHC Employee, Lawana Cantrell-Martinez, getting a Pfizer Vaccine.





Elvin Willie, Very 1st Person to get a Pfizer Vaccination at RSTHC.



Above Photos: Cordelia Abel-Johnson patiently waiting to get her vaccine.



Above Photo: National Guard Testing Meeting w/ Danny Thayer Leading.

Left Photos: Dr. G and Dr. K hold the Pfizer COVID-19 Vaccination.

Bottom Photo: RSIC Education Dept delivers chromebooks



Top Photo: 1st 4 Vaccine Volunteers
Bottom Photos: Biden Bus Photo



Chairman Melendez doing interviews with KOLO 8 News, KRN 4 News, KUNR and Reno-Gazette Journal after RSTHC administers the vaccine.



RSIC Notice: Name Change

**IN THE RENO-SPARKS TRIBAL COURT
IN AND FOR THE RENO-SPARKS INDIAN COLONY
RENO, WASHOE COUNTY, NEVADA**

Notice is hereby given that the Petitioner, Victor Melendez Montelongo, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2020-0008, praying that said Court enter an Order changing the present legal name of Victor Melendez Montelongo, to the name of Victor Manuel Montelongo Melendez, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV 89502, within ten (10) days after publication of this notice.

Dated this 6th day of May, 2020.

/S/
Jeraldine Magee, Court Administrator
Reno-Sparks Tribal Court

**IN THE RENO-SPARKS TRIBAL COURT
IN AND FOR THE RENO-SPARKS INDIAN COLONY
RENO, WASHOE COUNTY, NEVADA**

Notice is hereby given that the Petitioner, Kayla Marie Talancon-Yazzie, who is a member of the Reno-Sparks Indian Colony, has filed a Petition in the Reno-Sparks Tribal Court, Case No. CV-NC-2020-0027, praying that said Court enter an Order changing the present legal name of Kayla Marie Talancon-Yazzie to the name of Kayla Marie Talancon, which is the name Petitioner desires to have.

Notice is hereby given that any person having objection to the aforesaid change of name shall file written objection, showing cause why the Petition should not be granted, with the Reno-Sparks Tribal Court, 1900 Prosperity Street, Reno, NV 89502, within ten (10) days after publication of this notice.

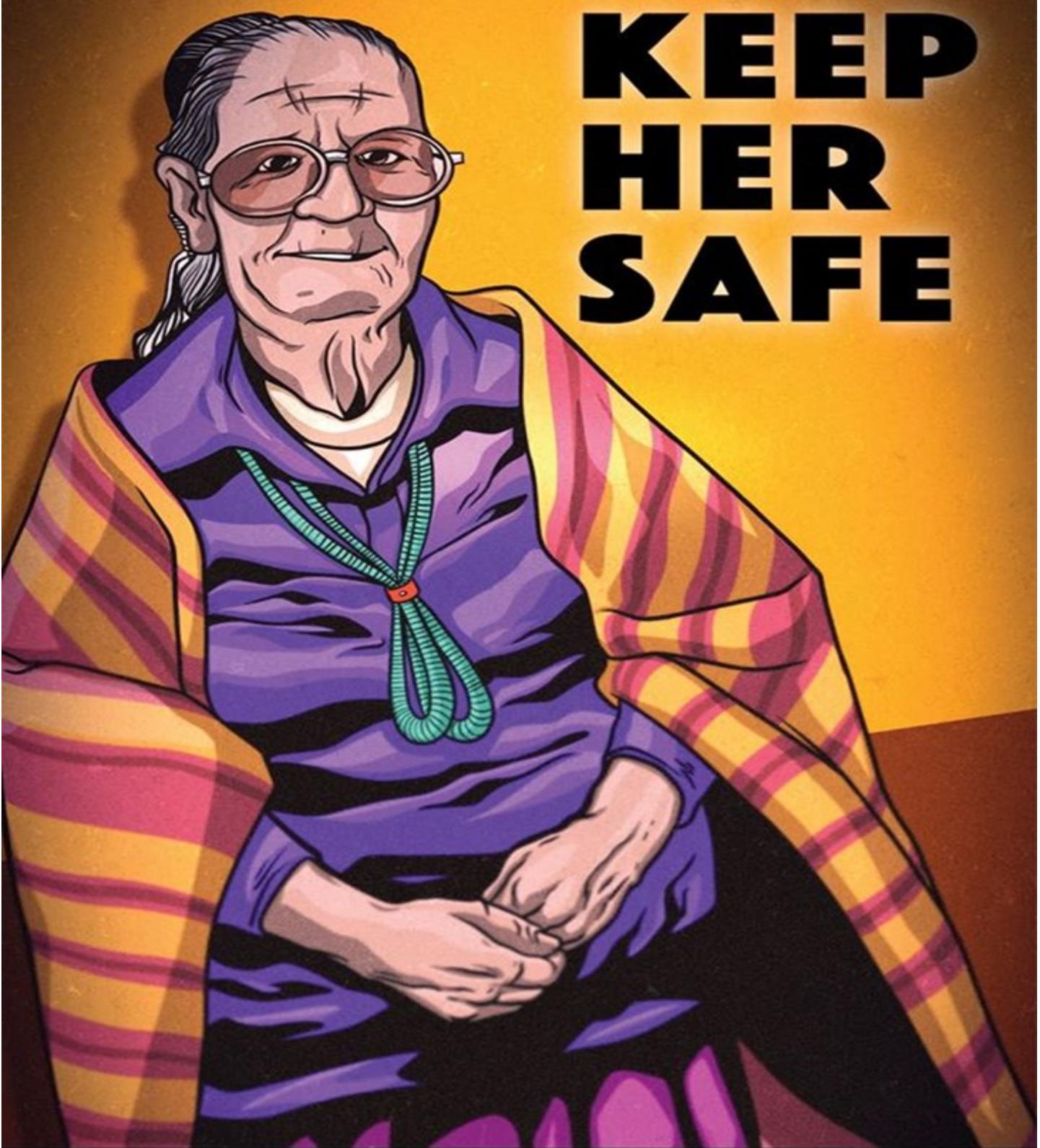
Dated this 14th day of October, 2020.

/S/
Jeraldine Magee, Court Administrator
Reno-Sparks Tribal Court

A KEY IN THE FIGHT AGAINST COVID-19 is right in your pocket.



COVID Trace is a free, easy-to-use mobile phone app that generates important contact information to help fight the spread of the virus, without compromising your privacy!



KEEP
HER
SAFE

**PROTECT YOUR ELDERS
AS THEY'VE PROTECTED YOU**
wash hands - physical distance - be safe

Concept by Native Realities www.nativerealities.com

art by Dale Deforest - daledeforest.com