



RENO-SPARKS INDIAN COLONY
★ CHAIRMAN'S OFFICE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936 • Fax: (775) 954-9175

April 1, 2020 – COMMUNITY UPDATE on COVID-19

All RSIC Tribal Members & Residents,

The Reno-Sparks Indian Colony is taking proactive steps to mitigate the spread of COVID-19. This is a serious matter. We are doing everything we can to protect our community from getting sick and possibly dying.

As you know our neighboring Tribe, Pyramid Lake, has confirmed their first positive case of COVID-19. This means there is a high probability that COVID-19 could occur in our Community at any time. We need to be vigilant and do what we can to prepare for that situation.

In this packet, we are including information on How to Prepare Your Home for Sheltering, What to do if You're Sick, Tips for Coping with Stress and Anxiety, and RSIC Program Information during this crisis of COVID-19.

Along with that, we are asking each Household to call our Public Information Officer, Bethany Sam at 775-842-2902, to fill out a Needs Assessment in case you need assistance during Home Sheltering.

We are doing our best to keep you informed on the fast changing status of COVID-19 and resources that are available to tribal members, as they develop.

The Reno-Sparks Indian Colony is doing everything within its capability to protect our tribal community from the outbreak of the Novel Coronavirus (COVID-19). As a community, we all have a greater responsibility, in times like this, to protect and care for our families, our elders and children. I am confident, if we work together; rally as a tribal community; and follow the preventive measures we will get through this difficult time.

Sincerely,

Chairman Arlan D. Melendez and Tribal Council Members



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April 1, 2020

**WE ARE STRONGLY URGING ALL TRIBAL
COMMUNITY MEMBERS TO:**

- ***Stay Home for Native Nevada! Protect Our Families.***
- **Avoid any Gatherings Larger than 10 People, including Public Places.**
 - **Especially Those At Higher Risk, Including:**
 - **People Ages 55 and Older**
 - **People with Underlying Health Conditions, including Heart Disease, Lung Disease or Diabetes**
 - **Women who are Pregnant**
- **Use Technology; such as, Cellphones, Computers and Tablets; to Stay Updated.**
- **Go to RSIC's Website Daily at www.rsic.org.**
- **Follow RSIC on Facebook: @rsictribe.**
- **Follow RSIC on Twitter: @RSIC_Tribe.**
- **Sign-up for the RSIC RAVE ALERT System (See packet for form).**
- **Please Check-on Your Elderly Family Members and Neighbors Using Recommended Social Distancing Practices.**
- **If You're An Elder with No Access to Technology or Social Media (Facebook or Twitter) Please Ask Family Members and/or Friends to Share With You.**

SEQUOYAH SEZ:



LEARN YOUR LANGUAGE

WASH YOUR HANDS

Artwork by Ray Konyak Jr. - raykonyak.com

RESILIENCE MEANS
COMMON SENSE

BE A TRUE
WARRIOR

TAKE CARE OF
YOUR COMMUNITY



WASH YOUR HANDS
PHYSICAL DISTANCE
PROTECT THE ELDERS

Concept by Native Realities - www.native realities.com Artwork by Vanessa Brown - browncreative.co



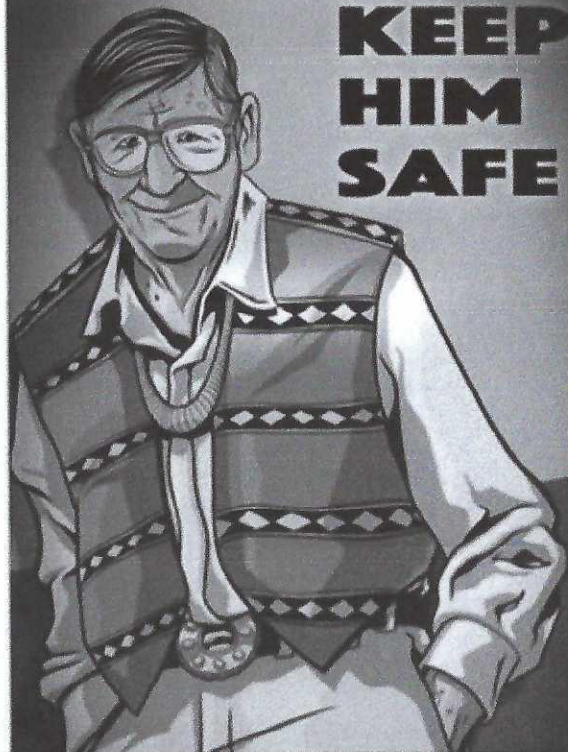
Help Our Heroes...

CLEAN HANDS

SAVE LIVES

ARTWORK BY ADRIEN STARR - adrienstarr.com
CONCEPT BY NATIVE REALITIES - WWW.NATIVE REALITIES.COM

KEEP
HIM
SAFE



PROTECT YOUR ELDERS
AS THEY'VE PROTECTED YOU

wash hands - physical distance - be safe

Concept by Native Realities www.native realities.com art by Dale DeForest - daledeforest.com

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
(shopping, medication or transport).*

***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. Send a text or call 775-842-2902 or 775-785-8776.**



***To Do a Needs Assessment for Your Household, Please Contact Our Public Information Officer, Bethany Sam at 775-842-2902 or bsam@rsic.org**

How to Get
Your Home
Ready!
Be Prepared!!



*To Do a Needs Assessment for Your Household, Please Contact Our
Public Information Officer, Bethany Sam at 775-842-2902.

Get Your Home Ready

This interim guidance is based on what is currently known about the Coronavirus Disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.

This interim guidance is to help household members plan for community transmission of coronavirus disease 2019 (COVID-19) in the United States. The Centers for Disease Control and Prevention (CDC) encourages household members to prepare for the possibility of a COVID-19 outbreak in their community.

COVID-19 is caused by a new virus. There is much to learn about its transmissibility, severity, and other features of the disease. We want to help everyone prepare to respond to this public health threat.

In this guidance

- Before a COVID-19 outbreak occurs: Plan
- During a COVID-19 outbreak: Act
- After a COVID-19 outbreak has ended: Follow Up
- Readiness Resources

Before a COVID-19 outbreak occurs in your community: Plan

A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

Create a household plan of action

- ✓ **Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.
- ✓ **Plan ways to care for those who might be at greater risk for serious complications.** There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying



cdc.gov/coronavirus

chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

- ✓ **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.
- ✓ **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- ✓ **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice good personal health habits and plan for home-based actions

- ✓ **Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick, except to get medical care.
 - Cover your coughs and sneezes with a tissue.
 - Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at Novel Coronavirus (COVID-19) Fighting Products. Always follow the manufacturer's instructions for all cleaning and disinfection products.
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.
- ✓ **Choose a room in your home that can be used to separate sick household members from those who are healthy.** Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. Learn how to care for someone with COVID-19 at home.

Be prepared if your child's school or childcare facility is temporarily dismissed

- ✓ **Learn about the emergency operations plan at your child's school or childcare facility.** During a COVID-19 outbreak in your community, local public health officials may recommend temporary school dismissals to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

Plan for potential changes at your workplace

- ✓ **Learn about your employer's emergency operations plan.** Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members. Learn how businesses and employers can plan for and respond to COVID-19.

During a COVID-19 outbreak in your community: Act

During an outbreak in your community, protect yourself and others by:

- ✓ Staying home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- ✓ Keeping away from others who are sick.
- ✓ Limiting close contact with others as much as possible (about 6 feet).

Put your household plan into action

- ✓ **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity from public health officials. Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.
- ✓ **Stay home if you are sick.** Stay home if you have COVID-19 symptoms. If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.
 - If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.
- ✓ **Continue practicing everyday preventive actions.** Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.
- ✓ **Use the separate room and bathroom you prepared for sick household members (if possible).** Learn how to care for someone with COVID-19 at home. Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with EPA-approved emerging viral pathogens claims, maintained by the CDC, is available at Novel Coronavirus (COVID-19) Fighting Products. Always follow the manufacturer's instructions for all cleaning and disinfection products.

- ✓ **Stay in touch with others by phone or email.** If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- ✓ **Take care of the emotional health of your household members.** Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Inform your workplace if you need to change your regular work schedule

- ✓ **Notify your workplace as soon as possible if your schedule changes.** Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child's school is dismissed temporarily.

Take the following steps to help protect your children during an outbreak

- ✓ **If your child/children become sick with COVID-19s, notify their childcare facility or school.** Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.
- ✓ **Keep track of school dismissals in your community.** Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.
- ✓ **Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.**

After a COVID-19 outbreak has ended in your community: Follow Up

Remember, a COVID-19 outbreak could last a long time. The impact on individuals, households, and communities might be great. When public health officials determine the outbreak has ended in your community, take time to improve your household's plan. As public health officials continue to plan for COVID-19 and other disease outbreaks, you and your household also have an important role to play in ongoing planning efforts.

Evaluate the effectiveness of your household's plan of action

- ✓ **Discuss and note lessons learned.** Were your COVID-19 preparedness actions effective at home, school, and work? Talk about problems found in your plan and effective solutions. Identify additional resources needed for you and your household.
- ✓ **Participate in community discussions about emergency planning.** Let others know about what readiness actions worked for you and your household. Maintain communication lines with your community (e.g., social media and email lists). Promote the importance of practicing good personal health habits.
- ✓ **Continue to practice everyday preventive actions.** Stay home when you are sick; cover your coughs and sneezes with a tissue; wash your hands often with soap and water; and clean frequently touched surfaces and objects daily.

- ✓ **Take care of the emotional health of your household members.** Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends. Share your concerns and how you are feeling with others.
- ✓ **Help your child/children cope after the outbreak.** Provide children with opportunities to talk about what they went through or what they think about it. Encourage them to share concerns and ask questions. Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after the outbreak.

COVID-19 Readiness Resources

- Visit www.cdc.gov/COVID19 for the latest information and resources
- COVID 2019 Situation Summary <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- Prevention and Treatment <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- What to Do If You Are Sick <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>
- Pregnant Women and COVID FAQs <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>
- Stigma Related to COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>
- Handwashing: A Family Activity <https://www.cdc.gov/handwashing/handwashing-family.html>
- Handwashing: Clean Hands Save Lives <http://www.cdc.gov/handwashing>

CDC Interim Guidance for Specific Audiences

- Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>
- Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

CDC Communication Resources

- Communication Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>
- Print Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- Buttons and Badges <https://www.cdc.gov/coronavirus/2019-ncov/communication/buttons-badges.html>

How to prepare for staying at home

CLEANING

Soap

It's the best way to wash up (and much easier to find than hand sanitizer).

Disposable gloves

For handling things that might be contaminated. Do not wash or reuse.

Disinfectant wipes

Look for products with active ingredients such as quaternary ammonium, sodium hypochlorite, or hydrogen peroxide.

Towels, clean linens

Or anything else you might need more of as cleaning habits change.

FOOD/NECESSITIES

Supplies of shelf-stable food

Beans, rice, flour, and canned items: enough for a couple of weeks, if access to grocery stores is limited.

Coffee or tea

Or other everyday "necessities."

A first aid kit

Hospitals may be overwhelmed, so you'll want to be able to treat minor problems at home.

90 days of medication

The CDC recommends stocking up on prescriptions, so contact your doctor.

WORK AND ENTERTAINMENT

Yarn, art supplies, or other hobby items

It's a good time to dive into an activity you can do at home. Morale matters!

Things for working from home

From a desk chair to a mouse, it's better to have the tools for your job if it's possible to work remotely.

Electronics and, potentially, spare parts

If your phone or computer breaks, it's an inconvenience in the best of times. Right now, it might be more than that, if stores aren't open to get a replacement.

Games for family time

If you've got kids at home, you'll need distractions!

IF YOU GET SICK

Medication for reducing a fever, like acetaminophen (Tylenol).

A thermometer for monitoring a fever.

Cough and cold medication

Including cough drops and lozenges, cough syrups like Dayquil/Nyquil, and decongestants like Sudafed.

A humidifier can also help with a cough that makes it tough to sleep.

Rehydration solutions

Pedialyte or Gatorade works, but you can make it at home with a liter of drinking water, a scoop of sugar, and a pinch of salt. Plain water or other liquids also work for mild dehydration in adults.

Be Red Cross Ready

Prepare so you can protect.



Steps to Help Protect Against Coronavirus COVID-19

About Coronavirus COVID-19

- The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a new Coronavirus (COVID-19) that was first detected in China and has now spread to multiple countries including the U.S.
- According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath.
- Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease, or if you have recently traveled from an area with widespread or ongoing community spread of the disease.
- The following health and preparedness tips can help you stay healthy and prepare for possible disruptions due to this coronavirus. Most importantly, stay informed about the latest information by visiting the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19).

To Help Prevent the Spread of Respiratory Illnesses, Use Healthy Practices:

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds (the time it would take you to sing 'Happy Birthday' twice) or, if soap is not available, use hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash. If a tissue isn't available, cough or sneeze into your elbow, not your hands.
- Clean and disinfect frequently touched surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using facemasks, which is for people who show symptoms of COVID-19 to help prevent the spread of disease to others, and for health workers and caregivers in close settings.
- Practice healthy habits: get sleep, eat nutritious food, drink fluids, be physically active and manage stress.
- Influenza and pneumococcal disease are the leading causes of vaccine-preventable respiratory illness in the U.S., so protect yourself with an annual flu vaccine and if eligible, the pneumonia vaccine.

To Prepare your Household for a Possible COVID-19 Outbreak in the U.S., Use Preparedness Practices:

- Obtain at least a 2-week supply of food staples, household and sanitary products, if asked to stay home (a best practice to increase your preparedness for any hazard).
- Keep current prescription medications in regular supply, with at least a 30-day supply of needed health items.
- Learn how your local public health authorities will provide guidance to your community and stay informed.
- Learn how your children's school or daycare, and your workplace plan to handle a possible outbreak. Create a plan to accommodate any closings, event cancellations or postponements.
- If you care for older adults or children, plan and prepare for caring for them, should they or you become sick.

March 6, 2020



Coping with Sheltering at Home during COVID-19

Local and state officials are using shelter-at-home (sometimes called shelter-in-place) orders to slow the spread of the coronavirus (COVID-19). By staying home, people can help minimize how many people are getting sick at the same time, protect those at higher risk of severe illness and prevent our health care system from getting overwhelmed.

Unfortunately, sheltering at home can disrupt your routines and make everyday activities, such as work and caring for loved ones, challenging. These changes, on top of the general uncertainty around this pandemic, can create feelings of stress, fear and nervousness. These feelings are normal, and people typically bounce back after difficult times.

The following information can help you cope with stress and support others during this emergency.

What is Sheltering at Home?

- Sheltering at home means that you remain at home, and only go out to purchase essential supplies, visit medical professionals or leave during an emergency.
- Following the instructions of local officials will help keep you and your loved ones safe.

It's normal for people to have these types of feelings right now:

- Fear about running out of essential supplies.
- Anxiety, particularly about being separated from loved ones.
- Uncertainty about how long you will need to shelter at home.
- Concerns for your physical safety and that of others.
- Fear of getting sick.
- Guilt about not being able to fulfill responsibilities, such as work, parenting or caring for dependents.
- Boredom or isolation.

- Thoughts of blame, worry or fear.
- Worry about loss of income.
- Fear of being stigmatized or labeled if you become sick.

Coping Tips:

- **Stay connected** with loved ones through video calls, phone calls, texts or social media.
- **Remain informed with accurate, reliable information.** Avoid social media accounts and news outlets that promote fear or rumors.
- **Monitor your physical health needs** and those of your loved ones. Eat healthy foods, and drink plenty of water.
- Unless you are showing signs of illness or have tested positive for COVID-19, **going outside to exercise and walk pets is okay.** But don't forget to practice social distancing by keeping at least six feet away from others.
- **Hold an image in your mind of the best possible outcome.** Make a list of your personal strengths and use these to help both yourself and others stay emotionally strong.
- **If you are religious or spiritual, follow practices at home** that provide you with comfort and emotional strength.

Helping Others:

- Reach out to **older adults or people with chronic health conditions** and offer to help. For example, offer to pick up groceries, medications and other essential supplies. Check in with them regularly but practice social distancing by keeping at least six feet away when you deliver essential items.
- Talk to your **children** and explain why this is happening and how long it might last. Use language that is normal and consistent with how you usually communicate. Be creative and think of fun activities that will occupy their time. Keep a schedule, set appropriate limits and maintain usual rules when possible.
- Take care of your **pets**, which can be an essential part of your support system. Like people, pets react to changes in their environment and routine, so their behaviors may change, as well. Keep track of their well-being and take care of their needs as best you can.

- Show kindness to people who may not have a support system or are **isolated**. There may be limits to what you can do in reaching out, but a little kindness may be just what someone needs.

Helpful Resources:

- For the latest information, please visit the CDC website at cdc.gov/covid19.
- For information on staying safe, see redcross.org/coronavirus.
- Download the free Red Cross Emergency App and First Aid App by searching for American Red Cross in your phone's app store or by going to redcross.org/mobileapps.

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,
9am-1pm at 775-329-5162 ext. 7923.**

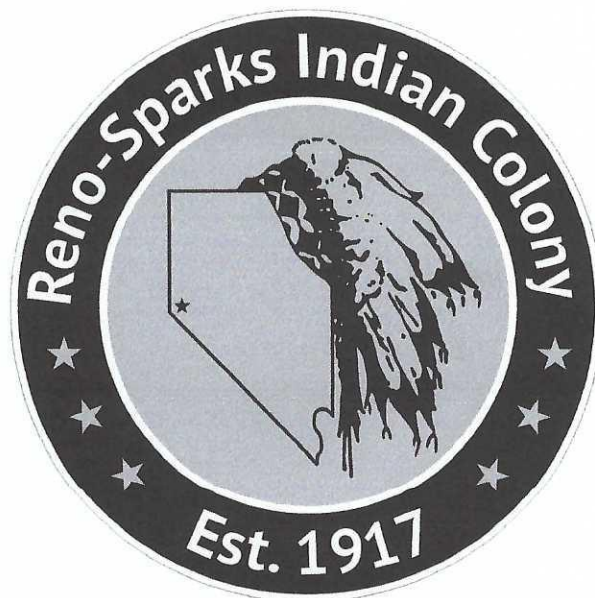
**#2 - After Hours: Call Washoe County
Health District 775-328-2427.**



***Please Report Your Status to RSTHC, So We Can Help Protect Our
Tribal Community.**

What To Do If **You're Sick!!**

See next pages for CDC
recommendations!



*To Do a Needs Assessment for Your Household, Please Contact Our
Public Information Officer, Bethany Sam at 775-842-2902.

10 ways to manage respiratory symptoms at home

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

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 6. Cover your cough and sneezes.**



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



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



- 3. Get rest and stay hydrated.**



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



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



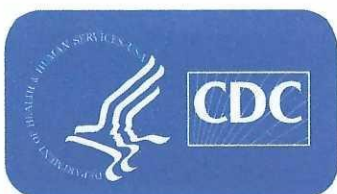
- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



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



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



For more information: www.cdc.gov/COVID19



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Coronavirus Disease 2019 (COVID-19)

What To Do if You Are Sick

Printer friendly version 



If you have a fever or cough, you might have COVID-19. Most people have mild illness and are able to **recover at home**. Keep track of your symptoms. If you have an **emergency warning sign** (including trouble breathing), get medical attention right away.

Steps to help prevent the spread of COVID-19 if you are sick

Follow the steps below: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.



Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other **emergency warning signs**, or if you think it is an **emergency**.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See [COVID-19 and Animals](#) if you have questions about pets.

Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.



Self-Checker



- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.




Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.


- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) .



Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.  Self-Checker
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can’t put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.

- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities may give instructions on checking your symptoms and reporting information.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



Call 911 if you have a medical emergency:

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

 Self-Checker

How to discontinue home isolation

- **People with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:



- *If you will not have a test* to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - at least 7 days have passed since your symptoms first appeared
- *If you will be tested* to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

Page last reviewed: March 25, 2020

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)



**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

Caring for Someone At Home with COVID-19!



*To Do a Needs Assessment for Your Household, Please Contact Our
Public Information Officer, Bethany Sam at 775-842-2902.



Recommended precautions for household members, intimate partners, and caregivers in a non-healthcare setting of a patient with symptomatic laboratory-confirmed COVID-19 or a patient under investigation

Household members, intimate partners, and caregivers in a non-healthcare setting may have close contact² with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath)

Close contacts should also follow these recommendations:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Throw out disposable facemasks and gloves after using them. Do not reuse.
- When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").

- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
- Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
- Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.

Coronavirus Disease 2019 (COVID-19)

Caring for someone at home

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

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

If you are caring for someone at home, [monitor for emergency signs](#), [prevent the spread of germs](#), [treat symptoms](#), and carefully consider [when to end home isolation](#).

***Note:** Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are [at higher risk](#) for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

If you develop **emergency warning signs** for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
 - If possible, have them use a separate bathroom.
 - Avoid sharing personal household items, like dishes, towels, and bedding

- If facemasks are available, have them wear a facemask when they are around people, including you.
- If the sick person can't wear a facemask, you should wear one while in the same room with them, if facemasks are available.
- If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a facemask.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly.
 - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Avoid having any unnecessary visitors.
- For any additional questions about their care, contact their healthcare provider or state or local health department.

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *most people*, symptoms last a few days and get better after a week.

When to end home isolation (staying home)

- People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions:
 - ***If they will not have a test*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
 - AND
 - at least 7 days have passed since their symptoms first appeared
 - ***If they will be tested*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They no longer have a fever (without the use of medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
 - AND
 - They received two negative tests in a row, 24 hours apart. Their doctor will follow [CDC guidelines](#).

Tips for Coping **with Stress and** **Anxiety!**



***To Do a Needs Assessment for Your Household, Please Contact Our
Public Information Officer, Bethany Sam at 775-842-2902.**



RENO-SPARKS INDIAN COLONY
★ **RENO-SPARKS TRIBAL HEALTH CENTER**

1715 Kuenzli Street, Reno, NV 89502
Phone: (775) 329-5162 • Fax: (775) 334-4359

TIPS FOR COPING WITH STRESS AND ANXIETY

Dr. Laura Nielsen, Clinical Psychologist, Reno-Sparks Tribal Health Center

These are difficult times which place all of us under stress. We must work with and for each other to cope with the unknowns and the unpredictable. Here are some important points for managing your own response to stress and for assisting others to cope:

- . **Pay attention to your own basic needs.** You cannot help others until you have taken care of yourself. Eat, hydrate, and sleep regularly to optimize your ability to provide care for yourself and others.
- . **Relax:** Take a deep breath (or 5), calm yourself, and then focus on your task.
- . **Smile!** Think positively. Consider best possible outcomes, instead of the worst.
- . **Pace yourself:** Plan your activities. When you complete something hard, do something fun!
- . **Use time off to enjoy yourself:** Eat a good meal, take a bath, take a walk, talk to family.
- . **Safely socialize:** Social distancing does not include all forms of communication, in fact phone or video calls during this time are highly encouraged! Talk to family and loved ones about your feelings. Share. Listen. Encourage. Be brave!
- . **Talk encouragingly to yourself:** What have I done right today? What can I do to help myself? To help others?
- . **Consider reality:** Focus on things you *can* do, not things you can't do.
- . **Avoid "Shoulding":** There is nothing you *should* do: You can or can't; will or won't; did or didn't. This is a pandemic, worldwide: You can't solve it or fix it. You *can* help prevent it.
- . **Don't Panic:** Panic won't help anyone. Be caring. Be accepting. Be kind. Be there for others.
- . **Use your spiritual self:** Take time to pray, to meditate, to serve others, to be thankful.
- . **Do your best!** No one can expect more from you than that.

Reach out if you need help! If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call **911** or Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

February 29, 2020

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Specific Guidelines

Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available.

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate.

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Discuss new rules or practices at school.

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.
- Your school nurse or principal will send information home about any new rules or practices.
- Be sure to discuss this with your child.
- Contact your school nurse with any specific questions.

Communicate with your school.

- Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.
- Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.
- *Make sure to follow all instructions from your school.*

Take Time to Talk

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Keep Explanations Age Appropriate

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and

community leaders to prevent germs from spreading.

- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Suggested Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.
- It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay healthy and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional Resources

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

For more information related to schools and physical and mental health, visit www.nasponline.org and www.nasn.org.

Helping Children Cope During and After a Disaster

A Resource for Parents and Caregivers

The amount of damage caused from a disaster can be overwhelming. The destruction of homes and separation from school, family, and friends can create a great amount of stress and anxiety for children. They may not fully understand what is going on. A child's reaction and signs of stress may vary depending on age and previous experiences and typical coping behavior with stress.

What You Can Do to Help Children Cope with a Disaster

Set a good example by managing your own stress through healthy lifestyle choices, such as eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol. When you are prepared, rested, and relaxed, you can respond better to unexpected events and can make decisions in the best interest of your loved ones.



The following tips can help reduce stress before, during, and after a disaster or traumatic event.

Before

- Assure your children that you are prepared to keep them safe.
- Review safety plans before a disaster or emergency happens. Having a plan will increase your children's confidence and help give them a sense of control.

During

- Stay calm and reassure your children.
- Talk to your children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.

After

- Give your children opportunities to talk about what they went through. Encourage them to share concerns and ask questions.
- Encourage your children to take action directly related to the disaster so they feel a sense of control. For example, children can help others after a disaster, such as volunteering to help community or family members in a safe environment. Children should NOT participate in disaster cleanup activities for health and safety reasons.
- Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after a traumatic event.
- Help your children to have a sense of structure, which can make them feel more at ease or provide a sense of familiarity. Once schools and child care opens again, help them return to their regular activities.



Common Reactions

The common reactions to distress will fade over time for most children. Children who were directly exposed to a disaster can become upset again and behavior related to the event may return if they see or hear reminders.

If children continue to be very upset or if their reactions hurt their relationships or schoolwork, parents may want to talk to a professional or have their children to talk to someone who specializes in children's emotional needs.

Learn more about common reactions to distress below:



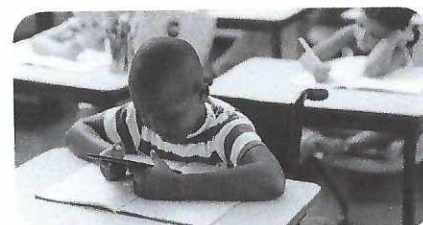
For Infants to 2-Year-Olds

Infants may become more cranky. They may cry more than usual or want to be held and cuddled more.



For 3 to 6-Year-Olds

They may have toileting accidents, bed-wetting, tantrums and a hard time sleeping, or be frightened about being separated from their parents/caregivers.



For 7 to 10-Year-Olds

Older children may feel sad, mad, or afraid that the event will happen again. Correct misinformation the child may get from others.



For Preteens and Teenagers

Some preteens and teenagers respond to trauma by acting out or feeling afraid to leave the home. Their overwhelming emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.



For Special Needs Children

Children with physical, emotional, or intellectual limitations may have stronger reactions to a threatened or actual disaster. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.

Want to learn more?

<https://www.cdc.gov/childrenindisasters/index.html>

PROTECT YOURSELF AND OTHERS FROM COVID-19

The best way to prevent getting sick is to decrease your risk of being exposed to the virus. The Centers for Disease Control and Prevention (CDC) recommends taking the following precautions:

PROTECT YOURSELF



Wash Your Hands Often With Soap and Water

Wash hands for at least 20 seconds. No soap? Use a hand sanitizer that contains at least 60% alcohol.



Avoid Close Contact

If the virus is spreading in your community, it's important to limit contact with those who may be sick.

AND PROTECT OTHERS



Stay Home If You Are Sick

Keeping yourself isolated when feeling sick can help decrease the spread of the disease.



Practice Good Hygiene

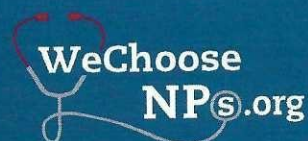
Wash your hands and disinfect any surfaces you use regularly.



Follow Regulations and Guidelines

It's important to stay up to date on CDC guidelines and follow regulations set by employers and the government.

Visit **[cdc.gov](https://www.cdc.gov)** if you have more questions about COVID-19.



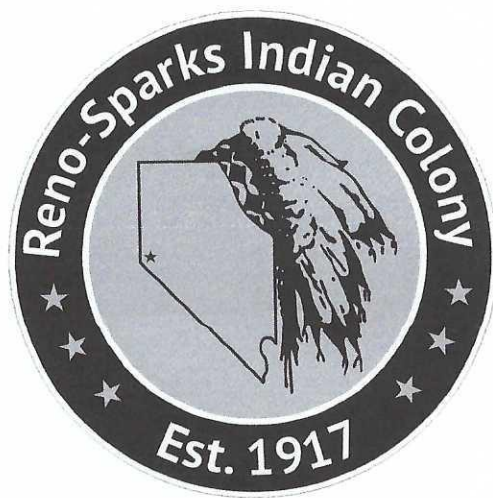
What To Do If You Think
You Have Symptoms

or

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

**#1 - Call RSTHC Nurse Call Line,
9am-1pm at 775-329-5162 ext. 7923.**

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



***Please Report Your Status to RSTHC, So We Can Help Protect Our
Tribal Community.**

Coronavirus

COVID-19

What is a Coronavirus?

Novel coronavirus COVID-19 is a virus strain that originated in Wuhan, Hubei Province, China that has spread among humans since Dec. 2019. Coronaviruses usually cause mild respiratory illnesses, such as the common cold. Some coronaviruses have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Who is at risk ?

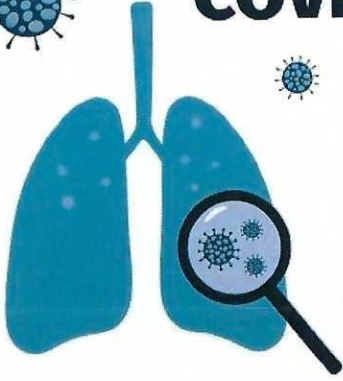

At this time, most people in Nevada are not considered at risk for COVID-19 infection and do not need to seek medical evaluation for the virus.

How is the coronavirus spread?

COVID-19 primarily spreads when an infected person coughs or sneezes releasing droplets which can travel up to 6 feet. Another person can become infected if these droplets enter their mouth, nose, or eyes directly or through their contaminated hands. An infected person who coughs or sneezes into their hands and touches surfaces such as phones, tables, door handles, or toys can contaminate them.

How to prevent getting COVID-19?

-  Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
-  Avoid touching your eyes, nose, and mouth with unwashed hands.
-  Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
-  Avoid close contact with people who are sick.
-  Clean and disinfect frequently touched objects and surfaces.
-  Stay home when you are sick.



COVID-19

Symptoms

- Fever
- Cough
- Shortness of breath
- Runny nose
- Chest pain
- Dizziness

Symptoms may appear in as few as 2 days or as long as 14 days after the exposure of the virus.

Cleaning & disinfecting tips:

- Clean hard surfaces (desks, tables, countertops, sinks) and clean and disinfect frequently touched surfaces (door handles, faucets, railings), bathrooms, and rooms. Use alcohol wipes to clean keyboards.
- Clean surfaces with fragrance-free soap. Thorough cleaning with soap and water will remove most microorganisms.

How do I get more information?

Nevada's Response to the 2019 Novel Coronavirus:
<http://dpbh.nv.gov/coronavirus/>

Centers for Disease Control and Prevention:
<https://www.cdc.gov/>



COVID-19

NOVEL CORONAVIRUS PREVENTION TIPS

Don't be scared, be prepared! Help prevent the spread of respiratory diseases like COVID-19.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand-sanitizer containing at least 60% alcohol. Thorough cleaning with soap and water will remove most microorganisms.



Avoid touching your mouth, nose, and eyes with unwashed hands.



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



Clean and disinfect frequently touched objects and surfaces including: desks, tables, counter-tops, sinks, door handles, faucets, railings, phones, bathrooms and rooms.

Cleaning removes germs from surfaces, while disinfecting kills germs on surfaces. Use alcohol-based products to disinfect surfaces.



Stay home when you are sick, except to get medical care. Call your doctor before going in to get checked so they are aware of your condition.

Avoid close contact with people who are sick. If a family member is sick, place them in a separate room and bathroom if possible.



Remember to stay calm and practice good hygiene. Reach out to your local health department or medical provider with any questions.

For more information please visit: <http://dpbh.nv.gov/coronavirus/>



Brought to you by:
Nevada Department of Health and Human Services
Division of Public and Behavioral Health
Public Health Preparedness



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,
9am-1pm at 775-329-5162 ext. 7923.**

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



***Please Report Your Status to RSTHC, So We Can Help Protect Our
Tribal Community.**

RSIC Program

Info & Resources

During COVID-19!



*To Do a Needs Assessment for Your Household, Please Contact Our
Public Information Officer, Bethany Sam at 775-842-2902.

RENO-SPARKS INDIAN COLONY 477 PROGRAM

**Due to the recent COVID-19 outbreak
services are available by appointment only
at this time. Please see revised hours below.**

Hungry Valley:

Tuesdays 8:00am-5:00pm at the Hungry Valley Education Center
Contact Felicia Johnson by emailing fjohnson@rsic.org or calling
775-399-2674 to schedule an appointment.

Reno:

Fridays 8:00am-5:00pm at the Reno Education Center
Contact Gaylene Williams by emailing gwilliams@rsic.org or
calling 775-399-2674 to schedule an appointment.

The 477 Program is here for those in need of services during this crisis. Staff can help with unemployment applications and provide other services during the mass layoffs. **We have to limit the number of people in the buildings to reduce contagion; hence, the 'appointment only' for services.**

APPLY NOW! Complete a 477 Application and provide proof of: **Identification, Tribal Enrollment, Residency on RSIC Lands, and Selective Service Registration (adult males born after 12/31/1959)**

THE GOAL OF THE 477 PROGRAM IS TO PROVIDE TRIBAL RESIDENT OF THE RSIC OPPORTUNITIES AND SUPPORT SO THEY MAY REACH SELF-SUFFICIENCY THROUGH EDUCATION, EMPLOYMENT AND TRAINING.

SERVICES PROVIDED:

- Childcare
- Education and Training
- Employment Services
- General Assistance
- Supportive Services
- Transitional Services
- Youth Services

ELIGIBILITY CRITERIA:

- Be an enrolled RSIC Tribal member and reside on RSIC lands
- Be an eligible direct descendant of an RSIC Tribal Member and reside on RSIC lands
- Be an enrolled member of a Federally Recognized Tribe and reside on RSIC lands

ATTENTION TRANSIT RIDERS:



Due to the COVID-19 Pandemic,
as of March 23rd, the RSIC
Transit has suspended
services/routes until further
notice. We apologize for any
inconvenience this may cause
you. If you have any questions,
please do not hesitate to call
Public Works at 775-785-1341.

Thank you!!!!



FOOD BANK
OF NORTHERN NEVADA

Local Food Pantries: Washoe County

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

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

★ Indicates TEFAP/Commodities available here.

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

PANTRY LOCATION	HOURS OF OPERATION	REQUIREMENTS
★ The Salvation Army 1931 Sutro Street, Reno (775) 688-4555	Monday-Friday 9-11am 10 people inside at a time, get a box	Must provide picture ID, proof of Washoe County residency, and income verification
University Family Fellowship 1125 Stanford Way, Sparks (Corner of I Street and Stanford)	1st & 3rd Saturday 9:30am Closed	Must provide photo ID and be willing to fill out an intake form, and proof of residency
*Reno Sparks Seventh Day Adventist Church 1555 Wedekind Rd., Reno (775) 378-9472	Every other Sunday 8-10:00am (Call for specific dates) Handing out at the door	Ability to fill out short intake form
*Rehoboth Holy Temple 700 C Smithridge Drive, Reno	Monday 4-6pm check in door one, food on door two	Do not arrive before 3:30. Ability to fill out short intake form and provide photo ID.
Calvary Chapel NW Reno/Sonrise 246 Courtney Lane, Reno	Monday 11am one at time	Ability to fill out short intake form and provide photo ID.
*Sparks Seventh Day Adventist Church 2990 Rock Blvd, Sparks	1st & 3rd Friday Noon-1pm Handing out the door pre packed boxes	Must fill out intake form
*Voice in the Wilderness 513 E.2nd Street, Reno	Thursday 10:30-11:30am	Must fill out intake form
St. Michael Catholic Church 10475 Mt. Vida St, Reno	Thursday 3:30-5pm	Must fill out intake form
Pyramid Lake Paiute Tribe – Nixon Nixon Gym	3rd Tuesday 1-3:30pm drive thru	Must fill out intake form
★ *St. Francis of Assisi Food Pantry 160 Hubbard Way, Suite F, Reno	Monday, Tuesday, & Thursday 1-3pm 3rd Wednesday 5-7pm 4 people inside at a time	Must fill out intake form
Adventist Community Services – Center of Influence 1095 E Taylor Way, Reno	Monday – Thursday 10-12pm	Must fill out intake form and provide photo ID and have proof of residency in 89502 zip and all military veterans.
Skyline Church 5301 Longley Ln, Ste. A19 Reno,	Sunday 12:00-1:00pm Pre-bags	Must fill out intake form
Center of Hope 4690 Longley Lane Ste 59 (Behind the building)	Monday 5:30-7pm	Must fill out intake form
Sparks United Methodist Church 1231 Pyramid Way, Sparks	Tuesday handing out at the door 1:00pm - 3:00pm	Must fill out intake form

Steve Sisolak
Governor

Richard Whitley, MS
Director



DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Aging and Disability Services Division
Helping people. It's who we are and what we do.



Dena Schmidt
Administrator

For Immediate Release

DATE: April 1, 2020
CONTACT: Nikki Haag, Public Information Officer
NikkiHaag@adsd.nv.gov

Aging and Disability Services Division Nevada COVID-19 Aging Network rapid response announced

Carson City, NV -- Nevada's Aging and Disability Services Division (ADSD) today announced it is launching a website to offer a single point of entry where elders and caregivers can request help in specific areas of need.

The Nevada COVID-19 Aging Network (Nevada CAN) website will support Nevadans as they "Stay Home For Nevada" as directed by Governor Steve Sisolak to slow the spread of COVID-19.

The site is available through Nevada 2-1-1 at <https://www.nevada211.org/seniors-covid19-resources/>

ADSD partnered with the University of Nevada, Reno School of Medicine (UNR Med) Sanford Center for Aging (SCA), UNR School of Community Health Sciences (CHS) Dementia Engagement, Nevada Senior Services and Nevada 2-1-1, to plan and implement this comprehensive and coordinated approach to meet the needs of the potentially hundreds-of-thousands of newly-isolated elders.

"Nevada's seniors are among the most vulnerable right now, and ensuring they have a way to get critical help is more important than ever," Governor Steve Sisolak said. "Whether it's food, medicine, health assessments or just social interaction, these residents, especially those that are homebound, are in extra need of assistance right now as we take steps to slow the spread of this virus and protect Nevadans of all ages."

"This resource will allow us to connect early with Nevada's seniors to ensure those that are homebound have access to the support they need. Kudos to our partners statewide for prioritizing this effort," said Richard Whitley, Director of the Department of Health and Human Services.

The statewide, coordinated approach at the heart of Nevada CAN is focused on ensuring the needs of all elders are met during self-isolation in three priority areas:

- **Essentials for Daily Living** - access to food and prescription medications
- **Telehealth Services** – geriatric assessments, psychiatry, primary care and other clinical services as available

- **Social Support Services** – Offering connection to education, wellness and social engagement through remote technologies including one to one, group peer support and volunteer opportunities.

In addition, the website will provide support to the aging provider network, offering timely information, policy and funding guidance, and supporting opportunities for collaboration and coordination across the state.

“We created this platform to support collaboration and coordination, not to duplicate any efforts already being made by the thousands of hard-working community partners and volunteer organizations” said Dena Schmidt, Administrator, Aging and Disability Services Division.

The Nevada CAN goal is to mobilize all available resources and ensure that every elder Nevadan has access to medical, social and daily essentials in their home, which will reduce COVID-19 exposure and impact. Requests for help will be sent to Aging and Disability Services staff who will route the requests to the appropriate community partner, state program, county program or action team.

As a public health gerontologist who has dedicated his career to supporting elder health and well-being, Peter Reed, PhD, MPH, Director, Sanford Center for Aging at UNR School of Medicine, stated, “I find the COVID-19 crisis absolutely stunning, as it is by far the biggest challenge ever faced by the state- and nation-wide network of aging services professionals. While people clearly recognize the public health, health care and financial crises underway, we need to also realize that there is an important aging services crisis unfolding in communities across our state with the potential for very serious consequences for Nevada’s older citizens.”



**NEVADA
HEALTH
RESPONSE**

FOR IMMEDIATE RELEASE

April 1, 2020

CONTACT: Meghin Delaney
Public Information Officer
mdelaney@nvhealthresponse.nv.gov

Governor Sisolak announces Stay at Home directive, extends closure date to the end of April

Carson City, NV — Today, Nevada Gov. Steve Sisolak formally issued a "Stay at Home" directive for Nevadans and extended the nonessential business, gaming and school closures and all other directives issued under the Emergency Declaration to April 30, 2020.

The governor has been asking Nevadans to "Stay Home for Nevada" since March 17 and has taken multiple steps since declaring a state of emergency on March 12 to protect Nevadans and encourage them to stay home and help flatten the curve. This directive reinforces the Governor's earlier advisory for Nevadans to stay home and will go into effect at midnight on April 1, 2020.

"Today's 'Stay at Home' directive strengthens the imperative that Nevadans must not leave their homes for nonessential activities in order to prevent the spread of COVID-19," **said Governor Sisolak**. "This directive builds on previous directives around school closures, social distancing, closure of non-essential businesses, and bans on public gatherings of 10 or more people by requiring you stay at home unless leaving is absolutely necessary."

Essential employees should continue their work activities, making sure to take proper precautions, like frequent handwashing, staying home if they are sick and abiding by aggressive social distancing protocols.

The directive also extends closure of non-essential businesses, gaming and schools through April 30, 2020. This change in time mirrors the latest guidance from the federal government.

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RENO-SPARKS INDIAN COLONY
★ PUBLIC RELATIONS

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936

SIGN-UP FORM for RAVE ALERT SYSTEM:

RAVE ALERT is a mass notification system designed to deliver fast and effective messaging for routine and emergency communications. If you'd like to receive RSIC Alerts and be informed of current info, please sign up.

Name: _____

Email: _____

Tribal Member: Yes _____ No _____

Address: _____

Phone Info.

Mobile: _____

Landline: _____

Please send completed form to Bethany Sam, Public Information Officer, by email bsam@rsic.org; or mail to: 34 Reservation Road, Reno, NV 89502; or call 775-329-2936 ext. 3268.

We also encourage you to:

- Follow RSIC on Facebook: @rsictribe
- Follow RSIC on Twitter: @RSIC_Tribe
- Visit RSIC website daily at www.rsic.org
- Share Technology with your Elders. Make sure they see RSIC's social media posts and can see updated info on www.rsic.org, using social distancing practices.



RENO-SPARKS INDIAN COLONY
★ HUMAN RESOURCES

34 Reservation Road, Reno, NV 89502
Phone: (775) 785-1303 • Fax: (775) 785-8778

Reno-Sparks Indian Colony
Volunteer Application Form
(During Covid-19 Only)

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Other Phone: _____

Email address: _____

Are you an employee of RSIC: ___ Yes ___ No Department & Position: _____

Please indicate the type of volunteer services you wish to provide to RSIC:

I understand that If I server as a volunteer on behalf of the Reno-Sparks Indian Colony, I agree to the terms and conditions of volunteer status:

- I am at least 18 years of age at this time;
- I will abide by all the personnel policies and procedures of the Reno-Sparks Indian Colony ;
- My volunteer services may be suspended or terminated at any time by my assigned supervisor;
- I will receive no compensation, benefits, or programs provided to employees of the RSIC and will not be considered an employee of the Reno-Sparks Indian Colony;
- I will be eligible for Workers Compensation Insurance coverage for any incident resulting in an injury or illness which occurs during my service house as volunteer and this coverage will terminate at the conclusion of my volunteer assignment;
- Volunteers are contingent upon successful completion of a pre-assigned drug screening and when applicable, PL101-630 Indian Child Protection and Family Violence Act background check.

Print Name: _____ Signature: _____ Date: _____

Please return this form to the Human Resources Dept. Director, Esther Sanchez, by email, esanchez@rsic.org; or call 775-783-1303 ext. 4 or 775-741-7947.

Thank you for your interest in serving as a volunteer in our organization



RENO-SPARKS INDIAN COLONY
★ CHAIRMAN'S OFFICE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936 • Fax: (775) 954-9175

Right now, the RSIC Tribal Council decided to:

- **Cancel/postpone all March-June community events.**
- **RSIC Transit has Suspended Services/Routes, as of Monday, March 23rd, 2020.**
- **The Tribal Health Center has also fully activated their action plan to take precautionary measures to protect patients, community, and RSIC Staff. Including:**
 - Created a Single Point Entry with Screening Process to enter Health Center
 - Taking Walk-in Patients Only
 - Implemented a Pharmacy Park & Pickup Service
 - Employees are wearing Personal Protective Equipment (PPE).
- ***The Senior Center:**
 - As of Monday March 23, 2020, the RSIC Senior Program will be operating Monday, Tuesday and Wednesday from 7:00 a.m. – 3:00 p.m.
 - Five (5) meals will be prepared and delivered to senior clients who have requested meals. We are hoping to provide at least three (3) hot meals and two (2) cold meals. This will depend on the availability of food items.
 - Senior staff will make Elder Check-ups by phone calls for assistance, referrals and reassurance to elders as needed.
 - Respite Supplies delivered as needed; undergarments, nutritional drinks, etc.
 - To maintain and ensure limited physical contact between staff and seniors, drivers will honk upon arrival at the senior home to let them know of our arrival. Lunches will be placed in a bag, and left on door or on the inside fence gate for them to collect once we leave. Some seniors have dogs loose in yard and staff is not able to enter the yard.



RENO-SPARKS INDIAN COLONY
★ CHAIRMAN'S OFFICE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936 • Fax: (775) 954-9175

- Continue with program operation; budgets, bills, ordering, cleaning, etc.
- Food and non-perishable item bags are going to be distributed to senior and disabled clients who meet the following –
 - Elders living alone and not under other programs
 - Elders with grandkids living with them
 - Elders with Spouse or other family living with them
 - Disabled adult clients
 - Elders who are not normally seen on a daily/weekly basis, are called to see if they are in need of a receiving a meal bag.
 - Youth recommended by UNITY or Recreation staff that are in need of food
- Senior Center is currently collaborating with UNITY, Recreation, Diabetes Program, Pharmacy and Human Services to meet the needs of the RSIC Senior clients, disabled adult clients and children/youth.
- Senior Staff are prepared to modify and make changes as necessary to ensure our Elders and Community are safe during this unprecedented time.
- **Our Smoke Shops will remain open with shortened hours, 7am-6pm.**
 - For precautionary measures for social distancing, our Smoke Shops are Drive Thru Only, with the exception of Smoke Shop#1. Smoke Shop #1 has a walk-in with limited access.
 - All Employees will wear recommended Personal Protective Equipment (PPE).
- **Finance:**
 - Office is CLOSED to the Public until further notice. Payments deferred for 30 days without penalty.
 - NOT Accepting new loan applications until further notice.



RENO-SPARKS INDIAN COLONY
★ CHAIRMAN'S OFFICE

34 Reservation Road, Reno, NV 89502
Phone: (775) 329-2936 • Fax: (775) 954-9175

- **Housing:**
 - Addressing Emergency Work Orders Only. For info, call 775-771-4901.
 - RSIC is providing Rent Relief for the month of April. No rent payment for April.
 - If you paid your April rent, you will be credited for the month of May. No refunds issued.
- **RSIC will waive ALL Water Payments for April.**
 - No Charge for March. However, you are still obligated to pay any past due balances.
 - If you paid your March bill, you will be credited for the month of May. No refunds issued.
- **RSIC will waive 2nd quarter (April-June) Disposal Service Charges.**
 - No Charge for 2nd Quarter. However, you are still obligated to pay any past due balances.
 - If you paid your 2nd quarterly bill, you will be credited for the 3rd quarter. No refunds issued.
- **Searching for Volunteers** to help with Elder Checkups, Food Distribution, Health Center, Security, etc... If you would like to Volunteer, please fill out Volunteer Form (see packet for form) and call Human Resources Director, Esther Sanchez, for an appt. at 775-785-1303 or 775-741-7947.
- **Directed all Non-Essential Depts./Employees to take Mandatory Administrative Leave until further notice.**
- **All Tribal Offices Closed to the Public Until Further Notice.**
- **All Tribal Council Meetings Closed To The Public Until Further Notice, due to COVID-19 Social Distancing Recommendations.**

30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.



For more information, please visit

CORONAVIRUS.GOV

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- *Wash your hands, especially after touching any frequently used item or surface.*
- *Avoid touching your face.*
- *Sneeze or cough into a tissue, or the inside of your elbow.*
- *Disinfect frequently used items and surfaces as much as possible.*

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.



RENO-SPARKS INDIAN COLONY

★ **RENO-SPARKS TRIBAL HEALTH CENTER**

1715 Kuenzli Street, Reno, NV 89502

Phone: (775) 329-5162 • Fax: (775) 334-4359

RSIC Tribal Community and Patients,

The Reno-Sparks Tribal Health Center remains open to take care of urgent medical, dental, optometry, and behavioral health needs. The health center hours of operations have been reduced to 9:00am through 1:00pm Monday, Tuesday, Thursday, and Friday. On Wednesdays, the health center will close at 12 noon.

Pharmacy is available as well during these times but is operating as a "drive, park and pick up." This means that someone will meet you at your vehicle to get your information and deliver your medications to you. In addition, pharmacy medication deliveries are still being done on a limited basis.

A nurse hotline call number has been set up in order to answer any questions or concerns you may have. This number is 775-329-5162 ext. 7923

Please call each division prior to coming to the clinic for any new updates or instructions.

The health center is doing its best to continue patient care during this difficult time. In order to prevent you and your family from contracting COVID-19, social distancing and self-isolation (if you are ill) is the BEST way.

We appreciate your understanding during this time of COVID-19. If you have any questions, please contact us at 775-329-5162.

Best Regards,

Tribal Health Director Andrea Harper-Johnson & RSTHC Staff.

RENO SPARKS TRIBAL HEALTH CENTER

Division Functions During COVID-19

Monday-Friday 9:00 am - 1:00 pm

Pharmacy Park & Pick-up 9:00 am - 1:00 pm

(Wed only- 9:00 am-12:00 pm)

>>EFFECTIVE MARCH 25, 2020<<

RSTHC Phone: (775)329-5162

MEDICAL:

Ext.1983-Tia, NURSE CALL LINE- EXT.7923 >> INFORMATION ABOUT COVID-19

- Current Scheduled Appointments >> WHAT TO DO IF YOU ARE SICK?
- All Walk-Ins Accepted

OPTICAL:

Ext. 1979- Optical Assistant

- Emergency walk-Ins ONLY
- Can perform glasses adjustments
- Ordering glasses/CLs

DENTAL:

Ext. 1935-Carla

- Emergency Walk-Ins ONLY (9:00am-12:00pm)

BEHAVIORAL HEALTH:

Ext. 2014- Vanessa

- Highly Sensitive Scheduled Appointments
- Crisis Walk-Ins ONLY

PHARMACY:

Ext. 2004- Main Line + Ext. 1699 REFILL LINE

- Pharmacy Park and Pick-Up is now in use, available Mon-Fri 9am to 1pm (Hours may change)
- Patients are requested to call in their refills 3 days in advance
- When Picking up medications please bring patients photo ID, or a letter from the patient authorizing medication pick-up
- Follow signs and staff directions in RSTHC parking lot
- When patients are prescribed medications by a provider inside the clinic: 1.) They are to get in their vehicles and drive up to the Pharmacy Park and Pick-Up in the front parking lot (please do not sit and wait in the pharmacy lobby)
- If a patient does not have a car, an exception can be made

The purpose of this change is to provide for social distancing/reduce chance of spreading infection

COMMUNITY HEALTH/CHR TRANSPORTERS:

Ext. 7714

- Home visits
- Medication delivery
- Transports only to high-risk patients

3 NATIONS WELLNESS:

CLOSED TO PTS.

ALL OTHER DIVISIONS

>BUSINESS AS USUAL<

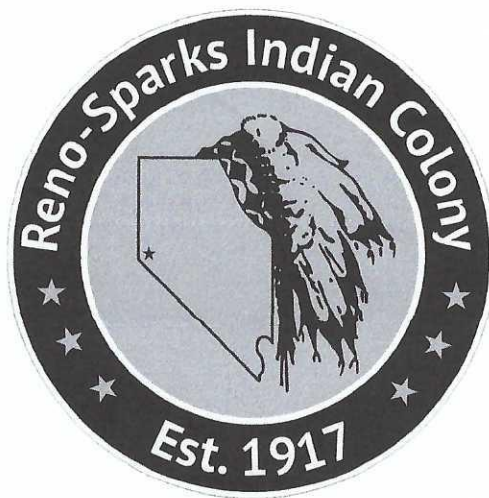
What To Do If You Think
You Have Symptoms

or

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

**#1 - Call RSTHC Nurse Call Line,
9am-1pm at 775-329-5162 ext. 7923.**

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

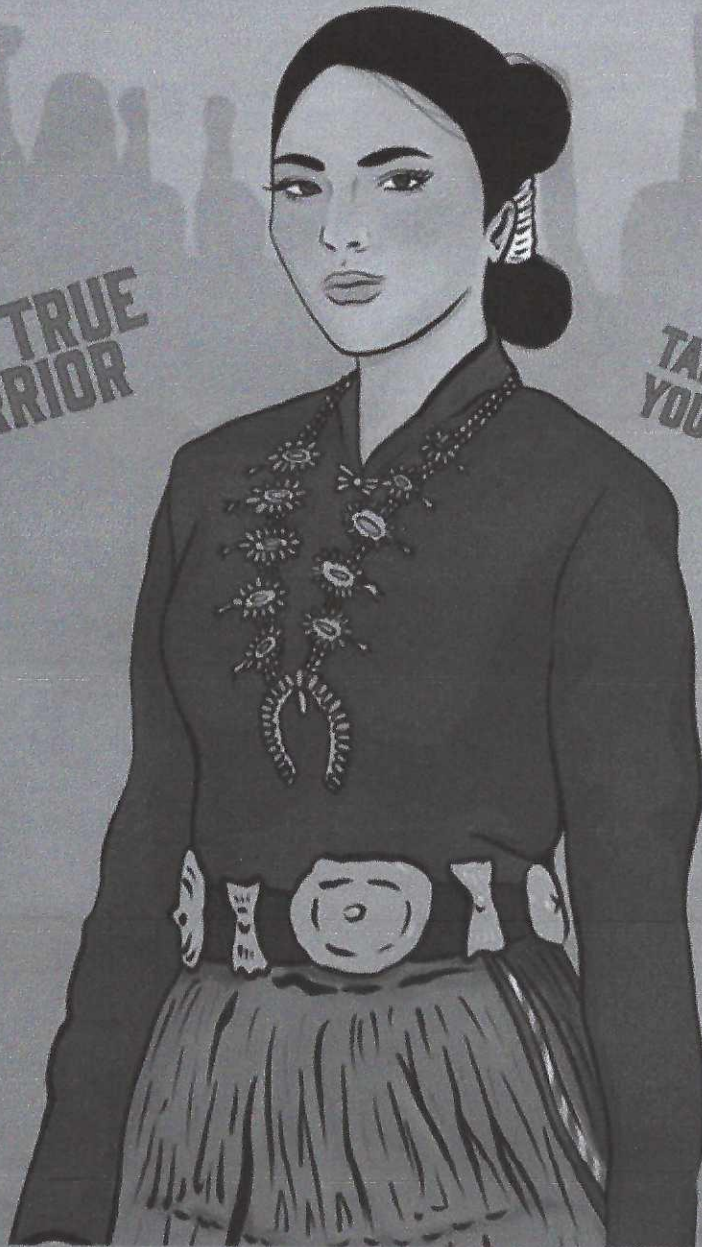


***Please Report Your Status to RSTHC, So We Can Help Protect Our
Tribal Community.**

RESILIENCE MEANS COMMON SENSE

BE A TRUE
WARRIOR

TAKE CARE OF
YOUR COMMUNITY



WASH YOUR HANDS
PHYSICAL DISTANCE
PROTECT THE ELDERS

Concept by Native Realities - www.nativerealities.com Artwork by Vanessa Bowen - bowencreative.co