

**Drive  
Through  
Until  
Further  
Notice**



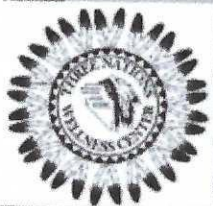
**FOOD BANK**  
OF NORTHERN NEVADA

**VISIT THE  
FOOD BANK OF NORTHERN  
NEVADA'S MOBILE HARVEST  
IN HUNGRY VALLEY  
NOW OCCURING MONTHLY!**

**WHEN: MONTHLY ON THE 4TH  
FRIDAY OF THE MONTH**

**Friday March 27th  
10-11am**

**WHERE: PARKING LOT  
ABOVE THE GYM**



**WHO: ANYONE IN NEED**

**limit one distribution per week**



**FBNN'S MOBILE HARVEST GIVES  
ACCESS TO NUTRITIOUS,  
HEALTHFUL FOOD BY VISITING  
NEIGHBORHOODS TO DISTRIBUTE  
PRODUCE AND OTHER FRESH FOOD  
ITEMS. ANYONE MAY USE THE  
PROGRAM. LIMIT ONE DISTRIBUTION  
PER WEEK**

**QUESTIONS?  
CONTACT STACY  
BRISCOE, RSTHC DM  
PROGRAM MANAGER  
OR  
JANE SMITH, RSTHC  
BENEFITS  
COORDINATOR AT  
RSTHC 329-5162**



# 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**

### **RSTHC PATIENT DIVISIONS:**

#### **MEDICAL: NURSE CALL LINE- EXT.7923**

**Ext.1983-Tia**

- Current Scheduled Appointments
- All Walk-Ins Accepted

#### **OPTICAL:**

**Ext. 1979- Kevin**

- 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\***

**Ask For the NURSE CALL LINE with Questions:**  
**>Information about COVID-19 infection**  
**>What to do if you are sick?**

### **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<**





**RENO-SPARKS INDIAN COLONY**  
**★ CHAIRMAN'S OFFICE**

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

## March 24, 2020 – COMMUNITY ANNOUNCEMENT on COVID-19

All RSIC Tribal Members & Residents,

As the Chairman of the Reno-Sparks Indian Colony and on behalf of Tribal Council, I would like to assure you 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). First, I must express how important it is that we approach this with a sense of calm and responsibility.

With this worldwide pandemic of COVID-19, all government leaders have a great responsibility to make decisions in the best interest of our communities. We are working diligently to keep in sync with the Center for Disease Control (CDC), World Health Organization, Nevada Department of Health and Human Services, Washoe County Health District, and Indian Health Services to make decisions regarding COVID-19.

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.

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

- 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
- Stay Home As Much As Possible.
- Use Technology; such as, Cellphones, Computers and Tablets; to Stay Updated in Real-Time.
- Go to RSIC's Website Daily at [www.rsic.org](http://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.



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**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 23<sup>rd</sup>, 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.





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- 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.



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- **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 2<sup>nd</sup> quarter (April-June) Disposal Service Charges.**
  - No Charge for 2<sup>nd</sup> Quarter. However, you are still obligated to pay any past due balances.
    - If you paid your 2<sup>nd</sup> quarterly bill, you will be credited for the 3<sup>rd</sup> 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.**





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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. Additionally, follow Reno-Sparks Indian Colony on Facebook or go to our website at [www.rsic.org](http://www.rsic.org) and click on the COVID-19 Information box. The Family Handbook will also be available on [www.rsic.org](http://www.rsic.org).

Another way to find current COVID-19 information is to go online to the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov) or Washoe County Health District website at [www.washoecounty.us/health](http://www.washoecounty.us/health).

**We kindly ask, if you have any of the COVID-19 symptoms to call the Washoe County Health District for a Coronavirus Assessment at 775-328-2427. We also ask you to be a good neighbor and report your status to the Tribal Health Center; 775-329-5162; to help from spreading to other community members; especially our elders.**

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). Again, it is imperative that we approach this with a sense of calm. I strongly express, you have a self-responsibility to stock up on essential items for your home. 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



**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](mailto: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](http://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](http://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](mailto: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

# **ATTENTION TRANSIT RIDERS:**



Due to the COVID-19 Pandemic,  
as of March 23<sup>rd</sup>, 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!!!!



# 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](mailto: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](mailto: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



## 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.





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)

# 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](https://cdc.gov/covid19).
- For information on staying safe, see [redcross.org/coronavirus](https://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](https://redcross.org/mobileapps).



# 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.



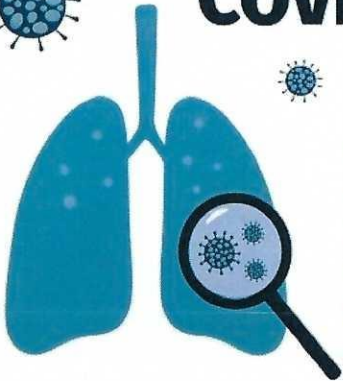
Clean and disinfect frequently touched objects and surfaces.



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, countertops, 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





# FOR A CORONAVIRUS ASSESSMENT

Call the Washoe County  
Health District Call Center at  
**775-328-2427**

