



COVID-19 UPDATE

FROM THE SENECA NATION
COVID-19 TASK FORCE

JANUARY 2021

MESSAGE TO COMMUNITY

With an increase of COVID-19 cases on territory and within our local communities, this newsletter serves as an update of information related to the Coronavirus (COVID-19). The health of our people and communities are the priority and we work to increase awareness and preparedness through the pandemic. The Task Force continues to monitor the spread of the virus while coordinating with SNI departments on a response that will be implemented for all Seneca Nation properties.

COVID-19 is a respiratory disease caused by a new strain of coronavirus that was first detected in Wuhan, China and has spread to *222 Countries and Territories around the world with a reported total of over 85 million confirmed cases as of 1/7/2021. Anyone can experience mild to severe symptoms while infected, yet some may not display symptoms at all.



Many difficult changes have been made to routines and daily lives to stop the spread, and the precautions are even more important now. With an increase in local cases, and as we spend more time indoors due to cold weather, we cannot stress enough the importance of being proactive and taking all preventative measures.

Please be safe and have a happy New Year!

*Source: World Health Organization

IMPORTANT CONTACT INFORMATION

Health Centers:

Allegany- (716) 945-5894
Cattaraugus- (716) 532-5582

Emergency Management:

(716) 532-8178
Delivery of supplies if quarantined

If you are experiencing emergency warning signs and need immediate medical care, dial 9-1-1.

Emergency Warning Signs: Shortness of Breath, Difficulty Breathing

County Health Departments:

Erie- (716) 858-7690
Cattaraugus- (716) 373-8050
Chautauqua- (866) 604-6789

IMPORTANT KEY TERMS

Close Contact: Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period, starting from 2 days before illness onset (or for asymptomatic patients, 2 days prior to test collection) until the time the patient is isolated.

Quarantine: The separation of a person/group of people reasonably believed to have been exposed to a disease but not yet symptomatic to prevent the possible spread of the disease. *WHY: To keep someone who might have been exposed to the virus away from others.*

Isolation: The separation of a person or group of people known to be infected with a disease (COVID-19) and potentially infectious from those who are not infected to prevent spread of disease. *WHY: To keep someone who is infected away from others, even in their home.*

Exposure: Having contact with a case of, or possessing a characteristic that is a determinant of, a particular health problem. *Exposure example: coming into contact with someone who has tested positive for COVID-19.*

Case Investigation & Contact Tracing: Activities that involve working with an individual who has been diagnosed with COVID-19 to identify and provide support to people (contacts) who may have been infected through exposure to the COVID-positive individual. This prevents further transmission of disease by separating people who have (or may have) an infectious disease from people who do not.

Incubation Period: Period of time between exposure to an infection (COVID-19) and onset of symptoms.

Confirmed COVID-19 Case: Report of a person with COVID-19 and meeting confirmatory laboratory evidence.

Probable COVID-19 Case: Report of a person meeting clinical AND epidemiologic evidence of COVID-19 but without confirmatory laboratory evidence.

PPE: personal protective equipment
IHS: Indian Health Service

CDC: Centers for Disease Control
DOH: Department of Health

SYMPTOM CHECK

AS CASES OF COVID-19 INCREASE IN OUR AREA, REMEMBER THAT YOU OR SOMEONE YOU ENCOUNTER MAY HAVE THE VIRUS AND NOT KNOW IT.

TESTING NEGATIVE DOES NOT CHANGE THE UNIVERSAL RECOMMENDATIONS & PRECAUTIONS. EVEN AFTER BEING VACCINATED, YOU SHOULD CONTINUE TO AVOID OR REDUCE YOUR EXPOSURE TO INDIVIDUALS OUTSIDE OF YOUR HOUSEHOLD.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus.

If you have any of these symptoms or risks of exposure in the past 14-day period, or have any concerns about your health please do not enter Seneca Nation facilities. Instead, call the department you are needing services from to be provided further instruction.



COVID-19 Symptoms: This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

COVID-19 Warning Signs:

If you or someone in your care are showing any of these emergency warning signs, seek medical care immediately:

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

COLD, FLU OR COVID-19?

COLD

Onset: Symptoms tend to develop slowly.

Duration: About 7-10 days.

Symptoms: Runny or stuffy nose, sneezing, sore throat, coughing, slight body aches, headaches.

Care Tips: Stay hydrated and get plenty of rest. Taking over-the-counter medicine can help manage your symptoms.

FLU

Onset: Symptoms develop abruptly.

Duration: Less than 2 weeks.

Symptoms: Coughing, sore throat, headaches, muscle or body aches, fatigue, fever or chills, vomiting and diarrhea (more common in children).

Care Tips: Stay at home, rest, drink a lot of fluids, and avoid interacting with other people. Your doctor may prescribe an antiviral medication to help reduce your symptoms.

COVID

Onset: Symptoms may appear 2-14 days after exposure to the virus.

Duration: 1-2 weeks (for most people).

Symptoms: Cough, fever, shortness of breath or difficulty breathing, chills, repeated shaking with chills... (see page 4 for the CDC's symptom list)

Care Tips: Contact your doctor right away if you think you have or were exposed to the coronavirus. For those with symptoms, stay home in a room or area away from other people. Rest and drink lots of fluids. OTC medicines may help you feel better, too.

For help assessing your symptoms or if you have questions, please contact your health care provider. This information is not meant to diagnose any illness.

“What do I do/who do I contact?”

“My spouse, who I live with, was exposed to someone who tested positive for COVID-19. They have been advised to quarantine and be tested.”

“My family member tested positive for COVID-19, I dropped off groceries to them the other day and stayed for coffee. We didn’t social distance.”

“My family member tested positive and we spent the weekend together at a cookout. None of us had masks on but I was only around them for an hour or two.”

“My child’s school notified me that my child was exposed to someone who tested positive for COVID-19 and we rec’d quarantine letters from the DOH.”

“My family member tested positive for COVID-19, and I am High Risk. We had dinner together last night/got together for a small gathering.”

“I’m unsure if I was exposed, however I am experiencing signs and symptoms of COVID-19”

Above are examples of potential situations where you may have been exposed to the virus. Immediately contact your Medical Provider. You may also contact your county health department for further guidance if you are a direct exposure contact.

“My family member tested positive for COVID-19, they don’t live with me. I didn’t see them but I had dinner with another family member that had direct contact with them.”

“My family member who I don’t live with was exposed to someone who tested positive for COVID-19. We had lunch together.”

“My family member tested positive for COVID-19. I dropped off groceries but I didn’t stay and we wore masks.”

“My family member was exposed to someone who tested positive for COVID-19. They don’t live with me but I seen them for maybe a few minutes the other day. We wore masks & maintained distance.”

“My friend was exposed to someone who tested positive for COVID-19, I seen them a couple weeks ago .”

“My friend was exposed to someone who tested positive for COVID-19, I didn’t come in contact.”

Monitor your symptoms. It is likely you were not exposed to the virus. If you develop symptoms or are unsure- contact your medical provider.

Tele-Medicine Notice:

For the health, safety and well-being of our patients, employees and communities, tele-medicine, or virtual appointments are available on a case-by-case basis.

Please call your primary care provider to be assessed whether a telemedicine appointment is appropriate for your care.

Nya:weh!



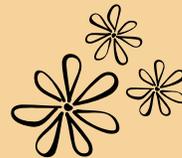
If you have an appointment to speak to an outside provider by phone or video-chat, you still need a referral. Tele-medicine is a billable visit. As with any outside provider, you will get a bill if you don't have a referral in place.

If you have any questions, please contact the CIRHC Referral Department at 532-5582 or the LRJHC Referral Department at 945-5894.



REMINDER

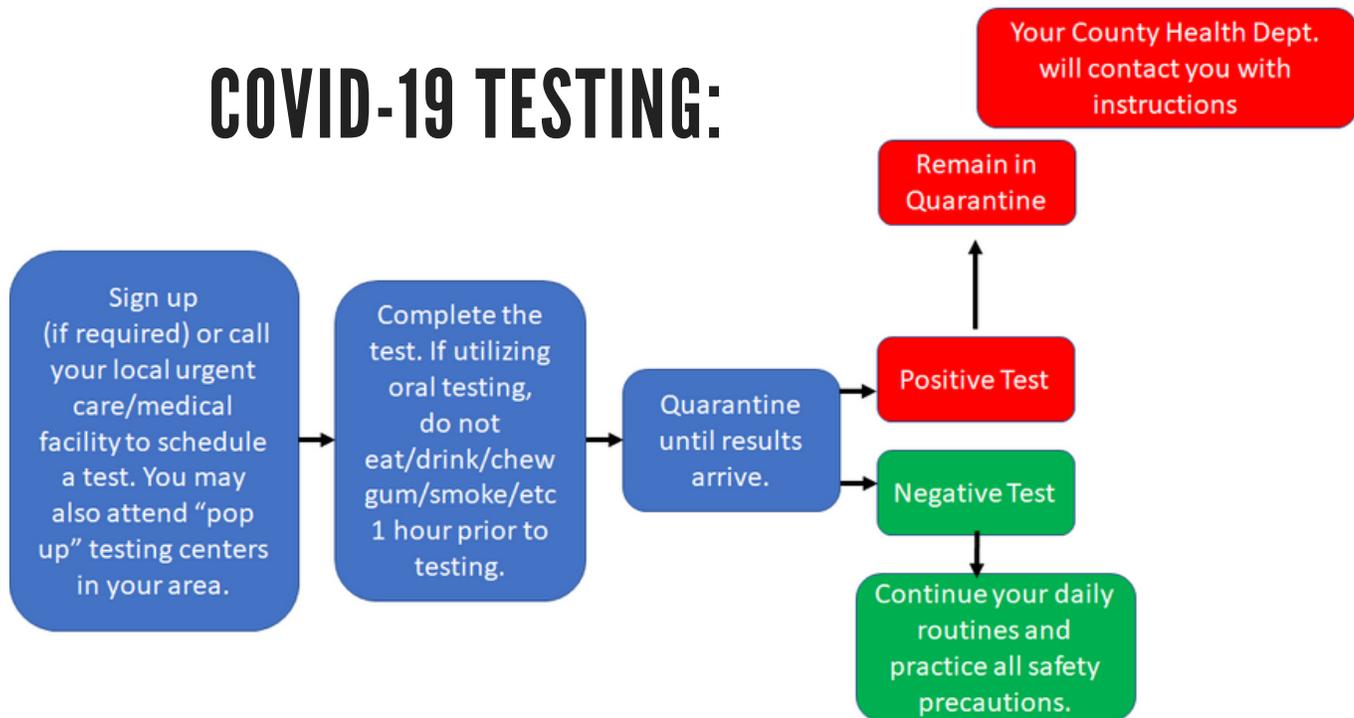
The Cattaraugus County WIC (Women, Infant & Children) Program Services is operational and can take applications, load benefits, etc. Please call the main number at 716-373-8057 to leave a voice message and they will return your call.



Nya:weh

TO OUR FRIENDS AT SENECA EMS, SENECA FIRE & TEMP COVID SCREENERs FROM SNI FOR KEEPING OUR PATIENTS AND EMPLOYEES SAFE BY PERFORMING TEMPERATURE AND SYMPTOM SCREENINGS AT OUR BUILDINGS!

COVID-19 TESTING:



Any person being tested for COVID-19 must SELF-QUARANTINE until they receive test results. Please see quarantine section that follows for more information.

“WHY AM I ADVISED TO BE TESTED?”

1. You have been experiencing signs and symptoms.
2. You were around someone who tested positive at least 48 hours before their symptoms started for longer than 15 minutes. Testing may be conducted 4-7 days after your day of exposure.
3. The County Health Department has contacted you for quarantine and testing.

“WHY DO I NOT FIT THE CRITERIA TO BE TESTED?”

1. You are not experiencing any signs or symptoms.
2. You were around someone who tested positive, not within 48 hours before their symptoms started.
3. The county has mandated quarantine but did not require a test.

“HOW DO I PREPARE FOR POSSIBLE QUARANTINE?”



1. Have an Isolation Plan put in place for your home.
 - a. Separate bedrooms/bathrooms (if feasible)
 - b. Cleaning supplies in each room to include: gloves, masks, disinfectant.
2. Have enough food/home items “in stock” for two weeks.
 - a. Including enough water and over the counter medicine.
3. Have a contact plan in the event you need items as you are unable to go to the store or simply need to talk or vent.
 - a. Who will you call? Talk with others who may be able to help you gather items at the store.
 - b. If you’re feeling overwhelmed, who is your “person?”

Members in need of supplies are encouraged to contact Seneca Nation Emergency Management at (716) 532-8178 for possible cleaning supplies, food delivery, etc.

PREPARATION CHECK LIST

FOOD

- Fresh Veggies w/ a longer shelf life like beets, carrots, potatoes, cabbage, squash, onions.
- Fresh Fruit w/ a longer shelf life like apples, melon, oranges
- Frozen and canned Fruits and Veggies, dried fruit, applesauce, tomato sauce, 100% vegetable and fruit juice, bottle water
- Grains like rice, couscous, bread, tortillas, pasta, dry cereal, crackers
- Frozen meats, soup, stews; canned foods.
- Infant formula (if applicable)
- Pet food supplies (if applicable)

MEDICATION

- Pain and fever medicine (Ibuprofen and acetaminophen)
- If possible, fill your prescriptions for an extra month.
- Vitamin and mineral supplements (if applicable).

MISCELLANEOUS

- Plan to pay bills.
- Contact person (family/friend)
- Puzzles/Board Games
- WATER / FLUIDS

Sanitary/Cleaning Supplies

- Hand soap, alcohol-based hand sanitizer, disinfectant wipes, bleach.
- Toilet paper, diapers, female hygiene products, tissues, wipes, toothpaste, shower items.
- Laundry detergent, dish soap, garbage bags, nitrate/latex gloves.
- Surgical masks for those who are sick or taking care of the ill.
- Floor cleaner, mop and bucket, toilet cleaner.

“I RECEIVED A POSITIVE TEST!”

Self-Quarantine:

Stay home to avoid infecting others, even if you have mild symptoms/asymptomatic. You should remain home and monitor symptoms for 10 days after your first positive test.

If you develop symptoms, wait 10 days after the day your symptoms appeared to be with others.

*The county isolation orders includes information on when you may be released from isolation.

Separate yourself from others:

Stay in a separate room in your home, away from others and pets.

Keep the door to your room closed to avoid spreading. Nobody should enter your room (unless you are the caregiver to a child). Use a separate bathroom, if possible. Only leave your home if you need medical care.

Clean your hands often:

Wash your hands with soap and warm water for at least 20 seconds after:

- Using the restroom
- Blowing your nose
- Coughing or sneezing
- Before eating or preparing food



“I RECEIVED A POSITIVE TEST!” ... CONTINUED

Don't share things with others:

To prevent spreading COVID-19 via contaminated objects don't share anything with others.

- Bedding, towels
- Toothbrushes
- Cups, glasses, plates, utensils
- Exercise equipment, remotes, phones and any other household objects.

Always wear gloves when handling these items.

Monitor your Symptoms:

Keep track of your symptoms, get plenty of rest and stay hydrated!

You can use ibuprofen or acetaminophen to treat a fever if you have one.

Dial 9-1-1 if you are experiencing severe symptoms that need medical care!

Call ahead for Medical Care

If symptoms worsen or if you have shortness of breath/trouble breathing, get medical care.

Do not go to the ER or health center without calling ahead. When in doubt, dial 9-1-1.

“WHAT DOES IT MEAN IF I AM IN QUARANTINE?”

1. You are required to stay in your home and isolate.
2. Isolate means no contact with any other person in your home.
3. You are unable to go to any gatherings/events, even if you are not experiencing symptoms.
4. Quarantine time frames are administered by your counties Department of Health and range between 10-14 days.
5. If you need groceries/necessities, you are unable to go to the store and gather these items.
 1. Please have a plan for items to be delivered to your home if you are in quarantine. A “drop and go” method is preferred, not allowing anyone to enter the home.
 2. You should not have contact with anyone outside your home.

Members in need of supplies are encouraged to contact Seneca Nation Emergency Management at (716) 532-8178 for possible cleaning supplies, food delivery, etc.

Exposure Risk:

- You or someone within your household is currently in mandatory quarantine or mandatory isolation
- You were contacted by the county and identified as a close contact during a positive COVID-19 contact tracing interview
- You or someone in your household traveled to or have had visitors from areas with high rates of COVID-19
- Knowingly have been in close contact with an individual who has tested positive for COVID-19 in the past 14 days
- Knowingly have been in close contact with someone who has had symptoms of COVID-19 in the past 14 days

“WHAT ARE THE CLEANING PROCEDURES AFTER SOMEONE IN MY HOME IS QUARANTINED?”

•The individual isolating should clean and disinfect high-touch surfaces in their “sick room” and bathroom; wearing disposable gloves. Someone other than the individual isolating should clean and disinfect surfaces in all other areas, paying close attention to high-touch surfaces.

•High-touch surfaces include: phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, toys, furniture, etc.

•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 disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.

•Clean and disinfect areas that may have blood, stool or body fluids on them with gloves.

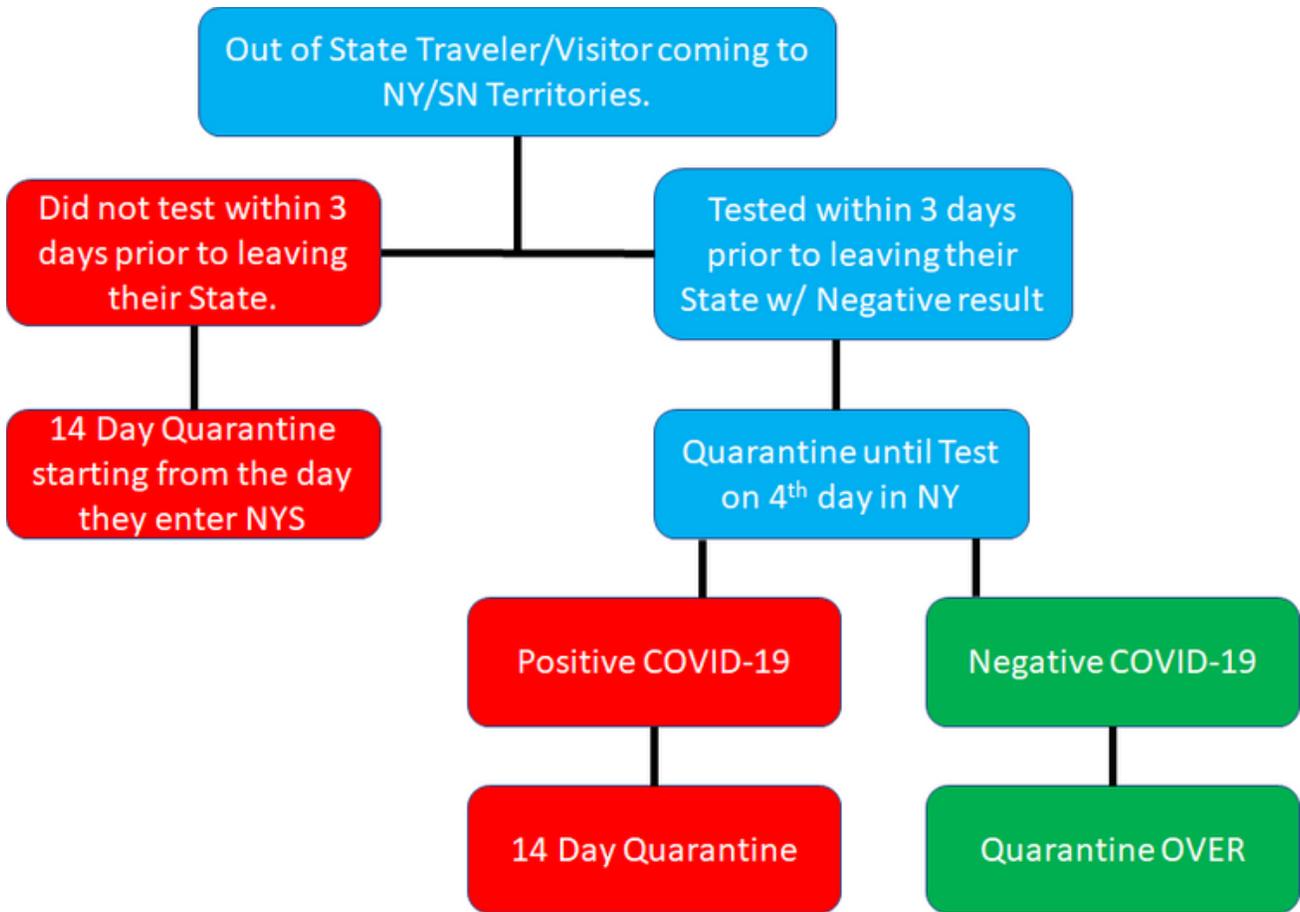
•Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

•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.

“WHAT ABOUT THE TRAVEL RULES?”

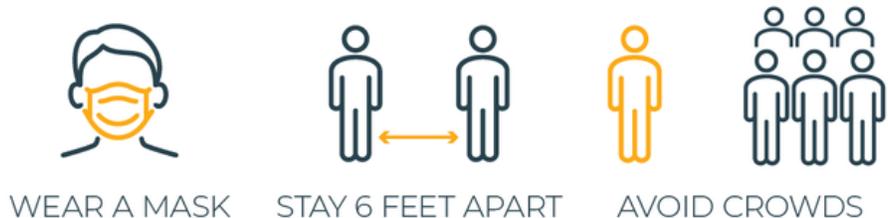
What if I travel or a household family member travels?



You must remain in quarantine from the time you're tested until you receive your results!

CASES ARE RISING.
ACT NOW!

www.cdc.gov



SENECA NATION BLUESTONE COVID-19 TESTING

YOU MUST PRE-REGISTER

[HTTPS:WWW.BLUESTONESAFE.COM/WELCOME](https://www.bluestonesafe.com/welcome)

Use client code SenecaGov and user ID 3030

You will need an email address to sign up. Limited staff will be available to help elders register for email on-site so PLEASE PRE-REGISTER!!

This is a saliva test. Anyone taking the test MUST NOT eat, drink, smoke, chew gum, etc. 60 minutes before taking the test.



YOU MUST SELF-ISOLATE UNTIL YOU GET A NEGATIVE RESULT!

*ALL POSITIVE RESULTS WILL RECEIVE A PHONE CALL

*NEGATIVE RESULTS WILL GET AN EMAIL OR TEXT MESSAGE

BLUESTONE IS WORKING DIRECTLY WITH THE SNHS TO TRACK RESULTS

Results are posted within the Bluestone phone app as soon as they are available (typically within 24-48 hours of sample collection, except for Saturday testing events). If you are unable to retrieve your results, or if you would like to request documentation of your results you may contact Bluestone directly at: info@bluestonesafe.com or 760-297-6863

Alternatively, you may contact SNHS Medical Unit at the Cattaraugus Indian Reservation Health Center by calling 532-5582 or at the Lionel R. John Health Center by calling 945-5894 for your results 48 hours after your test or to request documentation.



TO ENSURE PRIVACY AND CONFIDENTIALITY OF TESTING RESULTS, THERE IS A LIMITED NUMBER OF STAFF AT THE SENECA NATION HEALTH SYSTEM WHO HAVE ACCESS TO THE BLUESTONE DASHBOARD RESULTS SO PLEASE BE PATIENT WHEN MAKING REQUESTS.

Pharmacy Curbside Pickup Procedure at SNHS

This service is available as a courtesy to any patient who is sick, elderly or high-risk.

- Curbside pickup is available from 8:30 am - 5:00 pm
- When you arrive to pick up a prescription, pull up to the end of the covered walkway at the front of the health center.
- Call the pharmacy at 532-8330 (CIR) or 945-8240 (LRJ), option 3 to let pharmacy know that you have arrived. Please do not call pharmacy until you are actually here. Be prepared to give patient name, date of birth and color and make of vehicle.
- Please have photo ID ready to show for controlled substances.
- A staff member will deliver medications to your vehicle.
- Prescriptions can be picked up in person at the pharmacy from 7:30 am to 6:00 pm. A facemask or covering is required while in the building.

FLU CLINIC INFORMATION

Every Wednesday

If you need to schedule on a different day, we can accommodate.

LRIHC patients call 716-945-5894 and ask for Cindy at ext. 3280, Teri at ext. 3317 or Theresa at ext. 3327 to schedule an appointment.

CIRHC patients call 716-532-5582 and ask for Marlene at ext. 5219 or Sharon at ext. 5221 to schedule an appointment.

Nya:weh

FREQUENTLY ASKED QUESTIONS

Question: I'm experiencing symptoms, they might be allergies?

Answer: When in doubt, contact your medical provider. They know your medical history best. They will advise you on proper procedures/protocols.

Question: My friend/family member tested positive and I want a test TODAY.

Answer: Testing may be in short supply/availability. You may not be "ready" for a test yet. Your medical provider may advise testing between day 4 and day 7, after the last known exposure. Although you may be scared, trust them when they give you a test date or advise that no testing is required.

Question: I'm contemplating getting a test because I'm curious.

Answer: Get the test. Many surrounding areas will conduct testing for the curious mind. SN Health Centers will conduct testing as needed for patients in NEED of testing due to exposure or symptom onset.

Question: My child received notice that they were exposed to someone in their school district. We received contact from our county health department. Can I continue my daily routine??

Answer: No. Once your household receives a letter of direct exposure, you are required to quarantine until your quarantine time has expired. Although you may not experience symptoms, you could be asymptomatic.

Question: How come I/others are not re-tested before we are allowed out of Quarantine?

Answer: People can still test positive, without being contagious, for up to 28 days after infection.

Question: I am an elder and need assistance. Who do I call?

Answer: It depends. If you are experiencing a medical emergency dial 9-1-1. For medical information contact your primary care physician. For food/item assistance contact your AOA department.

FREQUENTLY ASKED QUESTIONS

Question: How accurate is rapid testing??

Answer: Abbott ID Now performed better in certain subsets of patients, like those within seven days of the onset of symptoms, ID Now had a sensitivity of 95.0% and specificity of 97.9%. BinaxNOW sensitivity of 97.1% and specificity of 98.5%. (Sensitivity: the ability of a test to correctly identify patients with COVID-19 or true positive rate. Specificity: the ability of a test to correctly identify people without the disease or true negative rate.)

Question: Does the SN have policies and procedures/guidelines put in place? I seem to be getting different answers.

Answer: Yes. The SN has distributed a document to all employees regarding policies and procedures and COVID. Executive Offices and the Seneca Nation Health System have written procedures on how to handle each case. Each case may be unique in its own way, and each case is considered by following an established formula with recommendations from the CDC and IHS.

Question: What are recommended vitamins I could take to help combat COVID-19??

Answer: Elderberry, Vitamin D, Vitamin C, Zinc. Always consult with a healthcare provider before taking new medications.

Food Sources:

Vitamin D- salmon, tuna, sardines, fortified cereals/juices, milk, cheese, egg yolks.

Vitamin C- broccoli, brussels sprouts, spinach, cantaloupe, oranges, grapefruit, strawberries.

Zinc- meats, shellfish, legumes, dairy, seed/nuts, eggs, whole grains.

Question: Someone I live with was exposed to someone with COVID-19. What do I do?

Answer: Contact your medical provider. Explain to them your scenario. They will advise you on proper protocols.

Question: I'm in quarantine and don't have anyone to call. Who can I contact for help?

Answer: Contact Emergency Management, Tribal Advocate or AOA for eligibility and guidance for getting necessary items you may need. You can also reach out to your respective county health department.

FREQUENTLY ASKED QUESTIONS

Question: I'm in quarantine but my power is out. Who do I call?

Answer: Remain calm. Refer to your contact list and you may contact Emergency Management or AOA. You may also contact your local community centers. Community Centers are considered “Emergency Shelters” and have guidelines in place to safely help during these scenarios of mass power outages.

Question: I'm in quarantine and I need to pay my bills. Who do I call?

Answer: Contact your creditors, they may be able to extend your payment due date. If that is not an option, ask someone on your contact list (friend/family member) if they can do a ‘NO CONTACT’ pick up and drop off for you. Your friend/family member should wear gloves, and place your item in a new plastic bag.

Question: I just want to know stats/data. Where can I find this information?

Answer: The SNI website, Seneca Nation Coronavirus Response Hub, Seneca Media & Communications Center Facebook page and @TheSenecaNation Twitter account are updated regularly. The data dashboard available at <https://covid19.snigis.org/> is updated 2-3 times each week with the most current and valid COVID-19 data available. The dashboard does not include any data from local urgent cares or county data on members or territory residents.

Where can I find more information on the COVID-19 vaccine and who is currently eligible to receive the vaccine?

Answer: Follow your county for information regarding their timelines and eligibility. The Health System has information on their website <https://www.senecahealth.org/covid-19-vaccine-information> regarding current vaccine eligibility.

Important Note: The COVID-19 vaccine is not fully effective after the initial dose. Continue practicing universal precautions, **whether vaccinated or not**, including: social distancing, hand washing, wearing a face covering, etc.

What You Need to Know About the COVID-19 mRNA Vaccine

The vaccine cannot give someone COVID-19.

- mRNA vaccines do not use the live virus that causes COVID-19.

The vaccine does not affect or interact with DNA.

- mRNA never enters the nucleus of the cell, which is where our DNA is kept.
- The cell breaks down and gets rid of the mRNA soon after it finishes using the instructions.

How does the vaccine work?

- mRNA vaccines are a new type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein or even just a piece of a protein that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.
- Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

Source: www.cdc.gov

Frequently Asked Questions

Will the vaccine give me COVID-19?

- None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19.

If I already had COVID-19 and recovered, is it recommended to get vaccinated when the COVID-19 vaccine is available?

- Due to the severe health risks associated with COVID-19 and the fact that re-infection is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

Do I need to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine?

- Yes. It will be important for everyone to continue using all the tools available to us to help stop this pandemic, like wearing a mask, washing hands often, and staying at least 6 feet away from others.

Why is there a limited supply of COVID-19 vaccines, and I cannot receive the vaccine now?

- The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities are available. The plan is to have several thousand vaccination providers available, including doctors' offices, retail pharmacies, hospitals, and health centers.

Why should I get the COVID-19 vaccine?

- COVID-19 vaccines are approved only if they make it substantially less likely you will get the virus.
- May help keep you from getting seriously ill even if you do get COVID-19.
- May also protect people around you, particularly people with increased risk for severe illness from COVID-19.

COVID-19 is spreading around the world and throughout our communities. MOST people recover by staying hydrated & getting rest.

Stress weakens the immune system, stay calm!

- ∞ Maintain a daily schedule, shower and get dressed even though you are just staying home.
- ∞ Practice mindful meditation.
- ∞ Take slow, controlled deep breaths.



Take care of your body. Exercise & eat nutritious foods.



Learn a new hobby or pick up old ones.



Sing or learn Esganye' ~ Women's Song.



Aidyn's Esganye' Song
<https://www.youtube.com/watch?v=SW07TvkT-T8>



Burn sage.

- ∞ Even though you are isolated in your home, know that you are not alone.
- ∞ Take breaks from reading, watching or listening to the news, including social media.
- ∞ Talking to a friend or family can be very stress relieving. Face time or video chat with loved ones.
- ∞ A massage can help with stress.
- ∞ Go outside and breathe the fresh air.

