

**THE SHOSHONE-PAIUTE TRIBES
OF THE DUCK VALLEY INDIAN RESERVATION**

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**COMMUNITY MESSAGE
COVID-19
Friday, March 13, 2020**

Due to the current COVID-19 outbreak, the Shoshone Paiute Tribal Council declared a State of Emergency for the potential outbreak locally. This declaration puts in place access to medical supplies and guidance from State and Federal partners. The Tribe is putting into place preventive measures to slow the infection rate. If you are experiencing coughing, fever, shortness of breath, and fatigue, please call **775-757-2403 ext. 4251** for directions; assistance will be available 24 hours. The safety of our community members is the number one priority. From recent studies the most susceptible to the virus are:

- Older adults
- People who have serious chronic medical conditions that can compromise the immune system like:
 - Heart disease
 - Diabetes
 - Lung disease

If a COVID-19 outbreak happens in our community, it could last for a long time. Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease. For high risk populations as well as all community members, please consider the following:

- Stay home, limit events, social gatherings and meetings that require close contact
- Wash your hands frequently with warm, soapy water for at least 20 seconds.
- Cover your mouth with tissues whenever you sneeze, and discard used tissues in the trash.
- If you cough, cough into your sleeve opposite your elbow, not into your hands.
- Avoid people who are sick with respiratory symptoms.
- Clean frequently touched surfaces. i.e. doorknobs, tables, light switches, handles, desks, toilets, faucets, sinks & cell phones and other electronics
- Create a household plan of action
- Individual wellness is important, vitamins and natural remedies can assist with keeping the immune system strong

In these concerning times it is important to educate yourself and your family. The following websites can be viewed for the most updated information on COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.dpbh.nv.gov>

As more information becomes available, updates will follow.