Message from the Cultural Resource Advisor, Timothy Martinez

**COVID-19 (NA’IHAY)**

Un bin A’gin. Thunjo, Thunjo’ko, Than’the’kii’ee, Owinge.

Na’i hay he’yodi’ welah’mupi. Wo’wahaa’tsi na’chamuu. Unbi-Tsee-eyes Shu-nose Soe-mouth Ts’ay-face, wi vi tagipe’hunda da’be haypuvi.

Na’inbi Owinge, maatu’in, towa’in, aya. Ehee’ungi ami.

Bin’soe kaa’ami, unbin’ shu, tsee, wevin tagahe’ haydah bin maa owindinde’.

Na’inbi kwayeh, O’buu’pingeh, ho’kiiu, pin’waeh gi woni a gayami ge’haypuvi pedi.

**COVID-19**

With respect, Governor, Lt. Governor, Council and Community,

This illness is not good. Life is important and is precious. Please do not touch your eyes, nose, mouth, and face. There are consequences. E’hay bin gade’.

Let all be safe and follow CDC advice.

Cover your nose when you sneeze. Do not touch your nose and mouth, wash your hands before you do. Pray to our shrines, scared sites and ask for protection so the virus will not come into our community to harm us.

EHEE’UNGI AMI, WOW’WAAHA’TSI NA’CHAMUU, HEY’DA’ WO’WAHAA’TSI WE’MAGI KUU’DAH’ WOE’HA

The mission of DECP is to preserve and protect the natural environment and the cultural resources of the Pueblo de San Ildefonso, to assess risks to human health and welfare, both quantitatively and qualitatively, and protect the health and welfare of the Tribal community.

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How Wildfires Make Covid-19 More Dangerous
By Julia Rosen

As the coronavirus continues its assault on the United States, it’s easy to forget about other hazards. But public health officials warn that it would be a mistake to ignore a related threat: wildfire smoke.

“There is the strong potential for interaction between these two different types of disasters,” said Sarah Henderson, senior environmental health scientist at the British Columbia Centre for Disease Control. The danger is particularly high in Western states, where Covid-19 case numbers are rising.

There are several ways that smoke exposure could make the pandemic worse, Dr. Henderson said. “When your immune system is overwhelmed by particles, it’s not going to do such a good job fighting other things, like viruses,” she said.

Scientists fear that the immune effects of smoke may even linger for months. A recent study in Montana found that smoky summers led to more severe flu seasons the following winter.

Smoke particles can also gunk up the hairlike cilia that clean our lungs, making it harder to clear out viruses. And both smoke and Covid take a toll on the body’s respiratory and cardiovascular systems. “It’s kind of a double whammy,” said Dr. Henderson, who holds a Ph.D. in environmental epidemiology.

Together, these interactions could increase the number of people who contract Covid and make the disease more severe in those who do get sick, she said.

In an editorial in the American Journal of Public Health, Dr. Henderson offered a sense of the potential consequences by applying what scientists have learned about the effect of air pollution on mortality from SARS, which is caused by another type of coronavirus, to a smoke event like the one that engulfed Seattle in the summer of 2018. The results suggested that if the same smoke episode had occurred in the spring of 2020, Covid case numbers and deaths in Washington State would have been roughly 10 percent higher.

It’s not possible (or ecologically appropriate) to extinguish all wildfires, so we often have little choice but to cope with smoke. Experts say preparation is key, particularly for vulnerable individuals like children, older people, expectant mothers and those with underlying health conditions.

If your house has forced air, the U.S. Centers for Disease Control and Prevention recommends installing a filter that will scrub out harmful particles (with a MERV rating of 13 or higher) and setting your system to “recirculate.” If not, select one room of your home, ideally the coolest one, and use a portable air cleaner. These can be purchased or else improvised by stacking a furnace filter behind a box fan.

While cloth face coverings can help prevent the spread of coronavirus, they don’t offer protection from smoke. Only properly fitting N95 respirator masks filter out dangerous particles, and those remain in short supply in many places.

Instead, Dr. Henderson recommends tracking changes in smoke conditions, which can vary as the wind shifts. “Take advantage of those periods where it’s not smoky to get fresh air,” she said. “But then, when it is smoky, batten down the hatches.”
Announcing EPA’s New Indoor Air and COVID-19 Webpage

COVID-19 is thought to spread mainly through close contact from person-to-person. However, some uncertainty remains about the relative importance of different routes of transmission of SARS-CoV-2, the virus that causes coronavirus disease 2019 (COVID-19). There is growing evidence that this virus can remain airborne for longer times and further distances than originally thought. In addition to close contact with infected people and contaminated surfaces, there is a possibility that spread of COVID-19 may also occur via airborne particles in indoor environments, in some circumstances beyond the 2 m (about 6 ft) range encouraged by social distancing recommendations.

However, there are straightforward steps that can be taken to reduce potential airborne transmission of COVID-19 and the focus of this material is on those measures. The layout and design of a building, as well as occupancy and type of heating, ventilation, and air conditioning (HVAC) system, can all impact potential airborne spread of the virus.

Although improvements to ventilation and air cleaning cannot on their own eliminate the risk of airborne transmission of the SARS-CoV-2 virus, EPA recommends precautions to reduce the potential for airborne transmission of the virus. These precautions include increasing ventilation with outdoor air and air filtration as part of a larger strategy that includes social distancing, wearing cloth face coverings or masks, surface cleaning and disinfecting, handwashing, and other precautions.

By themselves, measures to reduce airborne exposure to the virus that causes COVID-19 are not enough since airborne transmission is not the only way exposure to SARS-CoV-2 could potentially occur.

If you can't access this information through the internet, DECP will provide these topics and information in the next quarterly newsletter.

EPA Indoor Environments Division sent this bulletin
https://content.govdelivery.com/accounts/USEPAIAQ/bulletins/296e73d

Indoor Air in Homes and Coronavirus (COVID-19)

Ensuring proper ventilation with outside air can help reduce airborne contaminants, including viruses, indoors. However, by itself, increasing ventilation is not enough to protect people from exposure to the virus that causes COVID-19.

When used along with other best practices (such as social distancing, frequent hand washing, and surface disinfection) recommended by the CDC, increasing ventilation can be part of a plan to protect yourself and your family.

Increase Ventilation with Outside Air. Continued on next page………..
Household hazardous wastes (HHW) are products that contain corrosive, toxic, ignitable, or reactive ingredients. Everyday products such as household cleaners, paints, batteries, and fertilizers that contain potentially hazardous ingredients require special care when you dispose of them.

GOALS FOR COLLECTING HHW PRODUCTS
- Provide proper disposal of HHW.
- Remove HHW from homes, thus reducing exposure and potential injury. Reduce danger to tribal waste operators and staff.
- Increase public awareness of HHW found in most homes and how these materials may impact human health and the environment.
- Educate residents as to the best methods of HHW disposal.

COMMON Household Hazardous Waste (HHW)

Workshop/Painting
- Adhesives and glues
- Fixatives and solvents
- Furniture strippers
- Oil or enamel-based paints
- Paint strippers and thinners
- Stains and finishes
- Wood preservatives

Cleaning Products
- Mercury thermometers
- Bleach (laundry)
- Drain cleaners
- Oven cleaners
- Toilet cleaners
- Wood and metal cleaners
- Tub, tile, and shower cleaners

Automotive Products
- Antifreeze
- Automotive batteries
- Carburetor and fuel injection cleaners
- Compressed gas cylinders
- Diesel fuel and fuel additives
- Gas/oil mix
- Motor oil
- Propane
- Starter fluids
- Transmission and brake fluids

Pesticides
- Bug sprays and baits
- Houseplant insecticides
- Lighter fluid
- Mouse/rat poisons and baits
- Moth repellents

Miscellaneous
- Batteries
- Fluorescent light bulbs
- Home heating oil
- Kerosene
- Herbicides and fungicides

NOT ACCEPTED
- Ammunition/explosive
- Agricultural chemicals
- Commercial waste/chemicals
- Industrial waste
- Radioactive waste
- Medical waste - Needles / Sharps

Best Way to Dispose of HHWs:

Is to use the product all up, as directed. Give leftovers to someone who can use them. Most important, DON’T throw away leftovers in landfill or flush down toilet. If you can’t use all of your product, contact the Transfer Station for more information on what HHWs are accepted or when the next HHW collection is scheduled.
Top 10 Environmentally Friendly Home Cleaning Product Companies

Here are 10 companies who are providers of environmentally friendly cleaning supplies. Now, while some of them still have products that need to be improved in terms of their health effects on us, today’s focus is that they are “green” and non-toxic for our Earth. They are listed in random order. Each of these companies offers a full line of “green” home cleaning products and some even more.

1. Seventh Generation
2. Greener Choice OxiBrite
3. Ecover
4. Mrs. Meyer’s Clean Day
5. J.R. Watkins
6. Nature Clean
7. Method
8. Simple Green Naturals
9. Shaklee
10. ECOS-Earth Friendly Products

A variety to choose the product that works best for your cleaning needs, home or budget. Most of these are fairly easy to find in stores across North America and some in even other parts of the world. Many of them can be purchased online.

E-WASTE COLLECTION

Drop off E-waste at the Transfer Station
August 1st thru August 28, 2020
Thursdays - Monday 8:00-5:00

Question on E-waste call, Roberta (505) 250-8297

Reading material mentioned in previous article related to Wildfire Smoke and COVID-19:

1. Science Direct.com
   The delayed effect of wildfire season particulate matter on subsequent influenza season in a mountain west region of the USA
   https://doi.org/10.1016/j.envint.2020.105668

2. American Journal of Public Health (AJPH)
The COVID-19 Pandemic and Wildfire Smoke: Potentially Concomitant Disasters
https://ajph.aphapublications.org/doi/10.2105/AJPH.2020.305744

3. The New York Times
   A Forecast for a Warming World: Learn to Live with Fire
   https://nyti.ms/2BGMPNH

4. Centers for Disease Control and Prevention (CDC)
   Wildfire Smoke and COVID-19: Frequently Asked Questions

5. KING 5 Media Group
   DIY Air Filter for Wildfire Smoke