Community

I am writing to update you on a number of immediate actions that our community needs to take to protect the health and wellbeing of our community members. I am asking our community members to assist us in taking protective steps to mitigate the impact of Corona virus (COVID-19). I know that these steps are difficult to implement but they are very critical to respond to the rapidly evolving situation.

Please follow the CDC guidelines to prevent the illness:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with tissue and then throw tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray and wipe.
- Wash your hands often with soup and water for at least 20 seconds.
- Follow CDC recommendations for using a facemask.

The state has also provided an emergency contact number that people can call if they believe they have symptoms. The number is 855-600-3453. We are providing this number as an informational item. You should use your best judgment to assess the need and refer to the New Mexico department of Heath for guidance.

For more information on this subject, please see the attached flyers.

Governor, Perry Martinez

Administration

As for the administration we have temporary suspended all out of state travel for employees. As community members we strongly encourage you to consider avoiding out of state travel. If you have traveled outside of the state, please follow the recommendations of the New Mexico Dept. of Health and the Center for disease control. We are also assessing community events and will address accordingly.
Senior Center

Effective immediately March 13, 2020 ENIPC Senior Program centers will be closed for Congregate meals due to the Coronavirus. The closure of the center also includes all activities and transportation available to the elders. However, homebound meals will be provided to all homebound elders and congregate elders that wish to receive a meal at their home.

Seniors site managers will be reaching out to all elders listed within the program to find out if they would like to receive a homebound meal.

These precautions will be until furthers notice due to the coronavirus. Our biggest priority is to make sure that our frail elders are safe and at low risk of being infected with this virus.

If you have any questions please do not hesitate on contacting your senior center for further clarification.

Thank you,
Gil Vigil Executive Director

Tewa Center

The Pueblo is closed to tourist and visitors that do not have official business with the Tribal Government. Therefore, the Tewa center will be temporarily closed to visitors until further notice.

Church

Out of an abundance of caution, church services are temporary suspended until further notice.
What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home
**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor
If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask
You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can, immediately wash your hands 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 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 sharing personal household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% 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.

Clean all "high-touch" surfaces every day
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. 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.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include:
- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)
PROTECT YOURSELF AND OTHERS

Stay home if you’re sick.

Cover coughs and sneezes.

Wash your hands often.

For more information: cdc.gov/COVIDtravel
Coronavirus Disease 2019 (COVID-19)

Travelers from Countries with Widespread Sustained (Ongoing) Transmission Arriving in the United States

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

Countries that have a Level 3 Travel Health Notice (widespread, ongoing transmission):

- China
- Iran
- South Korea
- Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City

Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

What To Do If You Get Sick

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor’s office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

For additional questions on monitoring your health, contact your local public health officials [2 pages].

Additional Resources

Communication Resources for Travelers

About Coronavirus Disease 2019 (COVID-19)

Frequently asked Questions and Answers about COVID-19

Frequently asked Questions and Answers for Travelers

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