PUEBLO DE SAN ILDEFONSO
STAY-AT-HOME ORDER AND CLOSURE OF PUEBLO TO NON-RESIDENTS AND CURFEW

On March 20, 2020, Governor Martinez issued an Executive Order declaring a State of Emergency in response to the COVID-19 pandemic. In on-going efforts to protect the health and safety of the Pueblo’s residents and reduce the spread of the COVID-19 virus, the Governor, in consultation and coordination with Lt. Governor Moquino and Council Representatives, issues as a supplement to the State of Emergency Declaration, this Stay-At-Home Order for all Pueblo residents and a Pueblo Closure to all non-residents. This Order and Closure will be effective April 17, 2020 at 5:00 p.m. and will remain in effect until further notice. The Order and Closure will be monitored by leadership and may be adjusted and updated to meet the public health and safety needs as necessary.

STAY-AT-HOME ORDER

1. All Pueblo residents (tribal members and non-member residents) living on Pueblo lands shall remain in their home and yard area except for essential travel or outdoor activities.
2. Essential travel outside of the Pueblo is allowed for:
   a. shopping for groceries, personal hygiene items, cleaning supplies, and other essential items
   b. picking up educational materials and/or school lunches for students or doing school work at the Learning Center by appointment
   c. picking up food supplies or meals for seniors or other designated individuals
   d. obtaining medication and other medical necessities and essential medical treatment
   e. work if deemed by their employer as an essential employee
3. Pueblo residents who travel outside of the Pueblo for authorized purposes are expected to practice social distancing and follow good health safety practices such as hand-washing or using hand sanitizer, using a face covering or mask and sanitizing high touch areas such as cell phones, keys, steering wheels, etc. Be mindful that every time you leave the Pueblo, you put yourself, your family and your community at risk of contracting COVID-19.
4. Pueblo residents may check on or assist seniors/family/community members in need of assistance but this does not mean social visiting or social gatherings.
5. No social gatherings of more than 5 individuals unless there are 5 or more individuals that live in the home.
6. Outdoor activities are encouraged to help with the physical and mental wellbeing of Pueblo residents provided that time outdoors is limited to what is necessary for those activities, you practice social distancing by maintaining at least 6 feet apart from other people and follow good health safety practices (hand washing, etc.)

ISSUED APRIL 17, 2020
7. Tribal residents are allowed to work on their fields or tend to their livestock provided that social distancing and good health safety practices are followed.

8. The Senior Center, Church, Tewa Center, Gym, and El Rancho Hall remain closed and the Learning Center is open only by appointment to allow students to do school work or allow Pueblo residents internet access or to check out materials.

9. The Tribal Administration will remain operational to provide essential services but subject to those measures deemed necessary to protect employees and Pueblo residents. Some offices are closed to the public and walk-in visits are discouraged until further notice but staff are available by phone.
   a. The Facilities Department is on-call and will respond in-person to water and sewer emergencies only.
   b. The Transfer Station remains open and regular trash pickup schedule will continue.
   c. The Governor’s Office remains open to address day-to-day business; but walk-in visits are discouraged in order to protect our staff and community members. Call (505) 455-2273 with questions or if assistance is needed.

10. The Pueblo’s convenience stores and gas station operations are considered as essential businesses and will remain open subject to those measures necessary to protect employees and customers.

CLOSURE OF PUEBLO AND CURFEW

1. There is a curfew from the hours of 10:00 p.m. to 6:00 a.m. No Pueblo resident is allowed to be outside of their home or traveling within the Pueblo during the curfew hours.

2. Exceptions to the curfew are for emergency medical situations or for essential employees traveling to or from work.

3. The Pueblo will be closed to all outside visitors, tourists and non-residents, and this includes family members from other Pueblos.

4. Exceptions to the Pueblo closure are:
   a. Non-resident essential employees of the Pueblo or its businesses.
   b. Non-resident essential vendors, contractors, or commercial delivery drivers. This includes essential vendors, contractors and delivery drivers providing services to tribal residents at their homes.
   c. Non-resident customers accessing the Pueblo’s convenience stores and gas stations.
   d. Non-residents traveling through the Pueblo’s lands on State Roads, BIA Public Roads and County Maintained Roads within the El Rancho area, provided they remain in the vehicles.

5. No arts & crafts or food vendors are permitted to sell.

COMPLIANCE WITH TRIBAL ORDERS

All individuals, as responsible Pueblo members and residents, are encouraged to support and comply with the Pueblo’s Orders, directives and protocols, including the COVID-19 Reporting and Self-Quarantine Protocol issued on April 2, 2020, for everyone’s safety and well-being. However, it is in the best interest of the community to make sure that the Pueblo orders,
PUEBLO DE SAN ILDEFONSO
STAY-AT-HOME ORDER, CLOSURE OF PUEBLO TO NON-RESIDENTS AND CURFEW

directives and protocols established to protect our community from COVID-19 are followed and adhered to.

As a result, the following procedures, fines and penalties are established for failure to follow an order, directive or protocol issued by the Pueblo related to COVID-19 emergency response during this State of Emergency:

A. FINES AND PENALTIES FOR FAILURE TO FOLLOW PUEBLO COVID-19 ORDER, DIRECTIVE, OR PROTOCOL RELATING TO COVID-19 EMERGENCY RESPONSE
   1. First Offense: Written or verbal warning.
   2. Second Offense: $50 Fine
   3. Third Offense: $100 Fine
   4. Fourth Offense: Temporary Exclusion from the Pueblo for a period to be determined by the Governor, not to exceed 90 days.
   5. Flagrant Violation or Aggravating Circumstances: In event of a flagrant violation or if aggravating circumstances exist, penalties and fines do not need to be issued in sequential order and may include immediate temporary exclusion from the Pueblo for a period to be determined by Governor, not to exceed 90 days.

B. AUTHORITY TO ISSUE CITATION
   The Governor may request the assistance of BIA Law Enforcement as necessary.

C. PAYMENT OF FINES
   Payment of fines shall be made to the Pueblo Finance Department within thirty (30) days of issuance of a citation.

D. In addition to the above fines and penalties for failing to follow a COVID-19 related order, directive or protocol, all of the criminal sanctions under the Pueblo’s laws remain in effect.

The Pueblo leadership does not take these actions lightly or without great concern for the health and well-being of our community members. We ask for your continued support, patience, commitment and understanding to do your part to help the Pueblo de San Ildefonso community to remain strong and healthy through this COVID-19 pandemic.

---

Governor Perry M. Martinez

ISSUED APRIL 17, 2020
Page 3 of 3
Chronic Disease and COVID-19: What You Need to Know
Tips and information to protect yourself and your family

What is COVID-19?
COVID-19 is a new kind of illness caused by a virus. It spreads easily between people, and can cause fever, coughing, and trouble breathing.

What should people with chronic diseases know about COVID-19?
Anyone can get sick from COVID-19, but people who are older than 65 and people of any age who have a serious chronic disease are the most likely to become very ill or die.

People who have one or more of these chronic conditions should be extra careful to protect their health from COVID-19:

- Asthma and lung disease
- Heart disease
- Unmanaged diabetes
- Severe obesity (BMI>40)
- Weakened immune systems because of diseases like HIV or because people are going through cancer treatment.

What can people with chronic diseases and their families do to protect themselves from COVID-19?
Making healthier choices every day can help people prevent and improve their chronic disease as well as their well-being, overall. Some of the most important healthy choices include quitting tobacco use, getting more physical activity, and eating nutritious meals and snacks.

People with chronic diseases must be sure to:

- Take regular medications on time and as directed (reach out to your healthcare provider to ask about obtaining an extra supply of medications in case you cannot get to the pharmacy or clinic).
- Make time to keep measuring your blood pressure if you have hypertension or take your blood sugar if you have diabetes.
- Use the telemedicine/telehealth option for a regular medical visit (your healthcare provider can tell you if your insurance company offers this option).

Everyone should follow CDC’s recommendations to prevent COVID-19:

- Avoid crowded places and stay at home.
- When you are outside your home, stay at least two arms’ length away from other people.
- Wash your hands often with soap and water for at least 20 seconds (or the time it takes to sing “Happy Birthday” twice). If you don’t have soap and water, you can use hand sanitizers that contain at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with the inside of your elbow.
- Clean objects or surfaces in your home that people touch a lot, such as door knobs, elevator buttons, and key pads.

If you or a family member starts to get a fever, cough, or shortness of breath, it may be because of COVID-19. Here is what you should do next:

- Take steps to protect your family members from getting sick (read the CDC fact sheet on how to keep your family safe: www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html).
- Call your healthcare provider and follow their advice on what to do next. Do not go to the Emergency Room unless your provider tells you to do so.
- If you have a job or go to school, let them know that you are sick. You should not go to work or school.
Talking With Children About COVID-19

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children.

- Be patient: children and youth do not always talk about their concerns readily.
- Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Younger children may ask a few questions, return to playing, then come back to ask more questions.
- Information is rapidly changing about this new virus—to have the most correct and current information go to the CDC COVID-19 website.

How to Help Your Kids

- Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus. Not talking about it can actually make kids worry more.
- Make time to talk. Give children information that is honest and accurate. Talk to children about how some stories on the Internet and social media may be based on rumors and inaccurate information.
- Be developmentally appropriate. Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them opportunities to ask questions. It's okay if you can't answer everything; being available to your child is what matters.
- Remain calm and reassuring. Remember that children will react to both what you say and how you say it. Reassure your child or teen that they are safe. Let them know it is ok if they feel upset.
- Deal with your own anxiety. Limit your family's exposure to news coverage of the event, including social media. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Stick to routine. Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
COVID-19 stands for Coronavirus Disease 2019. It is a respiratory disease (affects lungs and breathing) caused by a new virus called coronavirus 2019.

WHY ARE OLDER ADULTS AT HIGHER RISK?

- Older adults are at higher risk for more serious COVID-19 illness and death.
- As we get older our immune systems grow weaker which makes it harder to fight off infectious diseases.
- Older adults are also more likely to have diabetes, lung, and heart disease that make it more difficult to recover from COVID-19.

SYMPTOMS MAY INCLUDE

FEVER

COUGH

SHORTNESS OF BREATH

DIFFICULTY BREATHING

Symptoms may appear 2-14 days after exposure.
HOW CAN I BEST PROTECT MYSELF?
The best way to prevent illness is to avoid being exposed to the virus altogether.

• **STAY HOME.** Avoid people who may be infected by staying home and avoid any unnecessary travel. Avoid crowds. Keep space between you and anyone who is sick.
• **WASH HANDS OFTEN.** For 20 seconds with soap and water.
• **AVOID TOUCHING YOUR FACE, NOSE AND EYES.**
• **AVOID SHAKING HANDS.**
• **AVOID TOUCHING HIGH-TRAFFIC SURFACES** such as door handles, handrails, or counters. Use a tissue or your sleeve if you must touch something.
• **SNEEZE OR COUGH INTO A TISSUE,** or the inside of your elbow.
• **CLEAN AND DISINFECT FREQUENTLY USED ITEMS** as much as possible.
• **CALL YOUR CLINIC OR PROVIDER** if you develop symptoms, i.e., fever, cough, difficulty breathing, or shortness of breath.

HOW CAN I PREPARE TO BE AT HOME FOR AN EXTENDED PERIOD OF TIME?
Here are some simple ways to prepare:

• **MEDICATION.** Refill all essential prescription medications. Also, be sure you have enough over-the-counter medicines and medical supplies (pain and fever relievers, cough and cold medicine, diabetes test strips, etc.).

• **FOOD & HOUSEHOLD ITEMS.** Have enough basic household items and groceries on hand so you are prepared to stay at home for an extended period of time. Stock up on non-perishable food items to minimize trips to stores.

• **REACH OUT TO FAMILY & FRIENDS.** Stay in touch with the people close to you. If you live alone, have a loved one or someone nearby check on you regularly.

WHAT ACTIVITIES CAN I DO WHILE STAYING SAFE

• Phone and video calls with family & friends
• Tell jokes & laugh
• Read books, do puzzles & play games
• Listen to music & watch favorite movies
• Get outside for fresh air, walks, & gardening
• Get plenty of sleep & eat well
• Meditation & prayer

ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET
Practice these healthy habits with your kids:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay at home when you are sick
- Cover your cough or sneeze with a tissue
- Clean and disinfect frequently touched objects
- Wash your hands often with soap and water for at least 20 seconds

Children can respond to stress in different ways. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pains
- Use of alcohol, tobacco, or other drugs

Fun Activities to Try At Home

Set aside time to spend with each child

- It can be for just 20 minutes or longer – it’s up to you. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do

- Choose things your child can control. Ask them what they would like to do.
- Spend quality time together. Set aside dedicated time, even if it’s a change to spend time with them about the TV and phone. This is virus-free time.

Ideas with your baby/toddler

- Copy their facial expressions and sounds
- Sing along with music with your baby/toddler
- Turn the TV or phone off
- Tell stories, make up or repeat nursery rhymes
- Look at mobiles, toys or books

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a craft together – make something and making a game
- Help with school work

Ideas with your teenager

- Join them in what they’re doing
- Help with homework
- Talk about their interests
- Share your own stories

Listen to them, look at them. Give them your full attention. Have fun!

More Helpful Resources for Kids and COVID-19

- SAMHSA Talking With Children
- World Health Organization Parenting in the time of COVID-19
- CDC Caring for Children
- Explaining Social Distancing to the Littlest Kids
- BRAINPOP Short Video on Coronavirus


ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET
Health and Safety is First Priority for Turkey Hunting Season on SFNF

SANTA FE, NM – April 16, 2020 – As the spring turkey hunting season gets underway, the Santa Fe National Forest (SFNF) reminds hunters and other visitors to make health and safety their top priority and follow federal guidelines and New Mexico state public health orders to contain the spread of the COVID-19 virus.

Yesterday, all five national forests in New Mexico prohibited campfires to reduce human-caused wildfire that would unnecessarily draw down fire resources and increase first responders’ exposure to COVID-19 as the Southwest prepares for the 2020 wildfire season.

The SFNF is also enforcing restrictions and closures to promote social distancing and prohibit groups of more than five. Developed campgrounds are closed to overnight camping, toilet facilities are locked and trash collection is suspended. Many forest service roads at higher elevations are still closed for seasonal conditions. Hunters are encouraged to contact the local Ranger District for current road status.

For additional safety measures, hunters should review the Forest Service website for hunting safety tips and rules that apply to all national forests and grasslands.

Turkey hunting season opened April 15 and closes May 10. All hunters are required to carry valid hunting licenses issued by the New Mexico Department of Game and Fish (NMDGF). In addition, licensed hunters on National Forest System (NFS) or Bureau of Land Management (BLM) lands in New Mexico are required to purchase a Habitat Stamp from the NMDGF. The Habitat Stamp Program is a cooperative management program that provides ecologically diverse wildlife and fish habitats on NFS and BLM lands.

The use of drones for hunting or locating game is illegal in New Mexico. For additional information about New Mexico hunting rules and regulations, please visit the NMDGF website.

Hunters on the Santa Fe National Forest are required to follow travel management regulations which designate roads, trails and areas that are open to motor vehicle use. The 2020 Motor Vehicle Use Maps are posted on the SFNF website.

###

USDA is an equal opportunity provider, employer and lender.
FOR IMMEDIATE RELEASE  
Contact: Melody Wells, CYFD  
505-470-3417  

April 14, 2020  

New Mexico Unveils App for Behavioral Health Support  

SANTA FE – The state of New Mexico has launched NMConnect, a new phone app that provides free 24-hour crisis and non-crisis support and access to behavioral health professionals who can text or talk via phone with individuals needing a listening ear or referrals to longer-term support. The app links users to the New Mexico Crisis Access Line (NMCAL), which provides safety net services statewide. **NMCAL is still available via phone 24/7 toll-free by calling 1-855-NMCRISIS (1-855-662-7474).**

“As the COVID-19 pandemic continues to force physical isolation, many people may experience challenging behavioral health symptoms, some perhaps for the first time. This app connects to NMCAL, which is a one stop shop for any and all behavioral health resources across the state of New Mexico,” said Bryce Pittenger, CEO of the New Mexico Behavioral Health Collaborative.

The NMConnect app will help close gaps in access to behavioral health services by providing direct contact to professionals. NMConnect also provides resources including self-care tips for people in recovery from substance use and other behavioral health challenges, and information on COVID-19 and New Mexico’s response.

The NMConnect app, available now for **iPhone** and **Android**, includes a “one touch” button for connection to a mental health professional on the State of New Mexico’s 24-hour crisis and access hotline. For non-crisis support, including help finding a therapist or support group, or to just to engage with someone that has been there, the “Text Warmline” option connects people to a certified peer support specialist for non-emergency support (available from 6 p.m. to 11 p.m.) and a “Call Warmline” option is available for peer to peer phone conversations with someone in recovery from their own mental health diagnosis, (available from 3:30 p.m. to 11:30 p.m.). All are accessible via the app from any cellular smartphone.

**About the New Mexico Behavioral Health Collaborative:** The New Mexico Behavioral Health Collaborative is a legislatively mandated collaboration of Behavioral Health related cabinet secretaries, several state agencies and multiple resources across state government that are involved in behavioral health prevention, treatment, and recovery. This cabinet-level group represents 15 state agencies and the Governor’s office. [https://www.hsd.state.nm.us/behavioral-health-collaborative.aspx](https://www.hsd.state.nm.us/behavioral-health-collaborative.aspx).

###
Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings
 Cloth face coverings should—
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings
 CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?
 Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?
 A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?
 Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

cdc.gov/coronavirus
Sewn Cloth Face Covering

Materials
- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.
Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials
- T-shirt
- Scissors

Tutorial
1. 
   ![Cutting the T-shirt]  
   7-8 inches

2. 
   ![Cutting the T-shirt]  
   6-7 inches

3. 
   ![Tying the T-shirt]  
   Tie strings around neck, then over top of head.

Bandana Cloth Face Covering (no sew method)

Materials
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial
1. 
   ![Folding the Bandana]  
   Fold bandana in half.

2. 
   ![Folding the Bandana]  
   Fold top down. Fold bottom up.

3. 
   ![Placing the Bandana]  
   Place rubber bands or hair ties about 6 inches apart.

4. 
   ![Folding the Bandana]  
   Fold side to the middle and tuck.
Tips from the Federal Trade Commission

How to Spot, Avoid and Report CORONAVIRUS SCAMS

Scammers are taking advantage of fears surrounding the Coronavirus. The Federal Trade Commission (ftc.gov/coronavirus) offers these tips to help you fight back.

Treatments & Cures
Ignore online offers for vaccinations and home test kits. If you see ads touting prevention, treatment, or cure claims for the Coronavirus, stop. If there's a medical breakthrough, you're not going to hear about it for the first time from an ad or sales pitch. At this time, there also are no FDA-authorized home test kits for the Coronavirus.

Email and Text Scams
Don't click on links from sources you don't know. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.

Robocalls
Hang up on illegal robocallers. Don't press any numbers. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.

Government Relief Checks
Expect scammers to take advantage of this. Here's what you need to know: The government will not ask you to pay anything up front to get this money. The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer.

Fake Charities
Do your homework when it comes to donations. Use the organizations listed at ftc.gov/charity to help you research charities. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

Misinformation & Rumors
Before you pass on any messages, do some fact checking by contacting trusted sources. Visit usa.gov/coronavirus for links to federal, state and local government agencies.

Stay informed:

1. Visit:
   - ftc.gov/coronavirus
   - coronavirus.gov
   - usa.gov/coronavirus

2. Report suspicious claims or questionable practices to the FTC at ftc.gov/complaint.

3. Keep up with the latest scams. Sign up for the FTC's Consumer Alerts at ftc.gov/subscribe.
“All the world is my school and all humanity is my teacher.”
— George Whitman

Although schools are physically closed it is important for families to engage continuous learning. An achievement gap for Native students existed before COVID-19 and it has potential to widen but learning does not stop due to lack of internet. Native people have proven resilience to persist through difficulties and setbacks because we are only limited by imagination and motivation.

Parents/guardians, please maintain a “no excuses” attitude for your kids learning. We have a library full of books available for check out, schedule use of computers, and we can even help print and submit homework.

Students, please avoid stagnation. Use this time to expand your skill set, develop future opportunities and reach your full potential. It’s time to reimagine resourcefulness as a community in ways unique to our pueblo culture and identity.

We are mindful that not all students have access to technology for remote learning but please let us know what your needs are. Give us a call or send an email to let us know if you don’t have internet, a computer, supplies, books, etc. because we are working to address those needs. It is an unprecedented time forcing all of us to rethink and respond in new ways.

Online registration for Los Alamos Public Schools 2020-2021 school year is now available through the district website.
To enroll your child, simply log onto the LAPS Registration page at laschools.net/home/registration.

The NM PED Early Childhood Education and Care Department have provided the Pueblo with cans of Good Start Infant formula. Cans of Every day Probiotics, Comforting Probiotics, and Lactose Free are available. Please give us a call if you are in need of formula.

Meals will now be delivered Monday to Thursday. No Friday deliver but extra meals will be during Thursday delivery. Please call if you think we missed your house.

NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Crisis Access Line
Call for support and resources
1-855-NMCRISIS (662-7474)
Toll Free 24/7/365

San Ildefonso Library
Accessible by appointment: Monday to Friday 9 am to 4 pm
www.sanpueblolibrary.org

Glenda Fred-Weahkee • Cell: (505) 321-9694 • glenda.weahkee@sanpueblo.org
Bernice Martinez • Cell: (505) 660-0149 • bmartinez@sanpueblo.org
Aaliyah Gonzales • agonzales@sanpueblo.org
Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 5 years old.

1. **Show you disapprove of underage drinking and other drug misuse.**

   Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.

2. **Show you care about your child’s health, wellness, and success.**

   Young people are more likely to listen when they know you’re on their side. Reinforce why you don’t want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you’re open and you show concern.

3. **Show you’re a good source of information about alcohol and other drugs.**

   You want your child to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don’t want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

4. **Show you’re paying attention and you’ll discourage risky behaviors.**

   Show you’re aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.

5. **Build your child’s skills and strategies for avoiding drinking and drug use.**

   Even if you don’t think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they’ll say “no thanks.”

   Keep it low-key. Don’t worry, you don’t have to get everything across in one talk. Plan to have many short talks.