



COYOTE VALLEY

Band of Pomo Indians

March 26, 2020

To All Coyote Valley Residents:

As the week comes to a close and we look ahead, I wanted to reach out and provide information about what we are doing in response to COVID-19, the current County Order and steps that the community can take at this time.

First, staff are eliminating home visits as much as possible. We are working to determine alternative methods of information dissemination. Our Facebook page is routinely updated and all members are encouraged to follow or like www.facebook.com/cvtribalhealth.

We are taking steps to reduce possible virus/germ transmission and at such time that it is necessary for staff to bring items to your home, (flyers, medication, etc.) additional precautions will be taken. These steps and precautions include:

1. Staff that exhibit any symptoms of illness are staying at home.
2. We have increased sanitation of Tribal offices and encourage frequent hand washing. Hand sanitizing stations are located at each building entrance and other strategic locations within buildings.
3. Prior to visiting homes for any reason, staff hand wash/sanitize and may wear a face mask, gloves and gowns. (Depending on the purpose of the visit.)

Individuals are encouraged to take similar steps. It's not unreasonable to wipe down items before bringing them into your home.

Shelter-in-Place

The Mendocino County Public Health Officer issued a Public Health Order that began March 18, 2020 and was revised March 24, 2020, requiring "shelter-in-place" except for essential needs. The revised order made the shelter-in-place period indefinite. It also increased restrictions by **only** allowing outdoor activities initiated from one's own residence by foot or bike. All public parks and playgrounds are closed. ***This means that all individuals should:***

- Stay home except to make infrequent trips to the grocery store, pharmacy and gas station.
- Stay home except to obtain necessary healthcare.
- Stay home except to go to a job that is essential to keeping the community functioning.



COYOTE VALLEY

Band of Pomo Indians

Furthermore, it means that individuals should:

- **Not** visit friends, relatives or others, except when they are the sole provider and precautions not to spread germs are taken (hand washing/sanitizing, wearing protective masks, gloves, gowns and, not visiting other individuals.)
- **Not** invite guests to their home or onto the reservation (especially those from out of the area) to the greatest extent possible, with exceptions for IHS Caregivers or similar.
- Maintain a minimum of six feet distance with non-household members when out of the home.

It is okay to go outside, but individuals of all ages should maintain the distance of at least six feet away from others that are not immediate household members. Those without symptoms can carry the virus and infect others. This would be particularly harmful for elders and those with compromising health concerns.

Individuals over 65 years of age OR those who have chronic medical conditions such as heart disease, diabetes, lung disease OR those with compromised immune systems are at higher risk of severe symptoms if the virus is contracted. If you or a loved one is in this category, taking the precautions of personal hygiene, limiting contact with others and remaining at home are of utmost importance.

This time can feel overwhelming, scary and isolating. We are all in this together and will overcome! Socializing by Zoom, FaceTime or other online methods can help. Red Road meetings will continue via Zoom. Contact Leah at 707-413-8312 or watch www.facebook.com/cvtribalhealth for log-in information, updates and times. Additional online groups may be scheduled in the days ahead to bridge connection. If anxiety or other concerns are bothering you, reach out to CTHP at (707) 485-5115 or your medical provider.

As of the date of this letter, although orders can take a couple days to process, grocery delivery is available from:

Raley's Supermarket 1325 N. State St, Ukiah 707-468-5178
Forks Ranch Market 3152 N. State St, Ukiah 707-462-4334
Safeway Ukiah 653 S. State St, Ukiah 707-467-2700

Transports to medical appointments are available by contacting CTHP at (707) 485-5115. For medication pick-up, contact Leah at (707) 413-8312.

If you or your household members get sick.... Stay home. Call your doctor. Avoid others. Consolidated Tribal Health will assess your symptoms over the phone and make an appropriate recommendation. If symptoms can be managed at home, it is best to do so. Not everyone will require a test for COVID.



COYOTE VALLEY

Band of Pomo Indians

Rest, hydrate and manage symptoms with over the counter medications as much as possible. Seek medical attention immediately if at any time symptoms include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Other symptoms of concern

Those with severe symptoms should call 911. Put on a facemask, if possible, before EMS arrives and before visiting the doctor. Also, facemasks should be worn by the sick to avoid contamination of caregivers. If a sick individual is unable to wear the mask, it is advised that the caregiver wear one instead.

Visit www.mendocinocounty.org for COVID information and to sign up for Nixle alerts. Be wary of misinformation spread on social media and fact check or obtain and share information from credible sources.

Take care and be safe,

Leah Sautelet
Health & Human Services Director
Coyote Valley Band of Pomo Indians
O: (707) 485-8723 C: (707) 413-8312