



# COYOTE VALLEY

*Band of Pomo Indians*

## **COVID-19 GUIDELINES FOR OLDER ADULTS AND THOSE WHO HAVE ELEVATED RISK**

While we navigate these uncharted waters together, we fully want to keep communication open and offer support to the greatest extent possible. To that end, this document is created to help you decipher information and compile various sources into one place.

These guidelines adapted from the State Department of Public Health are intended to help older adults and individuals who are at high risk for serious illness, this includes:

- Individuals over 65 years of age
- Individuals who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease
- Individuals who have compromised immune systems

### **Background**

COVID-19 is a respiratory illness caused by a novel virus that has been spreading worldwide. Community-acquired (acquired or arising in the general population: not acquired or arising in a hospital) cases have now been confirmed in Mendocino County. Researchers and medical doctors are working to understand more about COVID-19, to date no successful treatment or immunization is available.

### **Illness Severity**

The complete clinical picture with regard to COVID-19 is not fully understood. Reported illnesses have ranged from mild to severe, including illness resulting in death. Older people, those with compromised immune systems, and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness.

### **Measures for Older Adults and Those Who Have Elevated Risk**

Mendocino County and the State of California declared a Shelter in Place Order (SIP).

***This means that elders and high-risk individuals should:***

- Stay home.
- Designate a single trusted contact/caregiver that can perform essential duties such as shopping.
  - This person should:
    - take precautions to not spread germs (hand washing/sanitizing, wearing protective masks, gloves, gowns and, not visiting other individuals.)
    - knowing what medications you take and making sure there is a supply that will last at least 30 days, more if possible.
    - monitoring food and medical supplies (oxygen, incontinence, dialysis, and wound care) needed and creating a back-up plan
    - stocking up on non-perishable food items to have on hand in your home.
- **Not** visit friends, relatives or others and not permit any non-household members to enter their residence.
- Remain at home until further guidance is issued.
  - Cancel any non-essential travel, appointments, etc.
  - For routine medical care, contact your health care provider to discuss rescheduling, if not urgent. Otherwise, discuss alternative provision of services, such as telehealth or in-home care.
  - For Mendocino County residents, contact Consolidated Tribal Health Project (CTHP) at (707) 485-5115. CTHP's medical department is fielding calls and triaging patients as their needs dictate. All transportation to CTHP is still ongoing and transports to other medical offices are being confirmed if the offices are still open and able to see patients. CHRs are doing home visits and bringing information to patients as needed.
  - For Sonoma County residents, contact Sonoma County Indian Health Project at (707) 521-4545.
  - For Lake County residents, contact Lake County Tribal Health at (707) 263-8382.
  - If you have an emergency and need immediate medical care, call 9-1-1.
- Continue with outdoor activities within walking distance of your home.
  - When outside, maintain a minimum of six feet of distance between you and any non-household member. We encourage you to continue your outdoor activities such as walks and yardwork, to the extent your health allows it.
- Practice social distancing, both in and outside the home.
  - Maintain distance, at least six feet, between yourself and anyone. Especially those who exhibit COVID-19 symptoms such as coughing or sneezing.

- Avoid handshaking, hugging or other intimate types of greetings—greet others with a wave, nod or bow instead.
- Stay in touch with others by phone, email, or other on-line tools (like Skype and Facebook).
  - Designate one person to do any essential grocery shopping, picking up medications, etc. Consider on-line ordering for food and other supplies.
  - The following Mendocino County retailers offer grocery delivery:
    - Raley's Supermarket, 1325 N. State St, Ukiah 707-468-5178. They also offer a limited supply of low cost, pre-packaged grocery bags for Elders.
    - Forks Ranch Market, 3152 N. State St, Ukiah 707-462-4334
    - Safeway Ukiah, 653 S. State St, Ukiah 707-467-2700
- Have a plan for if you get sick
  - Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.
  - Stay in touch with others by phone or email.
  - Pay attention to potential COVID-19 symptoms including fever, cough and shortness of breath. If you develop symptoms, call your local service provider or Tribal Health project.
  - If you develop emergency warning signs for COVID-19, get medical attention immediately. In adults, emergency warning signs\* include:
    - Difficulty breathing or shortness of breath
    - Persistent pain or pressure in the chest
    - New confusion or inability to arouse
    - Bluish lips or face
    - \*This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.
- Practice Hand washing
  - Wash hands frequently for at least 20 seconds.
  - Encourage hand washing by family and friends, particularly children.
  - Use alcohol based hand sanitizers to supplement hand washing.
  - Avoid touching eyes, nose, or mouth with unwashed hands.
  - Clean frequently used devices, such as mobile phones, tablets, keyboards, kitchen appliances, video game controllers, etc.

- For industrial strength cleaner, please contact the Tribal Administration office.
- Use “respiratory etiquette”
  - Cover cough with a tissue or sleeve.
  - Provide adequate supplies within easy reach, including tissues and no touch trash cans.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones) with common cleaning supplies.

See the Center for Disease Control and Prevention’s guidance regarding the prevention of disease in homes and residential communities. For further information or resources, you may also contact the following organizations:

- **Myers Pharmacy** 260 Hospital Drive #111 Ukiah, CA 95482 (707) 468-8991
  - Curbside Pick-up
  - Delivery - \$3 per trip
- **Rite Aid Pharmacy** 680 South State Street Ukiah, CA 95482 (707) 462-6850
  - Drive-thru pick-up.
- **Mendocino County Coronavirus Hotline** – (707)-234-6052
- **Sherwood Valley Food Program** – 1220 Blosser Lane, Willits, CA 95490, (707) 456-1710
  - You may pick up an application form at the Food Distribution Office for your reservation, or call the office and have one mailed. You may also call the Coyote Valley Tribal Administration office at (707) 485-8723 for a copy of the application form.
  - Applications may be returned to the Food Distribution Office either by mail, fax, or in person.
  - You may arrange for an interview at the Food Distribution Office, either by telephone or in person. Eligibility for commodities is based on low income guidelines. However, at this time, the Food Program will take into account any impact the COVID-19 pandemic has had on your income.
  - For the interview, you should bring proof on Indian enrollment, Social Security Number and Date of Birth for all household members.

**Contact Leah at (707) 413-8312 at the Health Department with any questions, concerns or needs. We will do our best find a solution and support you.**

**Information will be updated regularly at [www.facebook.com/cvtribalhealth](http://www.facebook.com/cvtribalhealth)**