March 18, 2020

Dear Jemez Community Members,

The Governors and Tribal Administration are closely monitoring the developments of the coronavirus (COVID-19) and its impact to our community. The Governors, on behalf of the Pueblo of Jemez, have declared a Public Health Emergency effective March 16, 2020. As of March 18, 2020 there are 23 confirmed cases of coronavirus in the state of New Mexico. All confirmed cases in New Mexico are travel-related. Fortunately, at this time there are no cases at the Pueblo of Jemez, but that could change given the nature of the spread of coronavirus.

The Public Health Emergency Declaration increases federal and state support by:
- Increasing personal protective equipment for the protection of staff and tribal members.
- Empowering Governor David M. Toledo, after consulting with the POJ/JHHS Response Team, to declare a pueblo emergency.
- Establishing the POJ/JHHS Response Team to officially plan and execute necessary protective activities for the protection of the Pueblo of Jemez, which was formed on March 2, 2020.

On March 13, 2020, the Governors’ Office sent out a community letter indicating that we were at Level 1 – Prevention. We are currently activating Levels 1-4 of our Response Plan in preparation of keeping our community safe, protected, and healthy.

Our response plan consists of five different levels:

LEVEL 1 – PREVENTION
- POJ/JHHS Response Team Bulletins educating the community on preventive measures;
  - Bulletin #1: Hand Washing
  - Bulletin #2: Coronavirus COVID-19
  - Bulletin #3: Signs and Symptoms
  - Bulletin #4: Home Preparation
  - Bulletin #5: Meal Distribution for Jemez Pueblo (attached)
  - Bulletin #6: Telephone Consults and Virtual Visits (attached)

LEVEL 2 – PROTECTION
- Avoid non-essential travel. Only travel for safety, welfare, supplies, and medical care.
- Alternative entry for screening patients with fever or respiratory symptoms at the Jemez Comprehensive Health Center.
- Active monitoring of possible quarantined individuals.
  - Self-quarantine means short-term, voluntary home confinement; stay in your home for 14 days; no visitors; food/supplies brought in by others; stay on your own property; no contact with anyone who is not in quarantine with you.
Active monitoring will be done by the POJ/JHHS Response Team to ensure that resources are made available for the individual or family to remain safe and healthy.

- Limiting services to only emergent care for Dental and Optometry. Complete closure of Audiology, Fitness Center, and Senior Center (home-delivered meals only).
- For medical clinic, telephone consults for laboratory and follow-up care. Telephone consults also available with Patricia Lopez and Behavioral Health for counseling needs.

**LEVEL 3 – MITIGATION**

- Declaring a state of Public Health Emergency, has afforded the Pueblo of Jemez opening supply chains to request necessary supplies to support quarantine and isolation of individuals and families.
- March 9, 2020 – Memo from Governors’ Office, banned out-of-state work-related travel for Pueblo of Jemez employees.
- March 13, 2020 – Memo from Governors’ Office, banned tribally-sponsored in-state travel to meetings and gatherings. The Center for Disease Control (CDC) is highly discouraging face-to-face meetings of more than 10 individuals.
- March 13, 2020 – Memo from Governors’ Office to POJ employees reducing transmission of communicable diseases in the workplace including telephone, video conferencing, and telework.

**NEW RESTRICTIONS AS OF MARCH 18, 2020:**

- If you have travelled to high risk COVID-19 areas since March 4, 2020, you MUST self-quarantine for a period of 14 calendar days. If you have or develop cough, shortness of breath, or fever, you need to call 575-834-3022 and ask to speak to a nurse.
  - Currently, the high risk areas where over 100 cases have been confirmed in the United States are:
    - New York City, New York
    - Seattle, Washington
    - Portland, Oregon
    - San Francisco, California
  - If you have travelled to these areas or have decided to self-quarantine, please call 575-834-3308 to inform the POJ/JHHS Response team for active monitoring.
- If you have been in contact with someone who tested positive for COVID-19, regardless of location, since March 4, 2020, you MUST self-quarantine for a period of 14 calendar days. If you have or develop cough, shortness of breath, or fever, you need to call 575-834-3022 and ask to speak to a nurse.
  - If you have travelled to these areas or have decided to self-quarantine, please call 575-834-3308 to inform the POJ/JHHS Response team for active monitoring.
- If you have travelled outside of New Mexico since March 4, 2020, you MUST self-quarantine for a period of 14 calendar days. If you have or develop cough, shortness of breath, or fever, you need to call 575-834-3022 and ask to speak to a nurse.
If you have travelled to these areas or have decided to self-quarantine, please call 575-834-3308 to inform the POJ/JHHS Response team for active monitoring.

- Outside visitors are highly discouraged from entering the Pueblo of Jemez. Family members who currently reside in high risk areas OR out-of-state are discouraged from entering the Pueblo of Jemez, effective immediately.

Level 4 – Response
- The Pueblo of Jemez (POJ) Emergency Operations Center (EOC) is activated to Level 3.

Level 5 – Recovery
- No activities at this time

In summary, there are no confirmed cases in Jemez Pueblo. All confirmed cases in New Mexico are travel-related at this point. In order to minimize the risk of spread of the disease to Jemez Pueblo, we are ordering a semi-lockdown of travel. Persons who are residing and are already present in the Pueblo are discouraged from leaving or travelling except for essential shopping or medical reasons. Outside visitors are highly discouraged from entering the Pueblo. Do not invite outside visitors to the Pueblo. Essential business will continue with fuel delivery, Fed Ex, etc., and people employed here will continue to enter the Pueblo for work. Some Tribal members have jobs off Pueblo and will have to leave if they continue to work; it is highly recommended you work with your employer to work from home (telework), if applicable. Social distancing, remaining 6 feet apart, is essential in all circumstances.

We will continue to monitor the situation closely and will make decisions in the best interest of the Jemez Pueblo community. We ask that you remain calm, make smart decisions, and take the necessary precautions and actions outlined in this letter.

Lastly, the Governors encourage everyone to acknowledge and honor the religious aspects of our ways of life through prayer and practice.

Sincerely,

David M. Toledo
Governor

John Galvan
1st Lt. Governor

Elston Yepa
2nd Lt. Governor
Handwashing is one of the best ways to protect yourself and your family from getting sick. If water and soap are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Below are tips on how to Wash Your Hands.

Five steps to wash your hands the right way:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with soap.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

How to use hand sanitizer:

1. **Apply** the gel product to the palm of one hand.
2. **Rub** your hands together.
3. **Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take 20 seconds.

For any questions or concerns regarding Hand Washing, please email JHHShosponsesteam@jemezpueblo.us.

CDC: Centers for Disease Control and Prevention
Coronavirus COVID-19

POJ/JHHS Response Team

BULLETIN #2

Updated March 2, 2020

Bulletin Purpose: The purpose of the POJ/JHHS Bulletin is to deliver relevant information and recommendations to protect the health of Pueblo of Jemez employees and community members.

What is Coronavirus (COVID-19)?

The coronavirus is a family of viruses that can cause mild symptoms of common colds to serious illnesses such as pneumonia. COVID-19 is a virus that can replicate itself while affecting the cells of the lungs. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

How does it spread?

Person-to-person spread

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another.
- Through droplets produced when an infected person coughs or sneezes.

Spread from contact with infected surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

How do I prevent from getting the virus?

The best way to prevent illness is to avoid being exposed to this virus. Everyday preventative actions also prevent the spread of diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water.

For any questions or concerns regarding coronavirus, please email JHHShresponseteam@jemezpueblo.us.

CDC: Centers for Disease Control and Prevention
POJ/JHHS Response Team

BULLETIN # 3

WHAT TO DO IF YOU ARE ILL

About 80% of all patients with COVID-19 virus have mild symptoms similar to what you experience when you have a cold. Could you have COVID-19?

The following symptoms may appear 2-14 days after exposure to an infected person or travel to a high risk area:

- Fever
- Cough
- Shortness of breath

Call the clinic at 575-834-3022 if:
You develop the above symptoms, and have been in close contact with a person known to have COVID-19
OR
Have recently traveled from an area with widespread or ongoing spread of COVID-19.

At the Jemez Comprehensive Health Center, you will be transferred to our nurse triage line. They will advise you to stay home, schedule you into the clinic for an appointment or advise you to call 911.

If you are experiencing any signs and symptoms, call any of the following phone numbers:

- JHHS Appointment Number: (575) 834-3022
- JHHS After-Hours Hotline: (505) 309-2937
- Coronavirus Hotline: 1-855-600-3453
- New Mexico Department of Health: (505) 827-0006

CDC: Centers for Disease Control and Prevention
Bulletin Purpose:  
The purpose of the POJ/JHHS Bulletin is to deliver relevant information and recommendations to protect the health of Pueblo of Jemez employees and community members.

Home preparation

Begin making a plan today with your family. As you prepare, tailor your plans and supplies specific to your daily living needs and responsibilities. Make sure you have enough supplies to last preferably 14 days. Think about where you live and your needs. Use the list below to help you get started on your preparation.

- Water—at least a gallon per person, per day. Tap water is fine. You need to stay hydrated.
- Enough food for your household
  - Nutrient dense and easily stored foods. These include canned items, dried beans, rice, flour, corn meal.
  - Nuts, dried fruits, cereal
  - Junk food such as chips, sodas, sweet drinks will not adequately nourish your family. Spend your food money wisely
- Medications to last 30 days. JHHS Pharmacy can help with this.
- Matches
- Toothbrush, toothpaste
- Soap is very important. You do not need hand sanitizer. Washing with soap is just as good, if not better.
- Have computer access? Check the Pueblo of Jemez website for updated information
- Flashlights with extra batteries
- Can opener (manual)
- Baby supplies (formula, diapers, etc.)
- Books, games or puzzles for kids
- A favorite stuffed animal or blanket for kids
- Pet and service animal supplies
- Have any non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

For any questions or concerns regarding coronavirus, please email JHHSresponseteam@jemezpueblo.us.

CDC: Centers for Disease Control and Prevention
POJ/JHHS Response Team
BULLETIN #5
Meals effective 3/18/20

Walatowa Head Start & Child Care (Monday – Thursday)
TIME: 12:00noon – 1:00pm
Drive up & Pick up Lunch Service and a snack will also be provided
Location: Head Start NE Door (back door)
(Please drive in thru north gate, stop by NE Back Door, staff will meet you,
then exit out front gates – one way)
Phone Contact: 575.834.7366
**Families without transportation, please call 575.834.7366 for food delivery**

San Diego Riverside Charter School (Monday – Friday)
TIME: 11:15am – 12:15 pm
Drop in & Pick up Hot Lunch Service and Dry Breakfast will be provided for
following day
Location: Riverside Cafeteria – Open to All Students
Phone Contact: 575.834.7419

**Programs will be closed March 30th – April 3rd for Spring Break**

Jemez Day School (Monday – Friday)
TIME: 11:00am – 12:00 pm
Pick up Lunch Service
Location: Jemez Day School
Phone Contact: 575.834.7304

Jemez Valley Public Schools (Monday – Thursday)
MEAL DELIVERY Starts at 9:00am to Regular Morning Bus Stops (All JVPS Communities)
Drop off Breakfast and Lunch will be provided
STARTING at 11:00 AM – “Any Student” can pick up a meal at the Jemez Education Services Center, Civic Center
JVPS Phone Contact: 575.834.7391 ext. 318 or 505.842.0902 ext. 318 Jemez Ed.
Dept. Phone Contact: 575.834.9102

Walatowa High Charter School (Monday – Thursday)
TIME: 11:00 A.M. – 11:45 A.M.
Grab & Go School Meals
Location: Pueblo of Jemez Education Nutrition Kitchen (Civic Center)
Phone Contact: 575.834.0447
**School is also planning to transport meals to Jemez Springs, Canon and Zia**

Senior Center Meal Deliveries
TIME: 11:00am - 1:00pm, Monday-Thursday & 8:00am-9:30am on Friday
Phone Contact: 575.834.9168
Meal delivery is to regular congregate meal service participants.
If you would like a meal delivered to your home, please call 575.834.9168.
POJ/JHHS Response Team

BULLETIN #6

Phone Consults & Virtual Visits

Due to the COVID-19 pandemic, we strongly advise you to call any of the following if you should need health consultation via phone or video. We encourage you to use these consultation services to prevent any unnecessary visits to a medical provider.

JHHS Nurse Advice Line and After-Hours Hotline:
At the Jemez Comprehensive Health Center, you will be transferred to our nurse triage line. They will advise you to stay home, schedule you into the clinic for an appointment or advise you to call 911.

JHHS Appointment Number: (575) 834-3022
JHHS After-Hours Medical Provider Hotline: (505) 309-2937

Pueblo of Jemez Behavioral Health
The Pueblo of Jemez Behavioral Health Program will be providing continued services at JHHS, but will provide counseling/therapy services via telephone for those who prefer this method. You can further discuss with your therapist or counselor whether you want sessions via telephone. Also, any client coming into Behavioral Health should enter from the east entrance in the Behavioral Health section of the Jemez Clinic building.

Behavioral Health Number: (575) 834-7258

As a Presbyterian member, you have access to PresRN Nurse Advice Line and Video Chats.

PresRN Nurse Advice Line
You can speak with a registered Presbyterian nurse for medical advice at no cost 24 hours a day, every day, which includes holidays.

Call (505) 923-5570 or 1-866-221-9679.

Video Chats
See a provider anytime, day or night. This option offers a new way to see a medical provider for non-emergency medical conditions via secure video through a computer webcam. Link: https://www.phs.org/tools-resources/member/video-visit/Pages/schedule-video-visit.aspx.

For health related questions about the Coronavirus, you can contact the Coronavirus Health Hotline call 1-855-600-3453.

For any questions or concerns regarding coronavirus, please email JHHSresponsesteam@jemezpueblo.us.

CDC: Centers for Disease Control and Prevention
Quarantine vs. Isolation

March 20, 2020

Bulletin Purpose: The purpose of the POJ/JHHS Bulletin is to deliver relevant information and recommendations to protect the health of Pueblo of Jemez employees and community members.

If you or someone in your family meets the criteria for quarantine or isolation, please call 575-834-3308.

POJ/JHHS Response Team

BULLETIN #7

What is Quarantine?

Definition: Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Person(s) who are to be quarantined or in quarantine would be if:

- A person has already been exposed to a contagious disease such as COVID-19.
- A person who has traveled to a COVID-19 high risk area in the past 14 days (effective March 18th):
  - New York City, New York; Seattle, Washington; Portland, Oregon; San Francisco, California
- A person who has been in contact with someone who tested positive for COVID-19 in the past 14 days (effective March 18th).
- A person who has traveled outside of New Mexico, in the past 14 days (effective March 18th).
- This person may not have symptoms and may or may not be contagious.
- A person on short-term voluntary home confinement.
- A person with restrictions on travel and passage into or out of an area.
- Passive monitoring: the person self-assesses and will contact JHHS if symptoms occur.
- Active monitoring: a JHHS staff member evaluates the person by phone or in person for symptoms on a daily basis.

What is Isolation?

Definition: Isolation separates sick people with a contagious disease from people who are not sick. Person(s) who are to be isolated or in isolation is:

- A person who has tested positive for COVID-19. This person may or may not be symptomatic.
- This person may be at higher risk due to age and underlying respiratory illness.
- Isolation restricts movement of people who are ill to help stop the spread of disease.
- Sick people may be cared for in their homes, hospitals, or designated health care facilities.
- Often used in hospitals for patients with infectious diseases.
- Active monitoring with active restriction: the person is evaluated in person on a daily basis (voluntary or involuntary)

For any questions or concerns regarding coronavirus, please email JHHSresponsseteam@jemezpueblo.us.

CDC: Centers for Disease Control and
POJ/JHHS Response Team
BULLETIN #8

Jemez Public Works Department

Payments:
You are encouraged to continue paying for utilities. Payments can be made over the phone.

- Call 575-834-7942 to make a payment
- Service will NOT be disconnected
- Late Fees will be waived.

State of New Mexico Environment Department requesting public’s help in preventing clogged sewers and overflows.

*Increased flushing of wipes, paper towels causes issues in sewer systems and treatment plants*

Sewer back-ups and overflows may be on the rise due to an increased use and flushing of sanitary wipes and paper towels.

Clogged sewers cause back-ups and overflows at residences, businesses and wastewater treatment facilities, creating an additional public health risk in the midst of the coronavirus pandemic. These events also threaten the health of the environment and burden our communities’ wastewater utility operators.

Because they don’t break down the way toilet paper does, flushing wipes, paper towels and similar products down toilets can clog your sewer line, costing homeowners and businesses hundreds of dollars to correct. Commonly, the sewer line from the residence or business to the main sewer line is the responsibility of the property owner.

Even wipes labeled “flushable” will often clog pipes and interfere with sewage collection and wastewater treatment systems.

Don’t flush your money down the drain! Help prevent further back-ups and overflows by only flushing toilet paper and using the trashcan for other items.

**DO NOT FLUSH:**
Cleaning wipes, even if the package says, “flushable.”
Baby wipes
Paper towels
Tissues
These items should be thrown in the trash.
POJ/JHHS Response Team

BULLETIN #9

Jemez Comprehensive Health Center

Temporary hours of operation effective 3/26/2020

Medical Clinic and Pharmacy Hours:
- Monday - Friday: 8am - 5pm
- Saturday: 8am - 2pm

Dental Clinic (emergency care only):
- Monday - Friday: 8am - 12pm

Behavioral Health hours:
- Monday - Friday: 8am - 5pm

Medical and Pharmacy services:
- Medical clinic will continue to serve non-acute care visits through telephone.
- Medical clinic will not be accepting new patients at this time.
- Pharmacy will continue to fill prescriptions.

Dental clinic services:
- Dental Clinic will be open for emergency care only.

The abbreviated hours will be in place and will be re-visited weekly and adjusted based on need and patient volume. We greatly appreciate your understanding during this challenging time.

As a reminder, if you are experiencing any signs and symptoms, call any of the following phone numbers:

Ask to speak to a JHHS Nurse: (575) 834-7413
JHHS Medical Provider After-Hours Hotline: (505) 309-2937
Coronavirus Hotline: 1-855-600-3453
New Mexico Department of Health: (505) 827-0006

For any questions or concerns regarding coronavirus, please email JHHSresponseteam@jemezpueblo.us.

CDC: Centers for Disease Control and Prevention