March 13, 2020

Dear Jemez Community Members,

The Tribal Administration is closely following developments related to the spread of the coronavirus (COVID-19). The health and safety of our community and tribal employees is our highest priority as we coordinate our planning and response.

We are having regular ongoing conversations with our Tribal Administration, Directors and Managers of JHHS and EMS to ensure that we are doing everything we can to plan and prepare to limit exposure and lower risk to members of our community. We are also in the process of identifying critical areas and essential functions of our tribal administration in case further actions need to be taken.

As of this morning 10 people in New Mexico have tested presumptive positive for COVID-19. The Governor of the State of New Mexico, Michelle Lujan Grisham has declared a public health emergency following the 10 positive test results and has cancelled large State sponsored events, including events such as the Gathering of Nations.

At the tribal level, my Lieutenants, and I have also taken action to ban all travel for tribal employees for out-of-state meetings or conferences. We will also be delivering house-to-house information through community bulletins and posting information throughout the community.

To ensure that our community members are safe we have also developed a POJ and JHHS response team to help plan and prepare for the impact of COVID-19 to our community.

The response team is taking steps to keep the community informed about how to stay healthy and be prepared in the event of widespread cases of the virus in our area and the team will be helping us in sending out community bulletins to share important information and address any concerns that may come up as new information becomes available.

Our response plan consists of five different levels:
- Level 1 – Prevention
- Level 2 – Protection
- Level 3 – Mitigation
- Level 4 – Response
- Level 5 – Recovery

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We currently do not have any cases in our community and we are at Level 1 – Prevention, and with this you may see small changes in our processes as we work through this. Some of the things we are doing to protect the community:

- At the Jemez Comprehensive Health Center, you will be asked to wear a mask if you are coughing, sneezing, or have a fever. We are making changes to our triage process if you are presenting with symptoms associated with the coronavirus, you may be directed to come into clinic at a different entrance.
- We are educating staff, employees and community members on proper handwashing, home preparations, and signs and symptoms.
- We have increased our cleaning and disinfecting frequencies and supplies on hand.
- We are coordinating and planning prevention efforts with local schools and businesses.

Our leadership appreciates the work of our staff who have stepped up to ensure we continue to provide the services despite challenging circumstances. Again, we will continue to closely monitor the situation and will make decisions in the best interest of the Jemez Community. The situation is changing daily. We ask that you remain calm, make smart decisions and bear with us as we make decisions to further protect the community.

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 JHHSresponseteam@jemezpueblo.us.
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 JHHSresponseteam@jemezpueblo.us.
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
**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**

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 JHHSresponsesteam@jemezpueblo.us.

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