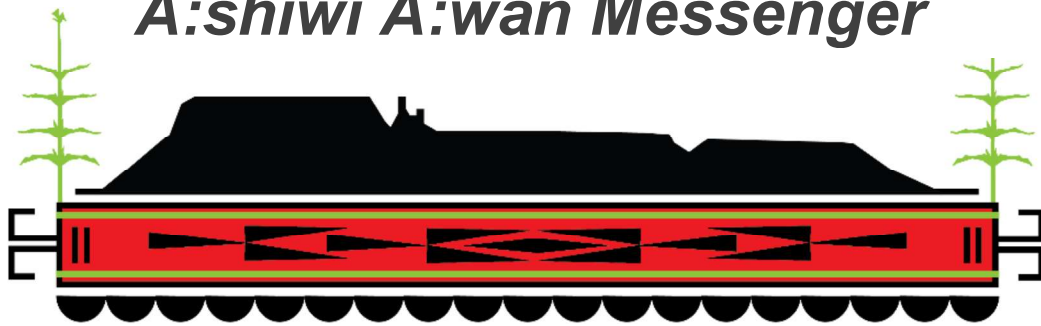
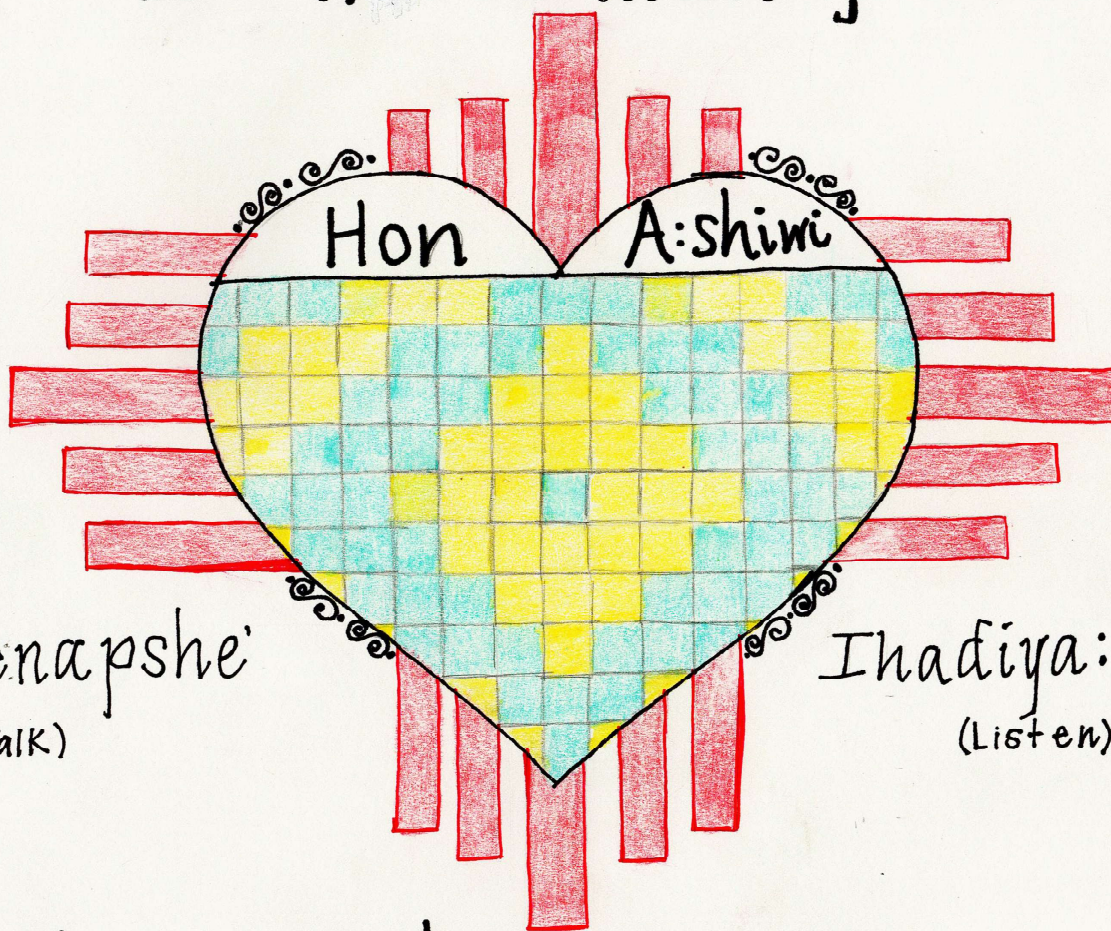


A:shivi A:wan Messenger



Special Issue 5 • June 12, 2020

I : wiche manap'she



Beyenapshe
(Talk)

Inadiya: napshe
(Listen)

Hon iyashu' wena:wa

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To reach the Pueblo of Zuni COVID-19 information center, open every day from 8:00 am to 5:00 pm, call:

(505) 782-2466, (303) 917-3181,

(720) 660-7786, or (720) 576-4014

A Message to Our Zuni People

KESHII KO'DON DEWANAN
A:DEYA'YE

The Governor, Lt Governor and Tribal Council would like to take this opportunity to express our thoughts and feelings with you about our current situation we are in right now regarding the Coronavirus (COVID-19) Pandemic. We are saddened to see that this virus is in our community and that the number of people testing positive for the virus continues to rise. As we write this, the total number of positive cases in Zuni is up to 190, but out of that number, 57 have recovered, which is great news! Our first positive case in Zuni was on March 29, 2020, and now within 74 days we are up to 190 aggregate. This averages up to 2 people per day contracting the virus. We had very low numbers in the beginning, but they gradually increased, and have now spiked to where we are seeing anywhere from 3 to 10 new cases each day. Unfortunately, some people who have tested positive and are sent home to self-quarantine are not doing so or are not following the instructions provided to them by our health care officials, so they are infecting members of their families. So people, dishhomahha; if you have tested positive for COVID-19, please follow the instructions that are provided to you to self-quarantine so you do not infect your loved ones.

The only way we can beat and get through this virus is by staying home and taking protective measures. Dishhomahha hom a:ho'i. Ihadiya:napshe! Lukkyia weyakkyia a:don'ne. By staying home, you are

protecting yourself, your family, and your community. Stay away from other people as much as possible because we do not know who has the virus. If you must go out into the public for essential shopping, purchasing gas, or going to work, please wear a facemask to protect yourself and others. Keep your distance from people as if they have the virus, and always wash your hands thoroughly after being out in the public, or use hand sanitizer if soap and water are not readily available. Constantly sanitize or wash items in your home or workplace that people touch. DO NOT go out into the public if you are sick.

As most people do, we enjoy socializing and entertaining. We enjoy family time, visiting people, and participating in social gatherings. Inasmuch as we enjoy doing all these things, we must refrain from doing so during this pandemic and follow the instructions provided to us by the health care officials. This is only for our safety and protection.

We need to love and cherish one another. During this pandemic we are seeing the power of love and the power of people working together. It is a good feeling to see our people working together and helping one another by providing food and necessities to those who need them. We have been blessed to receive many donations from other people and organizations. We are also seeing the importance of our doctors, nurses, health care workers, first responders, grocery store workers, food establishment workers, and gas station workers. We have taken them for granted in the past but with this

pandemic, we are seeing that they are very important and essential in our lives, so please take the time to thank them for what they do. We are fortunate to have these essential needs right here in our own community, so there is no need to travel outside of our reservation to do our shopping. Almost everything is right here in our community so let's support our local businesses and shop local.

Until our COVID-19 positive case numbers go down, we are still in a crisis. Let us all work together to bring healing to our people and community and not let this virus overtake us. Together we will get through this pandemic by observing the safety orders that have been issued by our Health Care officials and our Emergency Management Incident Command. Those safety orders are:

Wash your hands, stay home, wear a facemask, and practice social distancing. Ihadiya:napshe.

Elahkwa. Don k'ettsannishshi a:deya'du.

ZUNI TRIBAL COUNCIL

What I Like About Curfew

Curfew hours are good. Evenings are nice and quiet. Dogs are also quiet. Teenagers are home and safe instead of driving around in the wee hours of the night.

Curfew should always be enforced after the pandemic to keep the community safe and quiet.



Congratulations!



Class of 2020

"Each of the staff members & adjunct faculty of A:shiwí College & Career Readiness Center, honors and celebrates your extraordinary accomplishment"

A MESSAGE TO ALL ZUNI GRADUATING SENIORS

Keshi, hon awan a'ho'i: Ko' don dewana a:deyaye?

We are living in extraordinary times with the threat of the COVID-19 virus as an ever-present danger to all people, so we encourage all to practice health & wellness precautions that will protect you and your loved ones. Graduations this year will be held in a number of alternative and isolating ways, not in ways that have traditionally occurred in Zuni and elsewhere with family, friends and relatives gathering to honor and celebrate your accomplishments.

During our own high school graduations and those since, none of us had to endure or experience the challenges you have during your senior year. We did not have to face school and college campus closures, community lockdown, an international pandemic, community disruption, work stoppages or struggle with an on-line form of education separated from friends and classmates.

The fact that you were able to continue your studies in spite of extreme challenges and persist to graduation says a lot about the person you are. You are courageous, resilient, strong, intelligent, caring and determined to be successful. **You are extraordinary!** And so special. This makes your graduation an extra special milestone.

All of us have family members, relatives and friends graduating this year. We are so proud of their achievement and acknowledge the accomplishments of all of our Zuni Seniors as they graduate from college, tribal college, university, public high schools, BIE Contract Schools and charter schools.

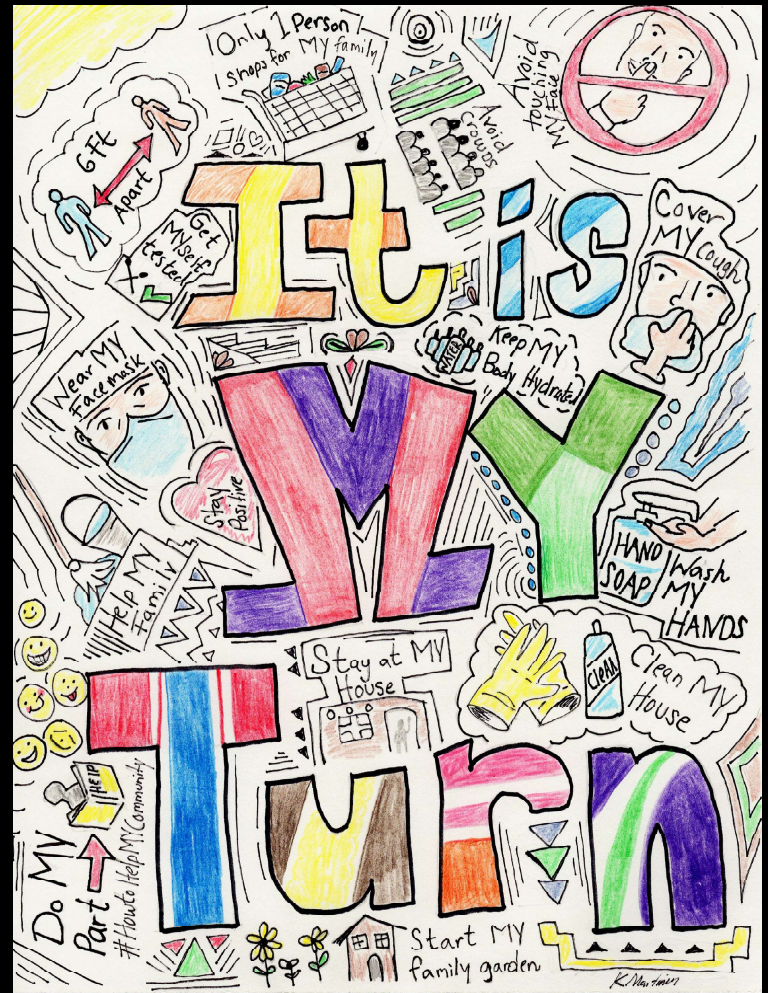
As you continue on your life path where ever it may lead you, know that you have the support, love and encouragement of family, relatives, friends and all of us here at A:shiwí College. We pray for your protection and safety and know that you will be successful in all of your endeavors. Best wishes because your future starts now!

A:na'dun dekkwin dom onan ele'dun'ona k'okshi dun'ona hon ansamm'ona ants'ummehna.wa.

Don ya'don k'okshi sunna:kya:nap' do.

Hayes A. Lewis

Hayes A. Lewis, Executive Director
A:shiwí College & Career Readiness Center
Pueblo of Zuni



IMMEDIATE RELEASE

In response to the summer pilgrimage event and the need to follow all precautions to prevent the spread of COVID-19.

AMENDED

Travel Restrictions Expanded

Checkpoints

Law Enforcement will maintain continuous checkpoints, beginning **Monday morning June 15, 2020 through Tuesday evening June 16, 2020.**

Curfew

The curfew will be lifted for the night of **Monday June 15, 2020 only** and will resume back on **Tuesday June 16, 2020 at 8:00 p.m.**

Elahkwa. Thank you. For your generosity to the People of Zuni

- Cartena Foundation • Convoy of Hope
- Ecoflight • First Born Program
- Gallup Food Pantry • Grand Canyon Trust
- Silver Bullet Productions



Seven best-known practices to stop the spread of COVID-19 in Zuni

1. Stay at home as much as possible
2. Practice physical distancing – maintain a personal fire line – in public and at home
3. Avoid touching your face before washing your hands, especially when you've been in public places
4. Wash your hands often and completely for at least 20 seconds
5. When you cough or sneeze, cover your nose and mouth with a tissue or flexed elbow
6. Clean and disinfect frequently touched surfaces in your home
7. Keep learning about best practices to stop COVID-19

POZ Testing Results

Zuni-IHS COVID-19 test data as of June 10:

Total Tests, Zuni and non-Zuni:	2,390
Total Positives for Zuni:	190
Total Recoveries for Zuni:	57

The Pueblo of Zuni and Emergency Management remind the community that it takes just one person to infect everyone around them. Please stay safe, for yourself and for those around you.

Guidance for Large or Extended Families Living in the Same Household

by the U.S. Centers for Disease Control and Prevention; edited for brevity

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk. This can be difficult if space is limited for large or extended families living together.

How to protect the household when you must leave the house

Don't leave the household unless **absolutely necessary!** For example, only leave if you must go to work, the grocery store, pharmacy, or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two family members who are not at higher risk for severe illness from COVID-19 to do the needed errands. If you must leave the household, follow these tips:

- Avoid crowds, including social gatherings of any size.
- Keep at least 6 feet away from other people.
- Wash your hands often.
- Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.
- Don't use public transportation, such as the train or bus, if possible.
- Don't ride in a car with members of different households.

Guidance continues on the next page



Sponsored by:



Dear Zuni Youth and Families-

Do you have a home garden? Want to **SAVE RAIN** for watering your plants?

Apply for a Free Rain Barrel

WHILE SUPPLIES LAST !!!

APPLYING IS FUN & EASY!!!

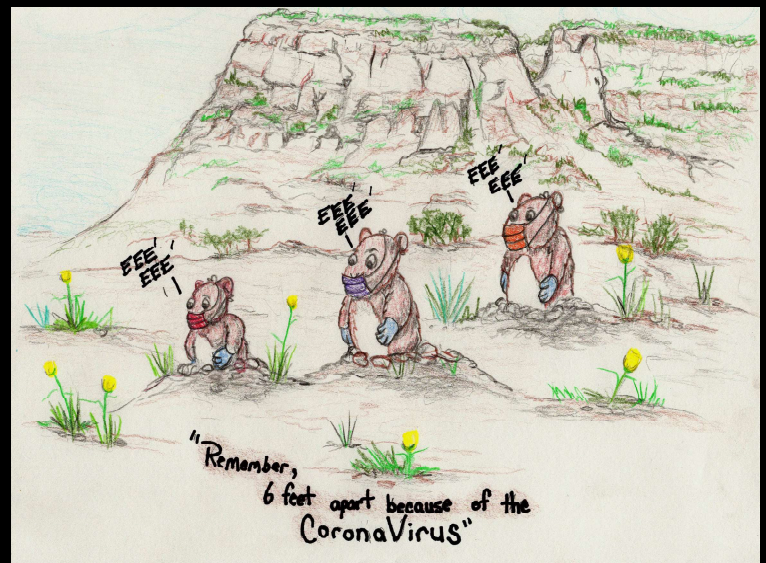
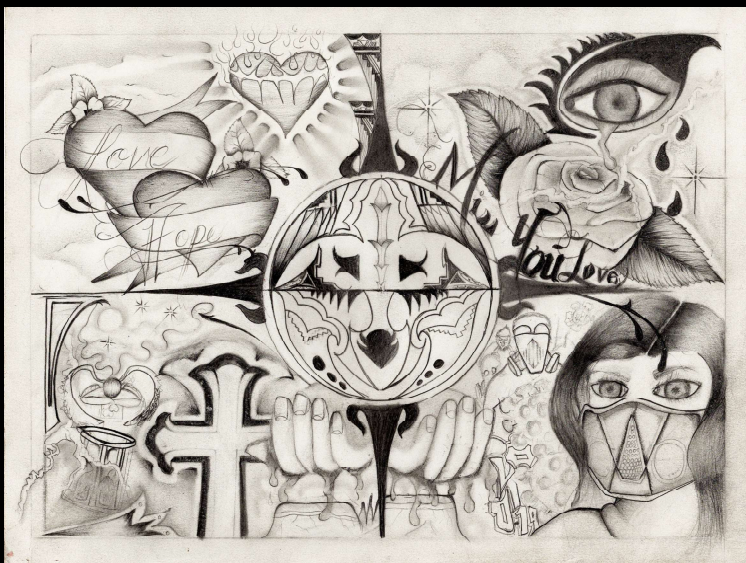
1 Take a picture of yourself and/or family in your garden plot!



2 Write a short paragraph with:
-Your name (a youth or adult can apply for the household)

-Best phone number to call you
-Name & ages of youth in your family
-Why you think rain harvest is important!

3 Submit your picture and paragraph to ZYEP by **JUNE 19th!** Email jquinlan@zyep.org, inbox our Facebook, text it to ZYEP's Remind app, or call ZYEP office # 505-782-8000 to ask questions.





Guidance continues from the previous page

- Wear a cloth face covering.
- Wash your hands immediately when you return home.
- Maintain a physical distance between you and those at higher risk in your household. For example, avoid hugging, kissing, or sharing food or drinks.

Here are ways to protect your household members.

- Stay home as much as possible.
- Wash your hands often, especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water. Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.
- Don't touch your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes. If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands.
- Clean and then disinfect your home. Wear disposable gloves, if available. Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.
- Don't have visitors unless they need to be in your home.

How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

Follow these tips to help protect children and others from getting sick.

- Teach children the same things everyone should do to stay healthy. Children and other people can spread the virus even if they don't show symptoms.
- Don't let children have in-person play-dates with children from

other households.

- Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.
- Help children stay connected to their friends through video chats and phone calls.
- Teach children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
 - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - Scrub your hands for at least 20 seconds.
 - Rinse your hands well under clean, running water.
 - Dry your hands using a clean towel or air-dry them.

How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19. If you are caring for someone who is sick at home, follow these tips:

- Have the person stay in one room, away from other people, including yourself, as much as possible.
- Have them use a separate bathroom, if possible.
- Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: trouble breathing; persistent pain or pressure in the chest; confusion; inability to wake or stay awake; bluish lips or face. This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- Make sure the person with COVID-19 does the following:
 - Drinks a lot of fluids to stay hydrated
 - Rests at home
 - Uses over-the-counter medicines to help with symptoms (after talking to their doctor)
 - For most people, symptoms last a few days and they get better after a week.
- Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.
- If English is your second language, a household member

Guidance continues on the next page

should know how to ask for an interpreter.

- Call 911 for medical emergencies. Tell the 911 operator that the patient has or is suspected to have COVID-19.

How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions). Follow these ten tips when isolating a household member who is sick:

- Keep 6 feet between the person who is sick and other household members.
- Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.
- Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office). The cloth face covering can be a scarf or bandana. But they should not be placed on children under age 2, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.
- Keep people at higher risk separated from anyone who is sick.
- Have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness.
 - The caregiver should clean where the sick person has been, as well as their bedding and laundry.
 - The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
 - Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks. Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces with EPA-registered disinfectants daily.
- Limit visitors to those with an essential need to be in the home.
- Don't share personal items like phones, dishes, bedding, or toys.

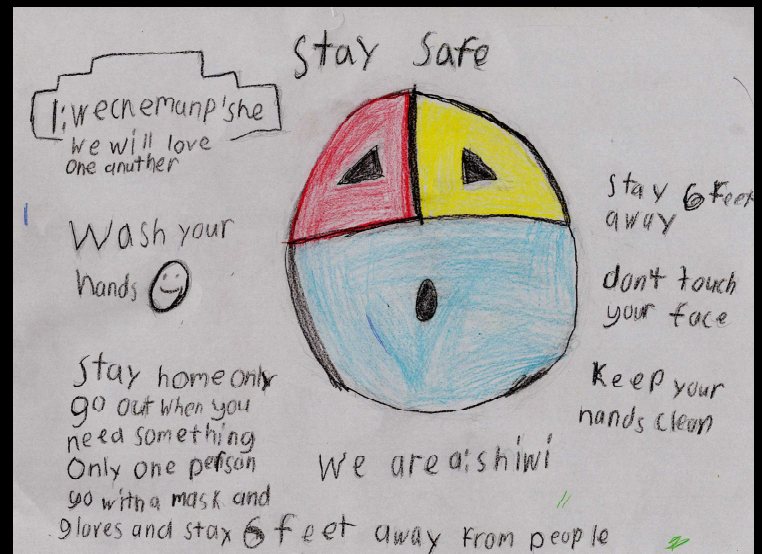
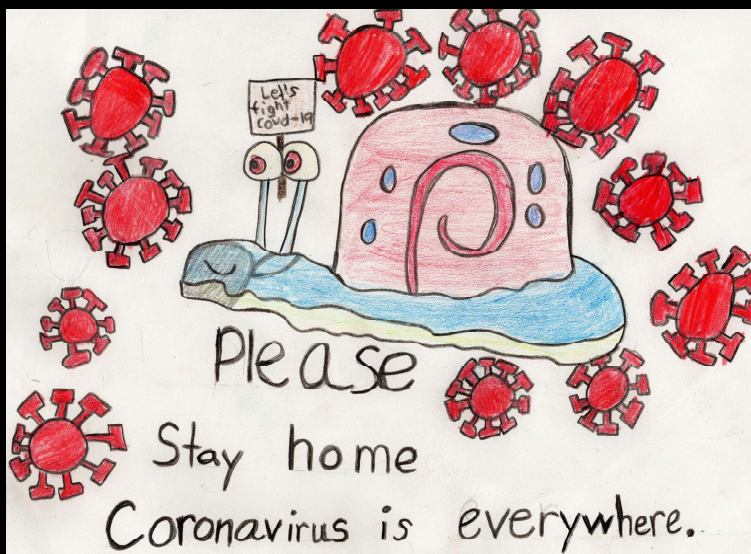
- Try to do the following if you need to share a bedroom with someone who is sick:
 - Make sure the room has good airflow. Open a window and turn on a fan to bring in fresh air.
 - Place beds at least 6 feet apart, if possible.
 - Sleep head to toe.
 - Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.
- Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.
- If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good airflow. Open a window and turn on a fan to bring in and circulate fresh air.

How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household. Also, follow these tips:

- Don't help prepare food if you are sick.
- Wash your hands for at least 20 seconds with soap and water before eating. This includes everyone in the household.
- Use clean utensils when placing food on every household member's plate.
- Don't eat from the same dishes or use the same utensils as someone else in the household.
- Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible. Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
- Have only one person bring food to the sick person and clean the sick person's food service items. This should be someone who is not at higher risk for severe illness.
- Wash your hands after handling used food service items.

Email: sixfootfireline@ashiwi.org



Pueblo of Zuni COVID-19 Mental Health & Substance Abuse Warmline Information

The Teen Health & Family Wellness Center and the Zuni Recovery Center are monitoring warmlines for Zuni Community Residents who may need someone to talk to during this pandemic.

A warmline is a phone number people can call to get support and learn about available mental health and substance abuse prevention resources relevant to the individual or a loved one. Zuni Community Residents do not need to be a patient or client, only to seek someone to talk to for reasons specific to each program, as listed below. Licensed Mental Health Counselors and Licensed Alcohol and Drug Abuse Counselors will be available.

TEEN HEALTH & FAMILY WELLNESS CENTER

Warmline: 505-870-7663

Hours of Operation: Monday 9-12pm, Wednesday 1-5pm, Friday 9-12pm

- Behavioral Health Services are available to individuals ages 9 years and older
- Darrow Peynetsa, Licensed Mental Health Counselor (LMHC)

List of possible reasons to call a Behavioral Health Counselor:

- General Anxiety
- Loss of security
- Shock, worry, stigma
- Bereavement/unresolved grief/loss of loved one
- Effects of social isolation (self-imposed)

- ✓ Caller will be screened during the process.
- ✓ All services will be done telephonically (by phone). Mobile cellphone minutes will apply.
- ✓ Caller may provide their Medicaid or health insurance information, but neither is required.

ZUNI RECOVERY CENTER

Warmline: 505-862-2126

Hours of Operation: Monday, Wednesday, Friday: 9-4pm

- Substance Abuse services will be provided by Licensed Alcohol & Drug Abuse Counselors (LADAC): Kenny Sanchez, Kathlin Panteah, Olivia Eriacho.

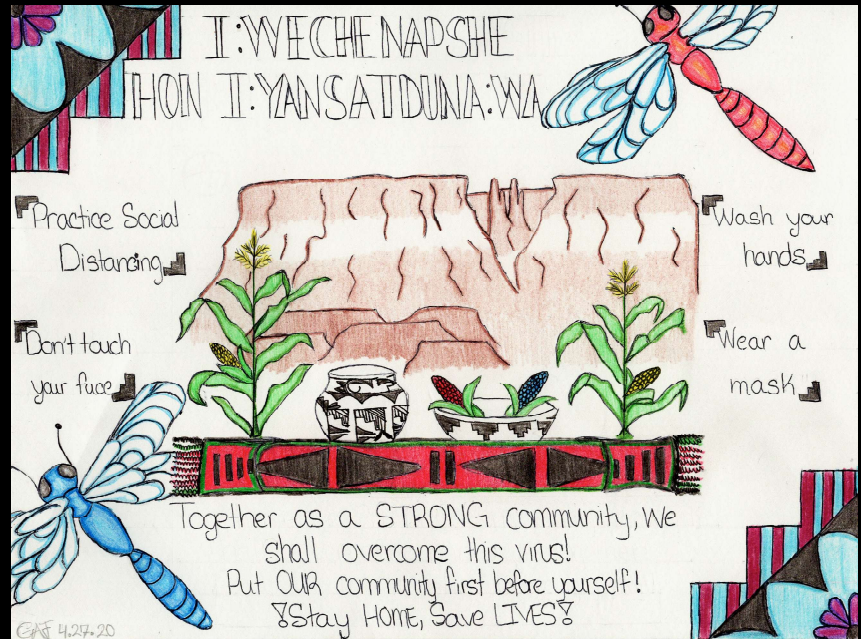
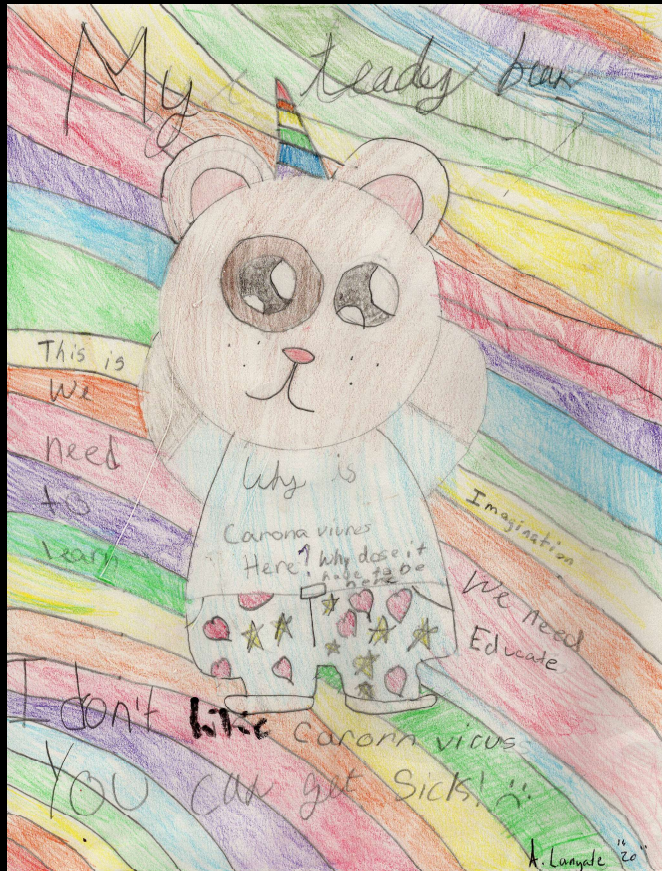
List of possible reasons to call a Licensed Alcohol & Substance Abuse Counselors:

- For Individual and/or family substance use. (for example: drugs and/or alcohol use)
- For an individual who is trying to maintain their sobriety or relapse prevention during COVID-19
- Dealing or coping with a family member's addiction or abuse

- ✓ Caller will be screened during the process.
- ✓ All services will be done telephonically. Mobile cellphone minutes will apply.
- ✓ Caller may provide their Medicaid or health insurance information, but neither is required.

PLEASE CALL 911 OR VISIT THE ZUNI INDIAN HEALTH EMERGENCY SERVICES FOR:

- Suicidal ideation
- Severe depression
- Extreme anxiety
- Multiple stressors
- High level of distress
- COVID-19 symptom calls



Frontline Support

Are you working on the front lines to stop COVID-19? The New Mexico Healthcare Worker and First Responder Support line has your back. Call 1-855-507-5509 to talk.



IMPORTANT NOTICE

The Zuni Emergency Management Incident Response Phase III implementation became effective on May 22, 2020.

By the order of the Governor and Tribal Council in response to the Zuni Indian Health Service Unit's increase in COVID-19 cases, the Division of Public Safety has increased law enforcement efforts.

Curfew

1. Curfew will continue to be imposed for all persons lawfully residing within the boundaries of the Zuni Tribal Indian Reservation between the hours of 8:00 pm – 5:00 am.
2. Any person who must travel due to work, essential travel, or emergency situations during the curfew hours is exempt from this order.

Checkpoints

Checkpoints will commence and enforce limited entry into the Pueblo from 7:00 am – 8:00 pm.

- East checkpoints will be located on the intersection of State Highway 53 and 301 North across from the Senior Center.
- West checkpoints will remain at the end of the reservation.

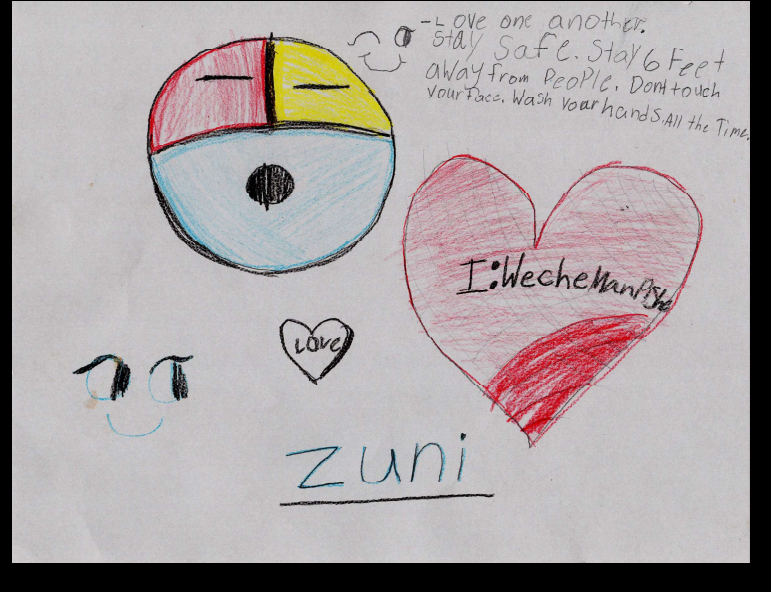
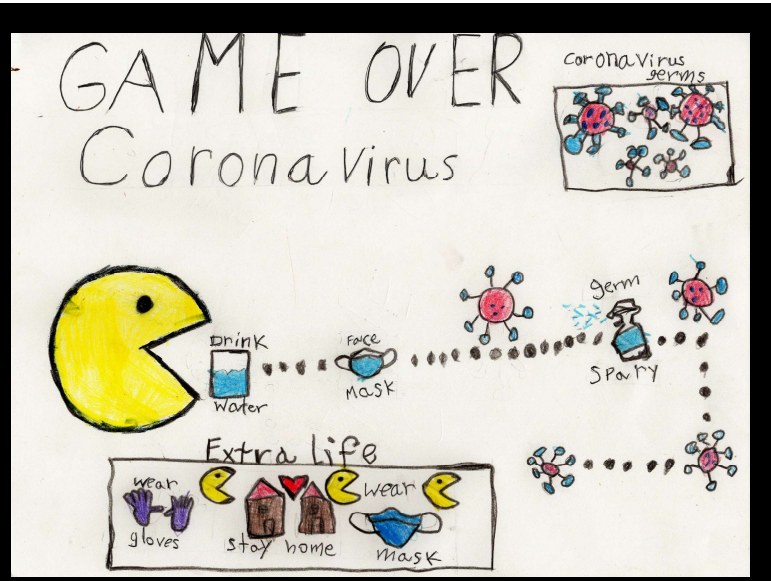
Leaving the Reservation:

- Only two (2) community members per vehicle are allowed to leave the reservation between the hours of 5:00 am. to 8:00 pm. Restrictions on travel for elderly and children are emphasized.
- All occupants must have PPE's (e.g. facemasks)
- Non-residents are allowed to leave

Entering the Reservation:

Law Enforcement personnel will have discretion on enforcement of travel restrictions supported by their chain of command and the Zuni Tribal Council.

- No entry for non-community members.
- Community members must provide a valid form of identification such as State ID, or Census card, or Work ID to enter the Zuni community.
- Essential non-community members who live outside of the Zuni community and are employed within the Zuni community are allowed entry with proper work identification.
- Non-tribal community members and their family members who are employed and live within the Zuni community are allowed entry with proper work identification.
- Travelers will be allowed to pass but with restrictions not to stop at any of the businesses.
- Contractors, Fed Ex, Semis, and other company vehicles conducting



business in Zuni are allowed entry with restrictions not to conduct any other business.

Local Business Establishments:

- Incident Command will periodically check all businesses to ensure the use of PPE's and that social distancing is practiced on a consistent basis.
- Businesses must have the rated capacity of their buildings posted visibly for the Community.
- A designated Safety Officer will be assigned to this area.
- Incident Command may designate security personnel as needed.

We are in this together. We appreciate your kind support.

Elahkwa.

