



PUEBLO OF POJOAQUE

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Dear Pojoaque Valley Community,

I hope this letter finds you and your families well. The entire world is certainly facing trying times in light of the coronavirus pandemic, and the Pueblo of Pojoaque and the entire Pojoaque Valley is not exempt from this. We know this is a very frightening and uncertain time for many, and I am writing to offer support and guidance as we navigate this pandemic – not just personally, but as a community. Regardless of our racial or cultural backgrounds, we are all united and are in this fight together, and the Pueblo of Pojoaque is committed to protecting the overall safety, health and welfare of the entire Pojoaque Valley. Together we can and will overcome this pandemic.

I am reaching out to share some information on what to do in the event you or someone you know is symptomatic for COVID-19. It is my hope that sharing this information will help mitigate the spread of COVID-19 and decrease the impact on the entire Pojoaque Valley. Please take this information and join us in our initiative to FIGHT THE VIRUS. *We are in this fight together.*

If you or someone you know has any suspicions of illness, or has had known contact with a COVID-19 positive individual, please follow the guidelines below and call the EOC or NM Department of Health with any questions or concerns you may have.

Here are a few things you can do to manage symptoms and prevent the spread throughout the beautiful Pojoaque Valley.

1. STAY HOME

2. MONITOR YOUR SYMPTOMS AND NOTIFY THE POJOAQUE EOC IMMEDIATELY

The most common signs and symptoms of COVID19 are loss of taste or smell, fever, headache, cough, muscle aches and shortness of breath. Should you or anyone you know within the Pojoaque Valley experience any of these signs or symptoms, call the **Pueblo of Pojoaque Emergency Operations Center** at **(505) 819-2190 or NMDOH (855) 600-3453** IMMEDIATELY.

3. CONTINUE TO WEAR A FACE COVERING to prevent the spread of the virus.

4. GET REST AND STAY HYDRATED – take care of yourself and take care of your immune system.

5. CALL YOUR HEALTHCARE PROVIDER AHEAD OF TIME. Advise them that you may have COVID-19.

6. FOR MEDICAL EMERGENCIES, including trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, **call 911** and notify dispatch personnel of your symptoms and advise them you may have COVID-19. *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

7. COVER YOUR COUGH AND SNEEZES to mitigate risk of spread – COVID-19 is transmitted through respiratory droplets. It is critical that proper hygiene is practiced. Properly dispose of your tissue in appropriate trash receptacles.

8. WASH YOUR HANDS OFTEN. Wash your hands frequently and do so with soap and running water for at least 20 seconds. Avoid touching your face, especially your eyes and mouth, as this is a common means of infection.

9. ISOLATE YOURSELF FROM OTHERS. Isolate to one specific place if possible, away from other people.

10. AVOID SHARING PERSONAL ITEMS – including dishes, towels, bedding, etc.

11. DISINFECT and CLEAN SURFACES such as doorknobs, light switches, etc.

12. CONTINUE TO SOCIAL DISTANCE yourself from others. Socially distancing from others is one of the most effective ways to reduce the risk of spreading COVID-19.

In the event of a medical emergency, call 911 or Pojoaque Police Department Dispatch (505) 455-2295.

I encourage you all to join us in our campaign to FIGHT THE VIRUS. We will get through this pandemic together.

May the creator continue to protect you, your families and the entire Pojoaque Valley.
Stay safe.

Respectfully,



Governor Joseph M. Talachy