




# PUEBLO OF POJOAQUE

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## MEMORANDUM

TO: Tribal Elders

FR: GOVERNOR JOSEPH M. TALACHY 

RE: CORONAVIRUS (COVID-19) PRECAUTIONS

DATE: MARCH 12<sup>TH</sup>, 2020

With consideration to the recent outbreak of novel coronavirus (COVID-19), the Pueblo of Pojoaque is taking precautionary measures to protect the overall health and wellness of the entire Pojoaque Valley. With this in consideration, measures are being taken to mitigate any risk of transmission of coronavirus. Older adults have a higher risk of having a severe form of illness from the COVID-19 virus. We are asking any individuals age 60 and above to practice social distancing. It is recommended that all individuals avoid crowded public facilities (casinos, community events, concerts, malls, etc.) and unnecessary travel. The Pueblo of Pojoaque will also be closing the Senior Center effective Monday, March 16<sup>th</sup>, 2020. Meals will be provided to Seniors by **MEALS ON WHEELS. OPT-IN FOR THIS SERVICE WILL BE AVAILABLE THURSDAY, MARCH 12<sup>TH</sup>, 2020 AND FRIDAY, MARCH 13<sup>TH</sup>, 2020.**

According to the World Health Organization and the CDC, the most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and

begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell.

Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention via telephone prior to seeking treatment at a medical facility to prevent the spread of illness.

PLEASE 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. Additionally, please limit social contact beyond what is necessary. This is to protect yourself and others.

Additional precautions the CDC is recommending for the older population are the following:

- Ask healthcare provider for extra supply of necessary medications
- Have over the counter medication to treat fever, cough, flu like symptoms
- Have supply of household items and groceries on hand to stay at home for a period of time
- Avoid close contact with sick individuals
- Develop a plan with family members on who will care for you if you become sick
- Pay attention for potential COVID-19 symptoms including fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

Please don't hesitate to call with any questions or concerns.