



PUEBLO OF ISLETA

COVID-19 UPDATE FROM THE ISLETA HEALTH CENTER

DECEMBER 10, 2020

The COVID-19 virus continues to spread throughout the Isleta Community. **Many community members have recently been hospitalized, and I am saddened to announce that Isleta has had several deaths in the last week. The elders are particularly vulnerable to this deadly virus and need to be honored and protected.**

In order to protect the elders, your family, and the entire community, I continue to implore all community members to abide by the current Public Health Emergency Order 2020-03 and also strictly observe the following preventive measures until further notice:

- 1) **Stay home as much as possible.** Only leave the home for absolutely essential needs.
- 2) Always wear a mask if you must leave the home or if you are around people you don't live with.
- 3) At all times, maintain at least 6 feet physical distance from all people you don't live with.
- 4) Do not allow any visitors or non-household members into the home. Do not go visit others.
- 5) Wash or sanitize your hands regularly and disinfect frequently touched surfaces often. Do not touch your nose, eyes or mouth.
- 6) **Limit close contact with vulnerable elders.** If an elder requires care, designate **one person** to provide this and ensure the caregiver and the elder wear a mask at all times. Avoid multiple people being in close contact with elders. Caregivers must strictly follow all precautions.
- 7) If you have symptoms or have been in close contact of someone who has recently tested positive, stay in your own room or area of your residence. Call the COVID-19 hotline at 869-9720 to reach the Isleta COVID-19 Response Team for further guidance or advice.

Most positive cases continue to result from attendance at gatherings such as family dinners, recent holiday activities, allowing multiple visitors in the home and having close contact with multiple people from outside of the immediate household. **People can be infected and contagious and feel completely normal** yet they can still spread the virus to others who may get very sick or die.

PLEASE DO NOT HOST OR ATTEND GATHERINGS OF PEOPLE YOU DO NOT LIVE WITH! THIS INCLUDES THE UPCOMING CHRISTMAS HOLIDAY SEASON! DO NOT HOST EXTENDED FAMILY GATHERINGS SUCH AS DINNERS OR PARTIES. THIS IS ESSENTIAL TO LIMIT THE ONGOING SPREAD OF COVID-19 AND TO PROTECT THE COMMUNITY AND HONOR AND PROTECT THE ELDERS.

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Medical Director