



PUEBLO OF ISLETA

A PLEA FROM THE ISLETA HEALTH CENTER

November 17, 2020

The COVID-19 virus is spreading rapidly in the Isleta Community. There have been at least **30 new positive cases in Isleta in the last 5 days**. Almost all positive cases have been due to attendance at gatherings such as birthday parties and family dinners, in addition to allowing multiple visitors in the home and having close contact with too many people. **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. COVID-19 is particularly dangerous and even deadly for the elders in the community.

In order to protect yourself, your family, the elders, and the community as a whole, I implore all community members to abide by the current Public Health Emergency Order 2020-03 and, in addition, 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 unless absolutely necessary.
- 5) Wash or sanitize your hands regularly and disinfect frequently touched surfaces often. Do not touch your eyes, nose or mouth.
- 6) Limit close contact with vulnerable elders. If an elder requires care, designate one person to provide this and ensure both the caregiver and the elder wear a mask at all times. Avoid multiple persons being in close contact with elders.
- 7) Stay in your own room or area of the house if you have symptoms or have been in close contact of someone who has recently tested positive. Call the COVID-19 hotline 869-9720 to reach the Isleta COVID-19 Response Team for further guidance or advice.

MOST IMPORTANTLY: DO NOT HOST OR ATTEND GATHERINGS OF PEOPLE YOU DO NOT LIVE WITH! THIS INCLUDES THE UPCOMING THANKSGIVING AND CHRISTMAS HOLIDAYS. PLEASE CELEBRATE ONLY WITH THOSE YOU LIVE WITH. THIS IS OUR BEST DEFENSE TO LIMIT THE ONGOING SPREAD OF COVID-19 AND TO PROTECT THE COMMUNITY AND THE ELDERS.

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Tribal Health Officer