

UPDATED
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2020

FBIC Elder Newsletter Special Edition

*An informational resource and update for our elders
regarding the COVID - 19 pandemic.*



WHAT IS COVID - 19?

COVID - 19 is a respiratory disease caused by a novel (new) **coronavirus** that was first detected in China and which has now been detected in more than 100 locations internationally, including in the United States. The disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19").

The virus that causes COVID-19 is infecting people and spreading easily from person-to-person.

WHY IS THIS A BIG DEAL?

The complete clinical picture with regard to COVID-19 is not fully known. A majority of reported illnesses have ranged from very mild (including some with no reported symptoms) while some are severe, including illness resulting in death. Older people and people of all ages with severe chronic medical conditions — like heart disease, lung disease and diabetes, for example — seem to be at **higher risk** of developing serious COVID-19 illness.

Our medical facilities currently do not have the capacity (e.g. staff, equipment such as ventilators, beds, protection gear) to handle a large influx of COVID-19 patients.

SYMPTOMS

The following symptoms may appear 2-14 days after exposure:

- fever
- cough
- shortness of breath
- muscle pain
- tiredness

If you develop these emergency warning signs get medical attention immediately:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

PLEASE CALL 353-3100 FIRST IF YOU ARE ABLE SO IHS STAFF CAN TAKE THE PROPER PRECAUTIONS!



DID YOU KNOW?

COVID-19 NOW A PANDEMIC

A pandemic is a global outbreak of disease. Pandemics happen when a new virus emerges to infect people and can spread between people sustainably. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide.

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE"



WHAT CAN I DO TO PROTECT MYSELF?

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow then immediately wash your hands with soap and water for at least **20 seconds** or use hand sanitizer.
- Clean AND disinfect frequently touched surfaces daily.

To make a bleach solution:

- **5 tablespoons (1/3rd cup) bleach per gallon of water, OR;**
- **4 teaspoons bleach per quart of water**

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

**PUBLIC MANDATE:
PRACTICE SOCIAL
DISTANCING
NO MATTER WHAT!**



**COVID-19 survives for 3
hours IN THE AIR
and
2-3 days on surfaces!**



If you are out for Legitimate reasons (work, calving, seeking care, etc) you will NOT be cited. This is for public safety and to limit officer and public exposure to COVID-19

It can sometimes be difficult to understand the differences between social distancing, quarantine, and self-isolation. Here's a guide explaining when you should practice social distancing, self-isolation, or quarantine, and what each of those terms entail.

COVID-19 prevention methods, explained

	SOCIAL DISTANCING	QUARANTINE	SELF-ISOLATING
Who it's for: 	People who have not been exposed to the virus.	People who have been exposed to the virus and don't have symptoms.	People who think they have the virus or have tested positive for the virus.
How long it's for: 	Indefinitely.	14 days minimum.	At least 7 days from the onset of the symptoms.
Who you can interact with: 	Roommates, small groups of friends.	No direct contact. Stay in a room alone if you live with people or in your house if you live alone. Have friends/family/delivery services drop off supplies but don't touch or talk to them.	
What you can do: 	Cancel events with over 50 people. Let employees work from home.	Stock up on food and water — have it delivered and don't interact directly with the delivery person.	
How to socialize: 	You can hang out with small groups. Cancel any unnecessary gatherings/plans.	Don't leave your house aside from emergencies. No face-to-face interaction. Maintain a six foot distance from roommates/family. Facetime dates, phone calls and virtual communication are all acceptable.	

SELF-QUARANTINE OR ISOLATE IF YOU HAVE BEEN EXPOSED TO SOMEONE INFECTED OR TRAVELED TO AN INFECTED AREA!

QUARANTINE TIPS FOR MULTI-FAMILY HOMES

- Do your best to retreat to your room or find a separate area in your home.
- Try to use a separate toilet, if you can.
- Be careful with dishes and other items you touch. Wash immediately!
- **WASH HANDS FOR 20 SECONDS!**

THIS IS NOT "JUST THE FLU" COVID - 19 IS 10x WORSE THAN THE FLU

UNDERLYING MEDICAL CONDITIONS THAT MAY INCREASE THE RISK OF SERIOUS COVID-19 FOR INDIVIDUALS OF ANY AGE.

- **Older adults**
- **People who have serious chronic medical conditions** like:
 - **Blood disorders** (e.g., sickle cell disease or on blood thinners).
 - **Chronic kidney disease** as defined by your doctor.
 - **Chronic liver disease** as defined by your doctor. (e.g., cirrhosis, chronic hepatitis).
 - **Compromised immune system** (immunosuppression) (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV or AIDS).
 - **Current or recent pregnancy** in the last two weeks.
 - **Endocrine disorders** (e.g., diabetes mellitus).
 - **Metabolic disorders** (such as inherited metabolic disorders and mitochondrial disorders).
 - **Heart disease** (such as congenital heart disease, congestive heart failure and coronary artery disease).
 - **Lung disease** including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen.
 - **Neurological and neurologic and neurodevelopment conditions** [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
 - **Obesity**

IF YOU ARE UNSURE IF YOUR CONDITION IS HIGH RISK, PLEASE CALL YOUR DOCTOR OR IHS.



NUMBERS (AT TIME OF PUBLICATION - CHANGES DAILY)

- **12** confirmed in Montana
- **0** deaths in Montana
- **9415** confirmed cases in US
- **150** deaths in US
- **222,642** cases worldwide
- **9,115** deaths worldwide
- **7** confirmed cases in Indian Country nationwide.



Due to a limited amount of tests available, more could be infected and carrying the disease. Not all are being tested.

SO FOLLOW ALL PRECAUTIONARY MEASURES!

WHAT IS THE FBIC COUNCIL DOING TO ADDRESS THIS?

- On March 15th, 2020 the FBIC Council initiated a task force to address the COVID-19 threat.
- The task force first met on March 16th, 2020 and will now be meeting via teleconference daily.
- FBIC issued a letter regarding the Tribal State of Emergency describing how they will address it.
- A resolution was passed on March 16th declaring a state of emergency.
- Council members and staff are working around the clock to get information to the public and to put measures into place to ensure the safety of the entire community.

CLOSURES/CHANGES IN OFFICE HOURS:

***all closures are for a two week period starting March 16th, 2020**

- All public schools in Montana CLOSED
- Fort Belknap Casino CLOSED
- Aaniiih Nakoda College ONLINE ONLY
- Childcare Program CALL 353-4468
- Headstart/EARLY HS CLOSED/SERVING MEALS
- Kwik Stop CLOSING AT 9PM
- Tribal Courts - CLOSED T/TH, 1/2 DAY W/F
- 3rd Party Billing - CLOSED M/F, 8-5 T/W/TH
- Tribal health - CALL ONLY
- Housing - CALL ONLY
- Credit - 10am-3pm daily
- Child Support - T/W/TH 10am - 3pm
- CLOSED - LP Enemy Killer, Red Whip, Kills at Night, Tobacco Prevention, Tribal Opioid Response, CDC, Zero Suicide, Native Connections
- TRIBAL OFFICE IS CLOSED TO THE PUBLIC BUT YOU CAN STILL CALL CENTRAL FOR INFORMATION

ALL CLOSURES SUBJECT TO CHANGE

IHS IS STILL OPEN!

- Screening all employees and visitors upon entrance
- All entrances closed except main and ER
- ER will remain open 24/7
- Pharmacist up front to limit client exposure
- Cancelling all non-emergency appointments in clinic
- Dental is still seeing patients
- Over the counter medications are being distributed up front (acetaminophen and cough syrup)
- Elderly can get medications for 90 days out
- **If you are in need of care, please call ahead IF POSSIBLE 353-3100**



**IF YOU ARE UNSURE,
JUST CALL!**



Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling (via technology!)
- Go for a walk! Avoid crowded areas.



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

**911
OR THE NATIONAL
SUICIDE
PREVENTION
HOTLINE:
1-800-273-TALK**



**PROTECT OUR
ELDERS!
CALL and
check on them
often - visiting
them puts
them more at
risk!**