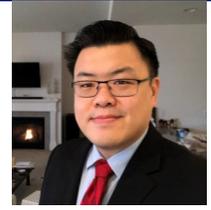


# NUMA NEWS



## CORONAVIRUS: LATEST UPDATE



*Christopher Chai, MD, MPH,  
Family Medicine Physician*

Greetings Fallon Paiute Shoshone Tribe,

I hope that you are all doing well. This COVID-19 situation is affecting all of us in varied ways, some more than others, but we are all in this together to help minimize infection and its resultant complications by maximizing protection from exposure. Please stay patient with medical and governmental authorities, and reach out to us with your questions and concerns. We are here to help!

In the previous two articles, I discussed testing strategies, types, and availability. Testing helps identify whom may have a particular illness, assists in determining whom to treat, and can also help to study a particular illness. Initial studies in California by Stanford University and University of Southern California estimate that approximately 2.5-4.2% of the residents of Santa Clara County and approximately 2.8%-5.5% of Los Angeles County have been infected by COVID-19. However, until widespread testing is available and cheap, these are estimates based on the assumptions made in those studies' designs.

As I have mentioned previous-

ly, "flattening the curve" slows the spread of COVID-19 infections. This is particularly important since this infection can spread so fast, even though the case-fatality rate may not be that high. Additionally, this strategy helps conserve medical resources (especially hospital resources: ICU Beds, ventilators, negative pressure rooms, et cetera) so that they will not be overwhelmed, which then reduces mortality rates. Overall, flattening the curve is a temporary measure until we have one or more of the following situations met: 1) herd immunity, 2) effective treatment.

Herd immunity is a concept within the field of Infectious Disease that refers to when a sufficiently high enough proportion of the population has immunity against a particular disease, which slows or stops the spread of that disease. This can be achieved through vaccinations, by which people are exposed to either a weakened virus or bacteria, a dead virus or bacteria, or a part of a virus or bacteria. This helps to train a body's immune system to be able to fight an infection from the virus or bacteria in order to either minimize symptoms and complications from that illness or, less commonly, to prevent infection.

The other way to achieve herd immunity is through infection and recovery from the actual infectious disease. This strategy is not advised for COVID-19, as we would be causing our vulnerable population (elderly, diabetics, chronic pulmo-

nary conditions, chronic heart conditions) to be at higher risk of contracting the infection, as well as certainly overwhelming our medical resources. Moreover, because the symptoms resulting from a vaccination are less severe and last less time than the actual infection, it is preferred to achieve herd immunity through vaccination.

In either case, in order to achieve herd immunity, a population typically has to achieve the "herd immunity threshold," i.e. the required percentage of the population that has to be immune in order. This threshold explains why, when vaccination rates drop, we tend to see outbreaks of these vaccine-preventable infections. For most infectious diseases this is typically at least 80% of the population or higher. For some infectious diseases such as Measles, the herd immunity threshold is 95% of the population.

For COVID-19, it is unknown how high vaccination rates would need to be to achieve the herd immunity threshold. Furthermore, an effective vaccine has to be developed, which is being pursued by many medical institutions around the world, funded by governments and also by private donors. In any case, my estimate is that vaccination rates would have to be higher than that for influenza vaccinations in order to achieve herd immunity threshold.

*Continued on next page.....*

While we are on the topic of influenza vaccinations, I highly recommend that the whole tribe obtain these as soon as they are available which is typically in September. This would help to increase herd immunity to the influenza infection, to decrease severity of symptoms, and to subsequently decrease risk of spread and/or complications of COVID-19 should co-infection occur. This would also allow medical resources to be focused more on COVID-19 infections, as I do believe that we will have future COVID-19 “seasons.”

Typically, medical practitioners do not prescribe anti-viral medications for viral infections because of lower severity of symptoms and/or because of relatively short duration of illness. Overall, a viral infection ends when the immune system stops the replication (copying) of the viral genetic material (RNA or DNA, depending on the virus). Therefore, most antiviral medications we have disrupt the replication of genetic material. Thus, research is being devoted to repurposing existing antiviral medication, i.e. medications that are currently used for

other viruses. Additionally, research is being devoted to using non-antiviral medication like Hydroxychloroquine and Azithromycin, due to their possible effects on changing the body’s environment or the body’s immune response, respectively. Apart from antiviral medications, other medications or treatments can be used during a viral infection in order to help symptoms or to prevent complications. Some medications in the former category would be like an Albuterol inhaler during a viral or bacterial bronchitis infection, or Gabapentin for the nerve pain of shingles infections. Some treatments in the latter category could be like intubation with mechanical ventilation or position changes to improve drainage or suction as well as improve lung function, with both these treatments for severe lung infections. While there is consensus amongst various professional medical organizations or various hospital organizations amongst what might help to treat hospitalized COVID-19 patients, there isn’t an officially standardized, proven protocol.

I will end this weeks’ medical

lessons there. As always, the most important things we can do now are to focus on disease prevention and to decrease disease spread, via social distancing, hand hygiene, and proper mask usage. As a reminder, proper mask usage means not touching the mask AT ALL after it has been properly placed on your face until you throw it away or properly take it off for washing or storage. Additionally, proper hand hygiene can be achieved and maintained without the use of gloves via hand sanitizer and/or hand-washing. In fact, it is more complicated to think about and use gloves, and I therefore do not recommend using them for most people.

Until next time, most sincerely your physician and friend,

Dr. Christopher Chai

P.S. The weekly Facebook Live events (Thursdays at 4pm on Fallon Tribal Health Center’s FB page) will start to have a telephone line that you can call to listen on, as well. Call the clinic for further details.



*At the Fallon Tribal Health Clinic the Medical Staff is conducting prescreening of all tribal essential staff before each work day.*



*Vice Chairman Yvonne Mori and CLC Director Rochanne Downs help deliver meals to students during Covid-19. Thank you*



# ChurchillCSD

## COMMUNICATION NOTE

**Wednesday, April 16th, 2020, 1:00 p.m.—Update from ChurchillCSD**

Check out [bit.ly/ccsdlearningfromadistance](http://bit.ly/ccsdlearningfromadistance) for more information from ChurchillCSD.

### **Library Book Return—Please help us out!**

Do you have library books at home? If so, your school needs them back. If you can, bring them to the entryway of your school and drop in the filing cabinet for grades K-5 or a tub/box by the office at the MS and HS.

Schools will be open Mondays, Wednesdays, and Fridays from 9 a.m. until 11 a.m. for library book collection and Chromebook repairs. We are sorry to say we can't check out new books to you, but each school has eBooks to keep your family stocked with reading material! Please see your school's page at our [Learning from a Distance website](#) for more information.

For learners who cannot bring books back during the closure, we understand and know that we can get them back from you at another time.

You can now apply for a Nevada library card online! Apply for a library card on their website:

<https://www.churchillcountylibrary.org/> and check out their resources at this link:

<https://drive.google.com/file/d/1H1tJOA7Vh2leKXr1aPeBuUHa823wSHo-l/view>

### **ChurchillCSD All-Stars**

We would like to introduce you to a fun and supportive way to send a shoutout to our families, students, staff, and/or members of our community! Each week, we welcome anyone who would like to nominate someone to submit their nominations by noon on Friday. Submissions can be made at this link: <http://bit.ly/ccsdtop10>

View the flyer here: <https://drive.google.com/open?id=1jjJTLkcey6t6jZFHBLIlyxqg0HdDfktN>

At the end of the day on Friday, the district will play its "Top Ten Stars of the Week." So far we have collected over 100 nominations for this week alone, and we will continue to celebrate more All-Stars each week! We will post the All-Stars on our [Learning from a Distance website](#), Facebook, and Peachjar!

Everyone keep up the great work!





# TAKING CARE OF YOUR BEHAVIORAL HEALTH

## Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

### What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

### What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

### What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

## Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care

for your behavioral health during these experiences and provides resources for more help.

## What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- **Anxiety, worry, or fear related to:**
  - Your own health status
  - The health status of others whom you may have exposed to the disease
  - The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
  - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
  - Time taken off from work and the potential loss of income and job security
  - The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping

## Taking Care of Your Behavioral Health:

### TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

too little or too much

- Symptoms of post-traumatic stress disorder (PTSD), such as intrusive distressing memories, flashbacks (reliving the event), nightmares, changes in thoughts and mood, and being easily startled

If you or a loved one experience any of these reactions for 2 to 4 weeks or more, contact your health care provider or one of the resources at the end of this tip sheet.

## Ways To Support Yourself During Social Distancing, Quarantine, and Isolation

### UNDERSTAND THE RISK

Consider the real risk of harm to yourself and others around you. The public perception of risk during a situation such as an infectious disease outbreak is often inaccurate. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be very low. Take steps to get the facts:

- Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.
- Look to credible sources for information on the infectious disease outbreak (see page 3 for sources of reliable outbreak-related information).

### BE YOUR OWN ADVOCATE

Speaking out about your needs is particularly important if you are in quarantine,

since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

- Work with local, state, or national health officials to find out how you can arrange for groceries and toiletries to be delivered to your home as needed.
- Inform health care providers or health authorities of any needed medications and work with them to ensure that you continue to receive those medications.

### EDUCATE YOURSELF

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

### WORK WITH YOUR EMPLOYER TO REDUCE FINANCIAL STRESS

If you're unable to work during this time, you may experience stress related to your job status or financial situation.

- Provide your employer with a clear explanation of why you are away from work.
- Contact the U.S. Department of Labor toll-free at 1-866-487-2365 about the Family and Medical Leave Act (FMLA), which allows U.S. employees up to 12 weeks of unpaid leave for serious medical conditions, or to care for a family member with a

## Taking Care of Your Behavioral Health:

### TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

serious medical condition.

- Contact your utility providers, cable and Internet provider, and other companies from whom you get monthly bills to explain your situation and request alternative bill payment arrangements as needed.

#### CONNECT WITH OTHERS

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.

#### Sources for Reliable Outbreak-Related Information

**Centers for Disease Control and Prevention**  
1600 Clifton Road  
Atlanta, GA 30329-4027  
1-800-CDC-INFO (1-800-232-4636)  
<http://www.cdc.gov>

**World Health Organization**  
Regional Office for the Americas of the  
World Health Organization  
525 23rd Street, NW  
Washington, DC 20037  
202-974-3000  
<http://www.who.int/en>

- Sign up for emergency alerts via text or email to ensure you get updates as soon as they are available.
- Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1-800-985-5990, if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

#### TALK TO YOUR DOCTOR

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you’re worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider:

- Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health, substance use, or physical health needs.
- In the event that your doctor is unavailable and you are feeling stressed or are in crisis, call the hotline numbers listed at the end of this tip sheet for support.

#### USE PRACTICAL WAYS TO COPE AND RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive

## Taking Care of Your Behavioral Health:

### TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

#### AFTER SOCIAL DISTANCING, QUARANTINE, OR ISOLATION

You may experience mixed emotions, including a sense of relief. If you were isolated because you had the illness, you may feel sadness or anger because friends and loved ones may have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious.

The best way to end this common fear is to learn about the disease and the actual risk to others. Sharing this information will often calm fears in others and allow you to reconnect with them.

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed to the right for a referral.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

## Helpful Resources

### Hotlines

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-846-8517

Website (English): <http://www.disasterdistress.samhsa.gov>

Website (español): <http://www.disasterdistress.samhsa.gov/espanol.aspx>

### SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <http://www.samhsa.gov/find-help/national-helpline>

### National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <http://www.suicidepreventionlifeline.org>

Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

### Treatment Locator

Behavioral Health Treatment Services Locator Website:  
<http://findtreatment.samhsa.gov/locator/home>

For help finding treatment 1-800-662-HELP (4357) <https://findtreatment.gov/>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515

Email: [DTAC@samhsa.hhs.gov](mailto:DTAC@samhsa.hhs.gov)

Website: <http://www.samhsa.gov/dtac>

*\*Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*

HHS Publication No. SMA-14-4894 (2014)





## Nevada Department of Health and Human Services

Helping People  
It's who we are and what we do.

### RESOURCES FOR COPING AND MANAGING DURING COVID-19

- Substance Abuse and Mental Health Services Administration's Disaster Distress Hotline: Call **1-800-985-5990** or text TalkWithUs to **66746**. The Disaster Distress Helpline, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.
- Behavioral Health Treatment: <https://behavioralhealthnv.org/> A database of behavioral health providers specializing in substance use disorder and co-occurring mental health disorder treatment services.
- The National Alliance on Mental Illness Warmline: Call or text **775-241-4212**. The NAMI Warmline is a stigma-free, non-crisis, phone service you can call or text to speak one-on-one with a NAMI Western Nevada CARES (Community Assistance for Recovery through Education and Support) operator. The Warmline is staffed by trained peers in recovery, who provide support to peers by telephone. The Warmline provides confidential support when we want to talk to someone. The Warmline gives you a peer's perspective on how to find support in the community by phone, text, or video. Knowing someone cares can motivate us to carry on in recovery when there is anxiety.
- Nevada 2-1-1: Call 2-1-1 or go to <https://www.nevada211.org/>. 211 provides information and referrals to health, human and social service organizations. Dialing 2-1-1 in almost every part of the United States will connect you to human and social services for your area.
- Crisis Support Services of Nevada: **1-800-273-8255**; text CARE to **839863** for 24/7 crisis services.
- Crisis Text Line: Text HOME to **741741** from anywhere **in the US**, anytime, about any type of crisis.

- Substance Use Disorder Hotline: 1-800-450-9530; text IMREADY to 839863.
- CDC Helping Adults Cope During an Emergency American Sign Language Video <https://www.youtube.com/watch?v=xo1nz2Dc5fk&feature=youtu.be>
- Foundation for Recovery Warmline: 1-800-509-7762. Our peer support specialists will continue to see peers at our recovery community centers. We encourage anyone who has access to a phone or computer to consider seeing peer specialists through tele-recovery supports (over the phone or video session). A full directory of our peer support specialists with emails and phone numbers may be found here: <https://forrecovery.org/meet-our-team/>
- Children’s Mobile Crisis Response Team: If your child is experiencing a mental or behavioral crisis contact the Division of Child and Family Services Children’s Mobile Crisis Response Team. More information also can be found at [knowcrisis.com](http://knowcrisis.com).
  - Northern Nevada: (775) 688-1670, Monday – Friday 8 am – 8 pm and Saturday/Sunday 8 am – 6 pm
  - Rural Nevada: (702) 486-7865, Monday – Sunday 9 am – 6 pm
  - Southern Nevada: (702) 486-7865, Monday – Sunday 24 hours

As more people move toward social distancing and staying home, away from public places, it is normal for many to experience increased stress, distress, and isolation.

- SAMHSA Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Social distancing and other mitigation strategies have been shown to slow and prevent the spread of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/workplace-school-and-home-guidance.pdf>
- Centers for Disease Control and Prevention Mental Health and Coping During COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- World Health Organization Mental Health Considerations During COVID-19 Outbreak: [https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_2](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2)
- American Psychological Association article Keeping Your Distance to Stay Safe: <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
- Managing Anxiety and Stress: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- For guidance on COVID-19, please reference: <https://nvhealthresponse.nv.gov/>; <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.
- The White House released additional information regarding ways to slow the spread of the virus: [https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20\\_coronavirus-guidance\\_8.5x11\\_315PM.pdf](https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf).

BRADLEY CROWELL, *Director*  
Department of Conservation and Natural Resources

STEVE SISOLAK  
*Governor*

KACEY KC  
*State Forester/Firewarden*



STATE OF NEVADA  
DEPARTMENT OF CONSERVATION AND NATURAL RESOURCES  
**NEVADA DIVISION OF FORESTRY**  
2478 Fairview Drive  
Carson City, Nevada 89701  
Phone (775) 684-2500 Fax (775) 684-2570

**FOR IMMEDIATE RELEASE:** Tuesday, April 14, 2020

Contact: Bureau of Land Management: Chris Rose, 775-861-6480

Nevada Division of Forestry: Samantha Thompson, 775-684-2709

### **Nevada Land Management Agencies announce early fire restrictions throughout Nevada in response to COVID-19 concerns**

*In an effort to protect firefighters and first responders, as well as Nevada's communities and natural resources, state and federal land management agencies are enacting coordinated Nevada-wide fire restrictions.*

As always, Nevada's State and Federal land management agencies remain committed to protecting the health and safety of all Nevadans through fostering thriving natural landscapes statewide. Given the unprecedented and challenging circumstances surrounding the COVID-19 health crisis, and in accordance with Governor Sisolak's *Stay Home For Nevada* initiative, the Nevada Division of Forestry (NDF), the U.S. Bureau of Land Management (BLM), and the U.S. Forest Service (USFS) – Humboldt-Toiyabe National Forest are mandating early fire restrictions throughout Nevada effective **Wednesday, April 15** until further notice.

#### Affected areas include the following:

- **State of Nevada** – All Nevada Division of Forestry managed areas, including roads and trails on state lands and within all Nevada State Parks and Recreation Areas.
- **USFS** – All lands administered by the Humboldt-Toiyabe National Forest in Nevada and parts of California ([link to map](#)).
- **BLM** – A statewide Fire Prevention Order will be in effect for all BLM administered lands

#### Fire restrictions and prevention orders prohibit the following:

- State of Nevada and USFS:
  - Igniting, building, maintaining, attending or using a fire (using wood, charcoal or any other material), campfire or stove fire except a portable stove using gas, jellied petroleum or pressurized liquid fuel.
  - Smoking, except within an enclosed vehicle, trailer, or building.
- BLM:

- **Campfires** - Campfires, charcoal and stove fires are only allowed within an area that is clear of any vegetation for a minimum of 6 feet in all directions. It is preferred to utilize agency approved fire structures or rock rings.
- **Smoking** - Smoking is only permitted within an area that is clear of any vegetation for a minimum of 3 feet in all directions.

This year, Nevada has already experienced 27 wildfires burning more than 170 acres, all caused by human activities that could have been prevented. Amid the COVID-19 pandemic, enacting early fire restrictions is necessary to ease the strain on Nevada's first responders, who provide critical lifesaving and property and land-protection services year-round.

Nevadans are still encouraged to enjoy the Silver State's diverse wildlands and outdoor spaces – safely and responsibly – by following social distancing guidelines, recreating close to home, and avoiding group gatherings of 10 or more people. *Please note: Possession of a shovel, fire extinguisher or at least five gallons of water should be readily available in the event of an unintentional fire start.*

For more information or clarification on the restrictions, please contact the BLM-State Headquarters at 775-885-6000; or the Nevada Division of Forestry at 775-684-2709.

###

FALLON PAIUTE-SHOSHONE TRIBE  
**FACEBOOK LIVE EVENT:  
 QUESTION & ANSWER  
 SESSION ON CORONAVIRUS**

with Dr. Christopher Chai, MD,  
 Fallon Tribal Health Center

Submit your questions, concerns, or other  
 Items you would like Dr. Chai to address  
 regarding the coronavirus.

Email questions to [customerservice@fpst.org](mailto:customerservice@fpst.org)

**EVERY THURSDAY AT 4:00 pm**

Go to "Fallon Tribal Health Center" on Facebook to  
 watch or you can listen by phone by calling  
 (605) 313-5111 and entering access code 193482

This will also be broadcasted live at the Housing  
 Conference Room and the Senior Center  
 (limited to 10 people per location)

**Churchill County is in  
 the lead with 56.7%  
 Nevada Matters**

Ensure that Nevadans get their share of  
 federal resources and Congressional  
 representation by participation in the  
 Census 2020.

You can respond **online, by phone, or by mail**. Health  
 clinics. Fire departments. Schools. Even roads and high-  
 ways. The census can shape many different aspects of  
 your community.

Census results help determine how billions of dollars  
 in federal funding flow into states and communities each  
 year. The results determine how many seats in Congress  
 each state gets.

It's mandated by the U.S. Constitution in Article 1,  
 Section 2: The U.S. has counted its population every 10  
 years since 1790.

**Online**-Visit [my2020census.gov](http://my2020census.gov)

**By Phone:** 844.330.2020 / Phone lines are open every  
 day from 7am to 2am Eastern Time.

**By Mail**-In early April the Census will send question-  
 naires to all who have not re-  
 sponded, and new mailers will  
 arrive in homes between April  
 8-16, 2020.

**NEVADA  
 CENSUS  
 2020**



## PUBLIC NOTICE



# FLUSHING LINES

The Fallon Paiute Shoshone Tribe Public Works Department will be flushing the water lines beginning the **Week of April 27**, starting at the Colony and moving down the line to the Reservation. There may be some water discoloration and the pressure low in your tap water during this time. If this occurs, open your water taps until the discolored water and/or air clears the lines.

**To avoid this, we strongly advise not using your water during the process.**

Your help and cooperation are greatly appreciated.



**NEVADA  
HEALTH  
RESPONSE**

## **Echoes of the past: the 1918 Influenza Epidemic in Nevada**

### **Lt. Emerson Marcus, Nevada National Guard Historian**

The COVID-19 outbreak doesn't represent the first quarantine order implemented in Nevada to combat an infectious disease.

Similar to COVID-19, the 1918 Influenza Epidemic spread around the world. The epidemic arrived in Nevada in the spring of 1918 and returned even deadlier in October and November that year before tapering off in the spring of 1919.

After several confirmed cases became public in Washoe County in October 1918, government ordered the closure of Reno's high school, theaters, churches, saloons and other

locations of large gatherings. Dr. M. A. Robinson, a member of the city's board of health, was quoted in the Reno Evening Gazette saying, "Precautions must be taken and everyone is asked to cooperate with the health authorities in keeping the disease from spreading."

The Western Shoshone Agency instructed members of the tribe to "not go to the store unless it is necessary," adding, "if you have to go to the store or office your wants will be attended to on the porches."

Children were "not allowed to mingle on the play grounds" and the University of Nevada, Reno implemented a campus-wide quarantine, according to newspaper reports. Initially, grade schools remained open with students leaving every other seat open — an early-20th century form of social distancing — but they eventually closed. Hotels, schools and fraternal lodges around the state were converted into temporary hospitals.

University of Nevada President Walter Ernest Clark issued the following order: "Beginning (Oct. 11)...a military guard will be set about campus and no one will be allowed to go from the

campus or to come on the campus except by express permission."

At the time of UNR's quarantine, Reno had a handful of confirmed cases, and no confirmed cases on campus, but university officials felt the threat of the flu demanded a serious response to "check the spread."

The epidemic also reached Tonopah where nine people died in the second weekend of November, the same week Germany signed an armistice agreement with the Allies to end World War I.

In all, Nevada had 4,000 confirmed cases, according to the Nevada health board, in a state with a total population of about 80,000 people. The 1918 flu killed about 675,000 nationwide. Most estimates put the total death count worldwide at between 20 to 50 million.

In 2018, the Nevada State Museum in Las Vegas created an exhibit for the centennial of the 1918 Influenza. The exhibit noted that the 1918 flu killed 40 of Las Vegas' 2,000 residents, but those numbers are believed to be low because many who died with pneumonia during that time were not included in the total count.

While COVID-19 has proved most deadly for the elderly and people with underlying health conditions, the 1918 flu was deadliest for people between the ages of 15 and 45, according to the exhibit.

The number of COVID-19 confirmed cases in Nevada reached 2,700, as of April 11, with 102 deaths, according to the Nevada Department of Health and Human Services.

"We will undoubtedly face hardship," Nevada Governor Steve Sisolak said in reference to COVID-19. "There will be a loss of income. Families and individuals will be inconvenienced. I ask every Nevadan to call your neighbors, call and check on the elderly who may be alone and in need. Together, we will get through this challenging time."

## Churchill County Reports Its First Death Due To COVID 19

### **CHURCHILL COUNTY, Nev. - APRIL 20, 2020**

Churchill County is reporting its first death due to COVID 19. Authorities say the patient was a man in his 50's with underlying medical conditions. Churchill County has reported a total of three coronavirus cases.

**APRIL 13, 2020** Officials reported Churchill County's first positive case of COVID-19 on Monday, April 13, 2020. The patient is a man who was tested at Renown Health and has been hospitalized there.

Officials said others may have come in contact with the patient at the Grand Slam Market on North Maine/Freeport Circle in Fallon in April.

Due to privacy concerns, officials said they will not be releasing additional patient information.

Churchill County officials urge everyone to maintain social distancing of at least six feet with non-household family, friends, neighbors and members of the public. In a statement on the county's website, Churchill County said:

*This community has risen to the occasion in the past and we are counting on you do so again. Thank you for your help and for doing the right thing for all of us.*

### Fallon Community Resource List

#### FOOD AND NUTRITION SERVICES

New Frontier Treatment Center	1490 Grimes St. Fallon, NV 89406	2 <sup>nd</sup> Wednesday of each month at 10:00am	775-423-1412
Epworth United Methodist Church	280 E. Stillwater Fallon, NV 89406	Mondays Noon- 2:30pm	775-423-4714
Yerington Commodity Food Program	171 Campbell Ln. Yerington, NV 89447	Call for delivery times	775-463-4396
Out of Egypt Food Pantry	1075 Taylor Place Fallon, NV 89406	Thursdays at 8:00am	775-423-3427
William Pennington Life Center	952 S. Maine St. Fallon, NV 89406	Food Delivery each day 11:00-12:30 \$3.00 (60 and over) \$6.00 (under 60)	775-423-7096
Food Bank of Northern Nevada			775-331-3663

### SOCIAL DISTANCING – TRIBAL POINTS-OF-CONTACT

We are encouraging our tribal members and residents to stay at home as much as possible with the coronavirus situation in the country. We know that you have tribal business that needs to be done but a lot of these items can be done either by phone or by email. So before you come in please try to phone or email the points-of-contact below to see if we can get your issue addressed without coming into a building. Your phone call or email will be answered by the individual or referred to the appropriate person and they will get back in touch with you as soon as possible. Thank you.

Program Area	Point-of-Contact	Email	Phone Numbers
<b>ADMINISTRATION</b>			
Primary Contact	Chairman George	<a href="mailto:chairman@fpst.org">chairman@fpst.org</a>	775-423-6075
Primary Contact	Secretary Dyer	<a href="mailto:secretary@fpst.org">secretary@fpst.org</a>	775-426-8635
Primary Contact	Treasurer Allen	<a href="mailto:fbctreasurer@fpst.org">fbctreasurer@fpst.org</a>	775-423-6075
<b>VICTIM SERVICES</b>			
Primary Contact	Michelle Bowers	<a href="mailto:victimservices@fpst.org">victimservices@fpst.org</a>	775-427-0985
<b>HOUSING AUTHORITY</b>			
Primary Contact	Marissa Fillmore	<a href="mailto:adminassistant@fpst.org">adminassistant@fpst.org</a>	775-426-8229
<b>SENIOR CENTER</b>			
Primary Contact	Jenevie Lucero	<a href="mailto:Elder1@fpst.org">Elder1@fpst.org</a>	775-423-7569
<b>TRIBAL RESOURCES</b>			
Primary Contact	Leanna Hale	<a href="mailto:landwaterdir@fpst.org">landwaterdir@fpst.org</a>	775-423-3725
<b>COMMUNITY LEARNING CENTER</b>			
Primary Contact	Rochanne Downs	<a href="mailto:clcdirector@fpst.org">clcdirector@fpst.org</a>	775-427-0991
<b>HEALTH CENTER</b>			
Health Administration	Jon Pishion	<a href="mailto:fthcdirector@fpst.org">fthcdirector@fpst.org</a>	775-423-3634, ext. 1029 775-217-9078
Medical & Laboratory	Gracie Booth	<a href="mailto:medical8@fpst.org">medical8@fpst.org</a>	775-423-3634, ext. 1050
Dental Services	Martee Donahue	<a href="mailto:dentalreceptionist@fpst.org">dentalreceptionist@fpst.org</a>	775-423-3634, ext. 1016
Optical Services	Leneva George	<a href="mailto:opto1@fpst.org">opto1@fpst.org</a>	775-423-3634, ext. 1017
Pharmacy	Tim Brown	<a href="mailto:chiefpharmacist@fpst.org">chiefpharmacist@fpst.org</a>	775-423-3634, ext. 1872
Wellness Center	Christina Baldwin	<a href="mailto:diabetescoord@fpst.org">diabetescoord@fpst.org</a>	775-423-2220
Benefits Office	Denise Harrison	<a href="mailto:benefits2@fpst.org">benefits2@fpst.org</a>	775-423-3634, ext. 1026
Patient Registration	Tamika FastHorse	<a href="mailto:patreg2@fpst.org">patreg2@fpst.org</a>	775-423-3634, ext. 1025
CHR Program	Linda Noneo	<a href="mailto:chrsup@fpst.org">chrsup@fpst.org</a>	775-423-3634, ext. 1039 775-427-0977
Medical Records	Lani Miguel	<a href="mailto:medrecsup@fpst.org">medrecsup@fpst.org</a>	775-423-3634, ext. 1024
PRC Office (referrals)	Juanita George	<a href="mailto:chs@fpst.org">chs@fpst.org</a>	775-423-3634, ext. 1030
Behavioral Health	Brenda Hooper Leslie Steve	<a href="mailto:bhassistant@fpst.org">bhassistant@fpst.org</a> <a href="mailto:mhsadirector@fpst.org">mhsadirector@fpst.org</a>	775-423-3634, ext. 1040 775-423-3634, ext. 1032
<b>PUBLIC SAFETY</b>			
Emergency Management	Ruby Dawn Manning	<a href="mailto:emd@fpst.org">emd@fpst.org</a>	775-423- 8848
Tribal Police	Marshall Emerson	<a href="mailto:chiefofpolice@fpst.org">chiefofpolice@fpst.org</a>	775-423-8848
<b>PUBLIC WORKS</b>			
Water/Sanitation	John Schaffer	<a href="mailto:publicworks@fpst.org">publicworks@fpst.org</a>	775-427-9954
Environmental	Richard Black	<a href="mailto:richenviro@fpst.org">richenviro@fpst.org</a>	775-423-0509
<b>TRIBAL COURT</b>			
Judicial Services	Kae Ward	<a href="mailto:courtclerk@fpst.org">courtclerk@fpst.org</a>	775-423-8883
<b>YOUTH &amp; FAMILY SERVICES</b>			
Social Services	Jennifer Pishion	<a href="mailto:ssdirector@fpst.org">ssdirector@fpst.org</a>	775-423-1215
Vocational Rehab.	Elaine Bender	<a href="mailto:yrm@fpst.org">yrm@fpst.org</a>	775-428-2250

**UNEMPLOYMENT INSURANCE: NEW ANNOUNCEMENT**

**LAST NAME ONLINE FILING SYSTEM**

Filing initial or weekly claims online through <http://ui.nv.gov/css.html>:

**A-K:** Sunday

**L-R:** Monday

**S-Z:** Tuesday

**ALL:** Wednesday - Saturday

Stay HOME MEANS NEVADA. for

Learn more at [nvhealthresponse.nv.gov](http://nvhealthresponse.nv.gov)

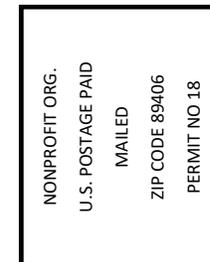


**From the Environmental Protection Department:**

Due to funding constraints, we are no longer sending out printed copies of the Environmental Protection Department's Quarterly Newsletter. Don't forget to check out our Quarterly Newsletter posted on the tribal website at [www.fpst.org](http://www.fpst.org)!

**Have an upcoming event or community announcement?  
Make sure it's in the Numa News Newsletter!**

The Fallon Paiute-Shoshone Tribe provides a venue to list/post upcoming events and community announcements in its Numa News publication. This service is being offered to provide people with an opportunity to share information with the members of the Fallon Paiute-Shoshone Tribe. If you have an event or announcement of public interest you may email [tribalnews@fpst.org](mailto:tribalnews@fpst.org) or by mail to 565 Rio Vista Drive, Fallon, NV 89406 (Attn: Numa News) for consideration. For events include the event name, date, time, location and event website, along with a brief description and contact information. The Tribe is not responsible for inaccurate information, including but not limited to incorrect dates, times, and locations, published in the newsletter. All information should be submitted by the 1st of the month for approval prior to publish in the next month's edition. The Tribe reserves the right to decline event submissions, as well as to edit event information for length, spelling, clarity, and language. The newsletter is not intended to be used as a promotional vehicle for commercial interests or events (unless from Fallon Tribal programs/entities). References or hyperlinks in the Numa News to any individual or entity are for informational purposes only and are not an endorsement by the Tribe or Council. The Tribe is providing no legal, accounting or other professional advice by including references to any entity or individual. **Deadline is the 1st of each month so don't wait!**



Fallon Paiute-Shoshone Tribe

565 Rio Vista Drive

Fallon, NV 89406

Tel (775) 423-6075

[www.fpst.org](http://www.fpst.org)

ADDRESS/RETURN SERVICE REQUESTED