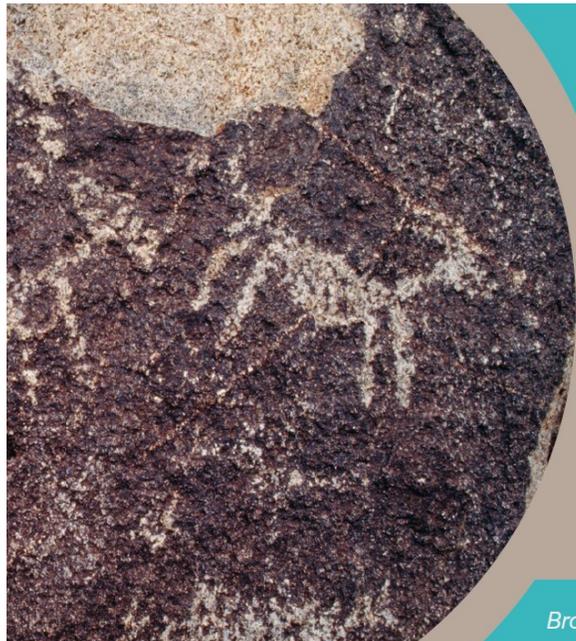


# NUMA NEWS



## PROTECT OUR HERITAGE

**STAY HOME**

**WASH YOUR HANDS**

**COVER YOUR FACE**

**KEEP 6 FEET DISTANCE**

*Brought to you by Intertribal Council of Nevada and the Nevada Indian Commission*

Dear Membership,

There has now been a confirmed case of Coronavirus or COVID-19 within our tribal community on the Fallon Reservation. The Fallon Business Council has decided to stay in Phase I for the safety and well-being of the membership, as the State of Nevada moved into Phase II, numbers of positive cases has continued to spike in Nevada. The Business Council feels at this point we want to make sure the membership's health is our number 1 priority. It is important that we do everything we can to minimize or to stop the potential for spreading the infection. We ask that only people who need to be seen by a health care provider come into the Health Center. Please refer to our "Covid-19 Health Center Operations" sheet found on page 2. Emergencies or after hours please call 911. All other non-emergencies please call the FTHC at 775-423-3634. This will help us to keep Health Center staff available to care for the sickest of our tribal members. This will also decrease the possible exposure of people who do not

have Coronavirus to others who are infected and receiving care at the clinic.

If you or your family member are not feeling well, please contact the Fallon Tribal Health Center. They will ask you questions concerning your symptoms and depending on your answers, take the necessary steps to have you come to the facility to get tested. The individual and/or family should self-quarantine for 14 days to make sure the home is healthy and safe. The Health Center will take the steps to contact the State of Nevada and Churchill County of the positive result. Contact tracing will be conducted and the patient will be notifying individuals they have been in contact of their positive results.

It is strongly recommended that the community

- Stays home and self-quarantine themselves for their own safety and the safety of their families
- No congregating in groups of 10 or more
- Limit to household members only

Only leave if necessary to shop and run errands

- Stay home if sick.
- Use online services when available.
- Wear a cloth face covering when running errands.
- Use social distancing (stay at least 6 feet away from others).
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.

Please practice the recommendations to mitigate the spread of the COVID-19. We need to protect our most vulnerable population: our elders, children and anyone with underlying health issues. We have to be proactive in the prevention of the exposure and spread of this virus. During this time, please take do not panic and be supportive of our entire community. We need to come together and work as a team to overcome this pandemic.

*Len George  
Chairman*



FALLON PAIUTE-SHOSHONE TRIBE  
FALLON TRIBAL HEALTH CENTER

1001 Rio Vista Drive  
Fallon, Nevada 89406  
Tel 775.423.3634  
Fax 775.423.2287  
customerservice@fpst.org

## COVID-19 HEALTH CENTER OPERATIONS

**Patient Hours: Monday - Thursday, 9 AM - 4 PM (closed 12pm - 1pm); Closed Fridays**

EFFECTIVE: APRIL 20, 2020; UPDATED JUNE 29, 2020

Important  
Notice!

The FTHC continues to operate on 4-day schedule as a temporary measure during the COVID-19 situation. We will be open Mondays to Thursdays and closed on Fridays. Any changes will be posted on our FTHC Facebook page.

### VEHICLE SCREENING

- All patients & visitors will be screened in their vehicles **BEFORE** being allowed to enter the Health Center. Please follow the instructions when you arrive
- All persons in a vehicle will be screened based on set protocols (includes for pharmacy pickups). This screening will occur **every time** you arrive here
- **Please do not exit your vehicle or enter the building until you are screened outside**

### LIMITS ON NUMBER OF PEOPLE

- Only **one patient** or a minor patient and one parent/legal guardian will be allowed in the building
- **DO NOT** come in any earlier than 15 minutes before your appointment



Find us on  
**facebook**

### MASK COVERINGS

- Patients, clients, and visitors are **REQUIRED** to wear masks, face shields, or face coverings when they enter into the Health Center.
- Exemptions - people under 9 years of age; has a disability or medical condition that prevents the individual from wearing a face covering.

### MEDICAL

- **Telehealth Appointments:** Appointments are now scheduled as TELEHEALTH VISITS (online/telephone)
- **On-Site Appointments Limited:** Appointments in the facility are limited based on the medical issue and by provider discretion
- **Lab Hours:** 9 AM - 12 PM (noon); **Covid-19 Testing:** 1:30 - 3:30 PM
- **Walk-In Clinic:** Daily 1 PM - 4PM (urgent/emergency situations only)

### PHARMACY

- **RX Delivery:** Call **423-3634 to schedule** (some restrictions apply)
- **Curbside Pickup:** Call when you arrive at facility; Monday-Thursday, 8am to 4:30 pm (must go through vehicle screening)
- **Refill Requests:** Refills take a day to fill, please call the day before and they will be available the next working day

### DENTAL & OPTOMETRY

- Emergency & Routine Care Services. Limitations on times and patients may have to wear additional protective equipment

### BEHAVIORAL HEALTH

- Scheduled Patients and Crisis Services

### CHR PROGRAM

- Home Visits and Medication Deliveries
- Local Transports Only (out-of-area for urgent appointments only)

*We thank you for your patience & understanding at this time.  
If you have any questions please contact us.*



# FALLON PAIUTE-SHOSHONE TRIBE

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## FALLON TRIBAL HEALTH CENTER

### **PRESS RELEASE**

June 29, 2020

#### **FALLON TRIBAL HEALTH CENTER, Nevada --**

The Fallon Tribal Health Center (FTHC) reports that a patient who resides on the Fallon Reservation tested positive for COVID-19 on June 29, 2020. The patient had been symptomatic for possibly the past seven (7) days. This is the first positive case on the Fallon Paiute-Shoshone Tribe Reservation/Colony.

During the testing process, the FTHC followed all safety precautions and the patient never entered into the facilities. The patient followed proper directives and their testing was conducted in our Ambulance Bay using our Abbot ID Now test machine, a 15-minute testing process, and they waited outside in their vehicle for the results. The medical staff that conducted the test wore their full personal protective equipment (PPE) gear. The patient did not have any interaction with patients or staff inside the facilities. The only staff members who interacted with the patient were outside of the building and these staff members had on their full PPE gear.

The patient is currently self-quarantining at home. The appropriate health officials have been notified to initiate the contact tracing process to notify those who may have come in contact with the individual.

The FTHC would like to remind all individuals to continue to practice social distancing and using a face covering when outside and in contact with other individuals not part of your household. As a precautionary measure, the FTHC will be doing a special Covid-19 community testing at the Toi Ticutta Wellness Center parking area tomorrow, Tuesday, June 30, 2019, from 4 pm to 7 pm for all eligible patients and their household members.

If you have any questions, please contact the Fallon Tribal Health Center at (775) 423-3634.

###

## Changes to Senior Center

The Fallon Tribal Senior Center is making the following changes due to the COVID-19 for your safety and wellbeing.

- Homebound meals will be placed in a cooler/ container that you are asked to place outside the doorway of your home.
- Delivery person will notify you of their arrival by honking the horn twice.
- The person that is delivering the meal of the day will be wearing a mask, protective shield and gloves.
- The Senior Center will no longer have you come inside and sign-in for your meal
- Access window is placed adjacent to the front door.
- Sit down table will be out front with three chairs per table for your convenience
- Senior care packages will be available on July 16 & 30, 2020, and drive thru distribution will apply. ( You will not have to come-in or exit your vehicle)
- Thursday July 2, 2020 from 1pm to 3pm (as long as the senior care packages/supplies last)



*New window installed by Wilfred Tuni at Senior Center*



**PROTECT OUR ELDERS  
FROM COVID-19**

**CALL THEM, BE A FRIENDLY VOICE**

**BRING FOOD AND SUPPLIES**

**ENSURE MEDICATIONS ARE STOCKED**

*Brought to you by Inter-Tribal Council of Nevada and Nevada Indian Commission*

## **A PREVENTION MESSAGE FROM THE FTHC BEHAVIORAL HEALTH PROGRAM:**

### **Possible Activities to Prevent Substance Use During The COVID-19 Pandemic:**

- **Exercise such as walking, bicycling, hiking, yardwork/gardening, dancing, etc.**
- **Do an activity (crafts, beadwork, feather work, basket weaving, tule crafts, sewing, knitting, games, puzzles, etc.)**
- **Spend time with pets or animals**
- **Meditation**
- **Listen and play music**
- **Read daily, something you enjoy such as a favorite magazine or book**
- **Find an online support group**
- **Find a sponsor to help with the recovery process**
- **Breathing exercises**
- **Prayer—greet the morning sun/offer a prayer**
- **Self Smudging (sage, cedar or other traditional medicine)**
- **Self Tobacco offering**
- **Spending time with positive people in positive environments**
- **Say no to alcohol and drug use; Learn and practice refusal skills**

*For more information on prevention or treatment services, contact the FTHC Behavioral Health Program at 423-3634, ext. 1040.*

## Suicide prevention experts: What you say (and don't say) could save a person's life. Mental health experts say it's time to normalize conversations about suicide.

Alia E. Dastagir - USA TODAY, December 18, 2018

On the average, there are more than 128 suicides per day in the United States. For every person who dies by suicide, 280 people think seriously about it but don't act, according to the [National Suicide Prevention Lifeline](#).

There's not one answer to what makes someone move from thinking about suicide to planning or attempting it, but experts say feeling connected to other people can help.

"Reaching out ... can save a life," said Jill Harkavy-Friedman, a clinical psychologist and vice president of research at the American Foundation for Suicide Prevention. "Everybody can play a role."

### Tip 1. If someone seems different, don't ignore it

The most important thing you can do is look for a change in someone's behavior that suggests they are struggling, said April Foreman, a licensed psychologist who serves on the American Association of Suicidology's board of directors. It could look like a friend who would always pick up your calls but now seems to be avoiding you. Or a family member who was an adventurous eater now barely eating or skipping meals.

"Trust your gut," Foreman says. "If you're worried, believe your worry."

Foreman notes changes in behavior are some of the most telling indicators, but it's also important to look for specific warning signs:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

**PLEASE READ THIS VERY  
IMPORTANT INFORMATION TO  
PREVENT A SUICIDE**

### Tip 2. Don't be afraid to ask. Then act

The most important thing you can do if you think someone may be suicidal is to ask. It may be hard, but it works. Don't buy into the disproven idea that there's nothing you can do to help, or that bringing up suicide might do more harm than good. The National Action Alliance for Suicide Prevention and the National Suicide Prevention Lifeline have identified these five steps to help reduce deaths:

1. **Ask:** In a private setting, ask the person you're worried about directly if they're thinking about suicide. Studies have shown that it does not "plant the idea" in someone who is not suicidal but rather reduces risk. It lets the person know you're open to talking, that there's no shame in what the person may be feeling. If a person tells you they're thinking about suicide, actively listen. Don't act shocked. Don't minimize their feelings. Don't debate the value of life itself. Focus on their reasons for living. You could ask questions such as, "What's kept you safe up to this point?" or "What stops you from killing yourself?"
2. **Keep them safe:** Determine the extent of the person's suicidal thoughts. "We want to know, are you thinking about killing yourself? Do you have a plan? What were you thinking of doing? Do you have the materials to do that? Have you gathered those things? Where are they? What could I do to help you stay around until this

passes?" Harkavy-Freidman said. If a person does have a plan, it's important to take action to remove the lethal means. (Guns were used in 23,000 of the 45,000 deaths by suicide in 2016, according to the Centers for Disease Control and Prevention.)

3. **Be there:** If someone tells you they're thinking about suicide, continue to support them. Ask them to coffee. Give them a call. Some people will eventually stop having suicidal thoughts and feelings, others will continue to struggle throughout their lives.
4. **Help them connect:** Encourage them to seek additional support. That could mean calling the Suicide Lifeline (800-273-8255), suggesting they see a mental health professional or helping them connect with a support group.
5. **Follow up:** Keep checking in. Call them, text them. Ask if there's anything more you can do to help.

### **Tip 3. Pay special attention when someone is going through a difficult time**

You can check in on people based on what you know about them, said John Draper, director of the National Suicide Prevention Lifeline. "All those warning signs that we've listed for what makes a person look suicidal are fairly generic and hard for us to be able to spot unless you're a diagnostician," Draper said. "However, you know when a person is having relationship problems or going through a divorce – you know when somebody has serious financial loss. ... These are very human recognizable signs that people could be needing help."

While experts caution that suicide is never the result of a single cause (bullying, a breakup, job loss), when those events are combined with other health, social and environmental factors they can heighten risk.

### **Tip 4. If someone makes an attempt and survives, continue to be there**

One of the risk factors for suicide is a prior attempt. Studies show that suicide survivors often experience discrimination and shame and may struggle to talk about their feelings because they are worried people will judge or avoid them. If someone you know is a suicide survivor, the Suicide Lifeline says:

- Check in with them often.
- Tell them it's OK for them to talk about their suicidal feelings.
- Listen without judgment.
- Tell them you want them in your life.
- If they start to show warning signs, ask directly if they're thinking about suicide.
- Call the Lifeline for advice on how to help.

### **Tip 5. You don't need to have all the answers**

It's important to encourage someone who is having suicidal thoughts to call the Lifeline (800-273-8255), find a support group or reach out to a therapist, particularly one who specializes in evidence-based suicide prevention techniques such as Dialectical Behavior Therapy and Cognitive Behavior Therapy for Suicide Prevention.

### **Resources to get help**

***Suicide Lifeline:*** *If you or someone you know may be struggling with suicidal thoughts you can call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) any time of day or night or chat online.*

***Crisis Text Line*** *provides free, 24/7, confidential support via text message to people in crisis when they dial 741741.*

*For people who identify as LGBTQ, if you or someone you know is feeling hopeless or suicidal, you can also contact **The Trevor Project's TrevorLifeline** 24/7/365 at 1-866-488-7386.*

***The Military/Veterans Crisis Line***, *online chat, and text-messaging service are free to all service members, including members of the National Guard and Reserve and veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. Call 1-800-273-8255 and press 1.*

**For more information or services contact the FTHC Behavioral Health Program at 423-3634, ext. 1040.**

## USDA Rural Development Nevada Names Business & Cooperative Programs Director

*(CARSON CITY, NEV.- June 25, 2020)*

USDA Rural Development Nevada State Director Philip Cowee today named Chandler Allen to lead the agency's Business & Cooperative Programs.

"I am very pleased to announce Chandler Allen has joined our team. Chandler is an experienced business finance professional who has worked at the local, state and federal level. He has a solid understanding of economic development and federal policy that will move our team forward."

Allen has a broad array of experience. He graduated first in his class from the UNR School of Business Finance while serving six years with the Reno Air National Guard. From there he moved to Washington, D.C, working 10 years with the Department of Interior, Assistant Secretary of Indian Affairs in the Office of Indian Energy and Economic Development. He led capacity development for tribal energy and business development as an economic development specialist. Most recently he returned home to Nevada to provide leadership as the Economic Development Director for the Fallon Tribal Development Corporation. Allen is a member of the Fallon Paiute Shoshone Tribe.



*Tribal Member Chandler Allen Business & Cooperative Programs Director*

The Rural Development Business & Cooperative Programs provide funding support for rural small businesses and agricultural producers. A few of the program financing products include the Business & Industry Guaranteed Loan, the Intermediary Relending Program, the Business and Industry Cares Act Guaranteed Loan, the Rural Energy for America Program Grant and Value-Added Producer Grant.

The agency is a mission area within the United States Department of Agriculture that runs programs intended to improve the economy and quality of life in rural America. With a loan portfolio over \$230 billion, the agency administers nearly \$16 billion in program loans, loan guarantees, and grants through their programs.

SEEK OUT  
ANCESTRAL RESOURCES

FEED OUR ELDERS  
HELP OTHERS  
WALK IN A GOOD WAY

*Brought to you by Inter-Tribal Council of Nevada and Nevada Indian Commission*

— DRUG OVERDOSES —

# KILL MORE

THAN CARS, GUNS, AND FALLING.

---



Falling **28,360** deaths



Guns **32,351** deaths



Traffic accidents **33,692** deaths



Drug overdoses **41,340** deaths

(16,917 from opioid  
pain medicine)

We hear Fentanyl use is happening out here on the Fallon  
Tribe.

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Source: CDC Wide-ranging OnLine Data for Epidemiologic Research  
(WONDER) on Mortality: <http://wonder.cdc.gov/mortsql.html> (2011)

## Coronavirus Disease 2019 (COVID-19)

# Caring for Someone Sick at Home

or other non-healthcare settings

Updated May 8, 2020

## Advice for caregivers

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has [symptoms](#) of COVID-19, or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

*\*Note: Older adults and people of any age with serious underlying medical conditions are at higher risk for developing more severe illness from COVID-19. People at higher risk of severe illness should call their doctor as soon as symptoms start.*



### Provide support and help cover basic needs

- Help the person who is sick follow their doctor's instructions for care and medicine.
  - For *most* people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.



### Watch for warning signs

- Have their doctor's phone number on hand.
- Use [CDC's self-checker tool](#) to help you make decisions about seeking appropriate medical care.
- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

### When to Seek Emergency Medical Attention

Look for [emergency warning signs\\*](#) for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

## Protect yourself when caring for someone who is sick



### Limit contact

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.

- The caregiver, when possible, should not be someone who is at [higher risk for severe illness from COVID-19](#).
- If possible, have the person who is sick use a separate bedroom and bathroom. If possible, have the person who is sick stay in their own “sick room” or area and away from others. Try to stay at least 6 feet away from the sick person.
- Shared space: If you have to share space, make sure the room has good air flow.
  - Open the window to increase air circulation.
  - Improving ventilation helps remove respiratory droplets from the air.
- Avoid having visitors. Avoid having any unnecessary visitors, especially visits by people who are at [higher risk for severe illness](#).



### Eat in separate rooms or areas

- **Stay separated:** The person who is sick should eat (or be fed) in their room, if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.



### Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.



## When to wear a cloth face cover or gloves

### Sick person:

- The person who is sick should wear a **cloth face covering** when they are around other people at home and out (including before they enter a doctor's office).
- The cloth face covering helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

### Caregiver:

- Wear gloves when you touch or have contact with the sick person's blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.
- The caregiver should ask the sick person to put on a **cloth face covering** before entering the room.
- The caregiver may also wear a **cloth face covering** when caring for a person who is sick.
  - To prevent getting sick, make sure you practice **everyday preventive actions**: clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana. [Learn more here.](#)



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- **Hand sanitizer:** 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.
- **Hands off:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Handwashing tips



## Clean and then disinfect

### Around the house

- **Clean and disinfect "high-touch" surfaces and items every day:** This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with soap and water if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to kill germs. Many also recommend wearing gloves, making sure you have good air flow, and wiping or rinsing off the product after use.

- Most household disinfectants should be effective. A list of EPA-registered disinfectants can be found [here](#) .
- To clean electronics, follow the manufacturer's instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.
- Learn more [here](#).

### Bedroom and Bathroom

- If you are using a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the sick person.
  - If they feel up to it, the person who is sick can clean their own space. Give the person who is sick personal cleaning supplies such as tissues, paper towels, cleaners, and EPA-registered disinfectants .
- If sharing a bathroom: The person who is sick should clean and then disinfect after each use. If this is not possible, wear a cloth face covering and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.



### Wash and dry laundry

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.



### Use lined trash can

- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick.



### Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick. They should also continue to stay home after care is complete. Caregivers can leave their home 14 days after their last close contact with the person who is sick (based on the time it takes to develop illness), or 14 days after the person who is sick meets the [criteria to end home isolation](#).

- **Symptoms** include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.
- Use CDC's [self-checker tool](#) to help you make decisions about seeking appropriate medical care.
- If you are having trouble breathing, call 911.
  - Call your doctor or emergency room and tell them your symptoms before going in. They will tell you what to do.



## When it's Safe to be Around Others After Being Sick with COVID-19

Deciding when it is safe to be around others is different for different situations. Find out when someone who is sick can safely end home isolation.

### For ALL people

- When leaving the home, keep a distance of 6 feet from others and wear a [cloth face covering](#) when around other people.

**\*\*In all cases, follow the guidance of your doctor and local health department.** The decision to stop home isolation should be made in consultation with their healthcare provider and state and local health departments. Some people, for example those with conditions that weaken their immune system, might continue to shed virus even after they recover.

Find more information on when to end home isolation.

[Additional COVID-19 Guidance for Caregivers of People Living with Dementia in Community Settings](#)

Page last reviewed: May 8, 2020

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

## MENTAL HEALTH DURING COVID-19

**BUILD A HEALTHY ROUTINE**

**MAKE SOMEONE LAUGH**

**DO SOMETHING KIND**

**ENGAGE IN PHYSICAL ACTIVITY**



*Brought to you by Intertribal Council of Nevada and Nevada Indian Commission*

# ***Free Youth Summer Meals***

Thanks to a partnership between Churchill County School District, Chartwells, and the Fallon Youth Club, the Community Learning Center is delivering healthy meals to our reservation youth.

Meals are delivered by the CLC Monday-Thursday.

Meals are available Friday for pick-up only. Pick Up is 8:50-9:10 A.M. at the Doi Dicutta subdivision basketball court. Colony pick-up will be Monday-Friday, between 8:25-8:35 A.M.

Due to the short pick-up time, we have started to deliver to the Doi Dicutta Subdivision. If you have not received lunches and wish to start receiving them or if you no longer want to receive lunches, please contact the Community Learning Center at 775-423-8065 so we can update our list.

The CLC staff is unable to leave the van during delivery; you must listen for a honk around these times and come and meet us outside to receive the lunches safely from our vehicle.

**SCATTERED  
SITES DROP-OFF  
WILL BEGIN AT  
10 A.M.**

**EAGLES NEST  
SUBDIVISION  
DROP-OFF WILL  
BEGIN AT 11 A.M.**

**DOI DICUTTA  
DROP-OFF  
WILL BEGIN  
AT 11:30 A.M.**

# 2020 Census Information

June 30, 2020 –

Many urban dwellers will head to their vacation homes and cabins this holiday weekend in the more rural counties in Nevada. They are likely to find a 2020 Census questionnaire packet at their doors even if they already responded from their primary residences.

It's required that homeowners complete a separate 2020 Census form for every house they own, including seasonal residences. If homeowners have been staying in their seasonal homes during the COVID crisis, they still need to complete a Census form for their primary residence. People should count themselves at the residence where they live and sleep most of the time **under normal conditions**.

Here are instructions from the Census on how to self-respond with information on a cabin, vacation rental property, or any other home where **someone does not** live and sleep most of the time.



1. Visit [www.my2020census.gov](http://www.my2020census.gov)
2. Enter the Census ID or address for this secondary property. Owners will find the ID number in the information packet that census takers left on the property or at a mailbox if the home has a regular mailing address.
3. Enter "0" for the number of people living at this property
4. Hit Next... the survey will not advance, but it will show a second prompt. Hit Next again to advance.
5. Select "No" when asked a confirmation question about how many people live there.
6. Select primary reason – Seasonal (most likely)
7. Complete!

You may also respond to the 2020 Census by calling (844) 330-2020, or returning the paper questionnaire by mail.

Fill out your 2020 Census online today.

Respond online at  
2020CENSUS.GOV

Shape your future  
START HERE >

United States  
Census  
2020

# 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



**Staying at home protects the health of all.**

**Stay home to save a life.**

**#Coronavirus**  
**#StayHomeHeroes**  
**[caih.jhu.edu](http://caih.jhu.edu)**



# WHEN & WHERE AM I REQUIRED TO WEAR A FACE COVERING?



## Public spaces:

- Inside of, standing in line, any indoor space.
- While outside in a public space when 6 feet of social distancing isn't possible.
- Public or private transportation that others **HAVE** or **WILL** use.
- At work and when interacting in-person w/ members of the public.
- In any space where food is prepared.
- In any room or enclosed area where other people are present.



## PROTECT OUR TRADITIONS FROM COVID-19



STAY HOME

WASH YOUR HANDS

COVER YOUR FACE

KEEP YOUR DISTANCE

DISINFECT SURFACES

*Brought to you by Inter-Tribal Council of Nevada and Nevada Indian Commission*

# DRIVE-THRU COMMODITY DAY

Tuesday, July 7, 2020

8:00 AM

CLC PARKING  
LOT

## ATTENTION

### Tax Exemption for Vehicles

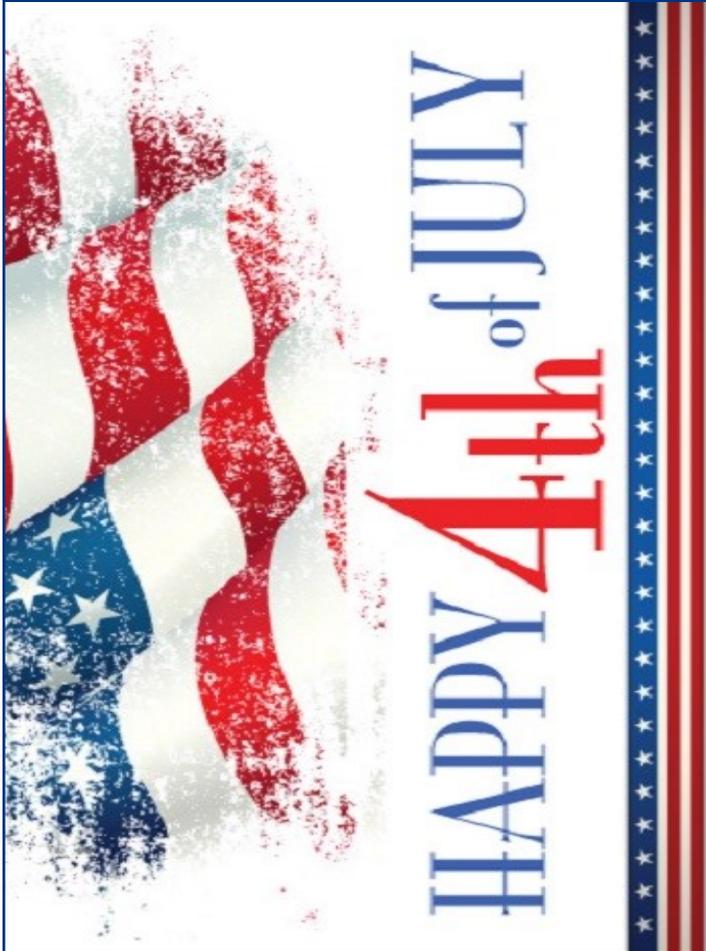
will be done by appointment only.

To schedule an appointment call **423-6075**.

if no answer please leave a name and number and  
someone will return your call as soon as possible.

9am-3pm Mon-Thurs

Closed on Fridays & Holidays.



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

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