Greetings to all who may read this article. I welcome you to join the discussion and, more importantly, to join the fight against our common enemy, COVID-19. Everyone everywhere—from medical to non-medical, from leaders to community members, no matter one’s political stance, no matter one’s religious beliefs, no matter in any other way a person’s stature is affected in others’ eyes—EVERYONE is a part of the community of humanity.

As a community, we are all tired. Some are tired for concern for themselves or loved ones contracting COVID-19. Some are tired for not knowing to whom to listen or which actions to follow. Some are tired for the changes that COVID-19 brought to our daily lives. Some are tired for a combination of these reasons or for none of these reasons. No matter the reasons, COVID-19 is here to stay for the present time.

(Continued on page 3)

Getting Vaccinated for Covid-19 - Questions & Answers

How many shots of COVID-19 vaccine will be needed?

All but one of the COVID-19 vaccines currently in Phase 3 clinical trials in the United States need two shots to be effective. The other COVID-19 vaccine uses one shot. [The FTHC will be receiving the Pfizer/Moderna vaccines which both required two shots]

Do I need to wear a mask when I receive a COVID-19 vaccine?

Yes. CDC recommends that during the pandemic people wear a mask that covers their nose and mouth when in contact with others outside your household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine. Anyone who has trouble breathing or is unable to remove a mask without assistance should not wear a mask. For more information, visit considerations for wearing masks.

Are there special considerations on who should get the COVID-19 vaccine first?

At first, there will be a limited supply of COVID-19 vaccine. Operation Warp Speed is working to get those first vaccine doses out once a vaccine is authorized or approved and recommended, rather than waiting until there is enough vaccine for everyone. However, it is important that the initial supplies of vaccine are given to people in a fair, ethical, and transparent way. Learn how CDC is making COVID-19 vaccine recommendations, including recommendations if there is a limited supply, based on input from the Advisory Committee on Immunization Practices.
If I have already had COVID-19 and recovered, do I still need to get vaccinated with COVID-19 vaccine?

There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again; this is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Until we have a vaccine available and the Advisory Committee on Immunization Practices makes recommendations to CDC on how to best use COVID-19 vaccines, CDC cannot comment on whether people who had COVID-19 should get a COVID-19 vaccine.

Why would a vaccine be needed if we can do other things, like social distancing and wearing masks, to prevent Covid-19 from spreading?

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following CDC’s recommendations to protect yourself and others will offer the best protection from COVID-19.

Do I need to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following CDC’s recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

When can I stop wearing a mask and avoiding close contact with others after I have been vaccinated?

There is not enough information currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

Are there other vaccines that can prevent me from getting COVID-19?

A flu vaccine will not protect you from getting COVID-19, but it can prevent you from getting influenza (flu) at the same time as COVID-19. This can keep you from having a more severe illness. CDC believes it’s likely that flu viruses and the virus that causes COVID-19 will both be spreading during that time. That means that getting a flu vaccine is more important than ever.

Does immunity after getting COVID-19 last longer than protection from COVID-19 vaccines?

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don’t know how long natural immunity might last. Some early evidence—based on some people—seems to suggest that natural immunity may not last very long. Regarding vaccination, we won’t know how long immunity lasts until we have a vaccine and more data on how well it works. Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

With COVID-19’s continued presence, it must be said that a pinch of prevention is worth a pound of cure. Specifically, it is better to put into action as many mechanisms for prevention than to deal with the consequences of illness—whether to one’s self, to family & friends, or to the community at large. Think of each of these measures as a slice of Swiss cheese. Each measure improves protection, but each layer has holes that COVID-19 can use for bypass. Thus, multiple Swiss cheese layers used together improves coverage over the holes.

We need to prevent COVID-19 from infecting us because Americans in general and Native Americans in particular have many of the conditions that increase risk of infection and complication (obesity, diabetes, heart diseases including high blood pressure, kidney diseases, lung diseases, smoking). And yes, while COVID-19 may not kill most, it can have long-lasting physical effects in those it does infect, and it can have social and/or financial effects in those related to the infected.

Thus, with these premises in mind, I remind you of our commonalities and the impetus for us to move forward in solidarity. Therefore, I ask for mutual respect from everyone to everyone, for productive discussions, for each of us to do our part for prevention and support, and in all things to remind ourselves of our common goal—which is to have life return to normalcy.

Should you have any more questions, concerns, suggestions, or comments, please send me written correspondence to the Clinic or via email to customerservice@fpst.org, and either method will get forwarded to me. I will leave you with the exhortation to be “true neighbors” to one another as in the words of the esteemed, late Reverend Martin Luther King, Jr., “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others.” Be kind, be safe, and be well!

How some of the Covid-19 vaccines compare

<table>
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<th>Storage</th>
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<td>x2</td>
<td>62-90%</td>
<td>Regular fridge temperature</td>
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<td>AstraZeneca</td>
<td>virus)</td>
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<td></td>
<td></td>
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<tr>
<td>Moderna</td>
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<td>Viral vector</td>
<td>x2</td>
<td>92%</td>
<td>Regular fridge temperature (in dry form)</td>
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*preliminary phase three results, not yet peer-reviewed

Source: Respective companies, WHO

Dr. Chai’s Observations & Updates (continued)

(Continued from page 1)

Due to an increase in individuals wanting Covid-19 testing our FTHC plan for the Covid-19 vaccinations, we have modifying our testing program as follows:

- Only patients or their household members who have Covid-19 symptoms will receive a Covid-19 test in the FTHC facility and after evaluation by our medical providers.
- For patients or household members who are non-symptomatic, there will be weekly rapid testing at the Toi Ticutta Wellness Center on Mondays from 4 pm to 6 pm starting December 14, 2020 (subject to weather).
- Monthly Rapid Community Testing’s in Lovelock and Yomba will be continuing as well (subject to weather).
Will the COVID-19 Vaccine Have Side Effects? Here’s What Doctors Know so Far

The first doses of the coronavirus vaccine could be distributed to healthcare workers in just 2 weeks


Once a distant dream, the coronavirus vaccine is now a soon-to-be reality. In fact, the first doses could be distributed within two weeks, the nation’s governors were told during a conference call with the White House Coronavirus Task Force on Nov. 30.

Pharmaceutical giants Pfizer and Moderna have both submitted applications for an Emergency Use Authorization (EUA) with the Food and Drug Administration (FDA) for their respective vaccine candidates, both of which are reported to be more than 90% effective at preventing COVID-19 in participants in stage three clinical trials. Pfizer has included 43,538 people in its study, while Moderna has reported more than 30,000 participants.

The Centers for Disease Control and Prevention’s (CDC) Advisory Committee on Immunization Practices also held an emergency meeting on Dec. 1, and officially confirmed that healthcare workers and elderly residents of long-term care facilities will be the first to receive the vaccine once one is authorized.

While things are moving quickly, experts predict that most people won’t have access to the vaccine, both of which will require two doses, until the late spring. Still, it’s only natural to have questions about how the vaccine works, what kind of potential side effects it could cause, and why it’s so important to get one. Here’s everything we know so far.

What’s in the COVID-19 vaccine, and how does it work?

Pending EUAs from the FDA, there will hopefully be two different vaccines available for COVID-19 by the end of the year. They both contain similar ingredients, just packaged differently, says infectious disease expert Amesh A. Adalja, M.D., senior scholar at the Johns Hopkins Center for Health Security.

Both vaccines use messenger RNA (mRNA), a new type of vaccine that encodes a part of the spike protein gene in SARs-CoV-2, a.k.a. novel coronavirus. This is the part of the virus responsible for its unique crown-like structure. The vaccine does not inject inactive virus into your body, but rather uses pieces of genetic material from SARs-CoV-2.

Here’s how it works: mRNA gives your cells instructions to develop a protein that is similar to the novel coronavirus’ spike protein, according to the CDC. When your immune system recognizes that new protein as a foreign invader, it mounts an immune response to fight off what it interprets as an infection, and you develop antibodies specific to SARs-CoV-2. Your body eliminates the protein and the mRNA, but those antibodies stick around to help protect you from future COVID-19 infection. (It’s important to note that mRNA does not alter your DNA, per the CDC.)

The two vaccines developed are the first of their kind. “There have never been mRNA vaccines before,” Dr. Adalja says.

Of course, there are other components as well. “A vaccine has got to have materials in it to make sure that it is stable and can really function,” says William Schaffner, M.D., an infectious disease specialist and professor at the Vanderbilt University School of Medicine. “No vaccine is just purely the antigen.” (An antigen is any substance that causes your immune system to produce antibodies to it.)

The actual ingredients in both vaccines haven’t been released yet, but likely will be once they are approved, Dr. Adalja says. However, many vaccines contain ingredients like preservatives (to prevent contamination), adjuvants like aluminum salts (to help boost the body’s response to the vaccine), and stabilizers like sugar or gelatin (to keep the vaccine effective after it’s manufactured), per the CDC.

How does the COVID-19 vaccine differ from the flu shot?

The COVID-19 vaccine works completely differently than the early flu vaccine. “The flu shot gives you an inactivated virus,” Dr. Adalja explains. From there, the vaccine causes antibodies to develop in your body about two weeks after you get the shot, per the CDC. Those antibodies then help protect you against infection with the strains of the flu that are used to make the vaccine for that season.

The coronavirus vaccine, on the other hand, “gives you a snippet of a gene,” not an inactive virus, Dr. Adalja says.

(Continued on page 5)
COVID-19 vaccines may cause mild side effects, experts say – stressing need for education, not alarm (continued)

(Continued from page 4)

You also need to get two shots of the current coronavirus vaccines—typically three to four weeks apart—while the flu vaccine is just one shot a year, Dr. Schaffner says. It’s unclear at this point if people will need the COVID-19 vaccine each year, he says. There are single-dose vaccines in the works as well, including one from Johnson & Johnson, which recently reached phase 3 of its clinical trial.

What are the potential side effects of the COVID-19 vaccine?

Details on the vaccines and their safety data haven’t been presented to the general public yet, but they will be once they receive EUAs from the FDA—and before you would be given your first dose, Dr. Schaffner says. Since healthcare workers will be offered the vaccine first, your primary care physician can offer information to you based on personal experience, as well as data.

“So far, what we’ve seen in the animal data and data from phases 1, 2, and 3 [human] trials shows a favorable safety profile,” Dr. Adalja says. Each vaccine is slightly different but, in general, experts say you may experience the following side effects with either COVID-19 vaccine:

- Sore arm at the injection site
- Fever
- Fatigue
- Headache
- Joint pain
- Muscle aches

“[The side effects] usually only last a day or so. They’re not serious or concerning.” For example, the flu shot can also cause arm soreness, swelling at the injection site, a low-grade fever, and other side effects as the body starts to mount an immune response.

However, because the COVID-19 vaccines are so new, long-term side effects are not yet fully understood. Dr. Russo notes that vaccine makers, as well as the FDA, will continue to gather detailed data after a vaccine is released to the general public.

How common are the potential side effects from the COVID-19 vaccine?

Moderna shared in mid-November that the following side effects were the most common among patients in its trial:

- Fatigue (9.7%)
- Muscle aches (8.9%)
- Joint pain (5.2%)
- Headache (4.5%)
- Pain (4.1%)
- Injection site pain (2.7%)
- Redness at the injection site (2%)

Pfizer shared that the following side effects happened in some patients:

- Fatigue (3.8%)
- Headache (2%)

Just like the flu shot can’t give you the flu, the COVID-19 vaccine will not give you COVID-19. These side effects “basically show that the immune system is being primed,” says Richard Watkins, M.D., an infectious disease and professor of internal medicine at the Northeast Ohio Medical University. Remember, your body is learning to mount a response to SARS-CoV-2, which can lead to symptoms like a fever.

It’s also important to note that the second shot may cause more side effects than the first shot. “We want to let everyone know that so they’re not disappointed or worried that they have COVID-19,” Dr. Schaffner says.

Why is it so important to get the COVID-19 vaccine?

Getting the vaccine has several benefits, Dr. Adalja says. The big one? We can safely establish herd immunity, so the population at large can be protected from the virus if a threshold of vaccination is reached. It’s a tall order, as experts estimate that roughly 70% of people in the U.S. (200 million) need to be vaccinated to reach this level of protection for COVID-19 specifically. This is especially important for vulnerable, high-risk groups, like the elderly & immunocompromised.

Experts also say getting vaccinated will help protect you personally from contracting COVID-19 or from having severe complications of the virus if you do happen to contract it.

When the vaccine is available to you, it’s crucial that you get it. “At this point, one in 200 people who get COVID die,” Dr. Watkins says. “The benefit greatly outweighs the risks.”
5 FACTS ON VACCINES

There's a lot of conflicting information out there about vaccines. Question what you read and hear — and understand the facts.

1. Vaccines are safe and effective.
   Any licensed vaccine is rigorously tested before it is approved for use, regularly reassessed and constantly monitored for side effects. In the rare event a serious side effect is reported, it is immediately investigated.

2. Vaccines prevent deadly illnesses.
   Vaccination protects children from diseases like diphtheria, measles, mumps and pertussis (whooping cough). Failure to vaccinate leaves children and adults vulnerable to diseases, complications or even death.

3. Vaccines provide better immunity than natural infections.
   The immune response to vaccines is similar to the one produced by natural infection but less risky. For example: natural infection can lead to cognitive impairments from Neosporum infulaceae type b (Hib), birth defects from congenital rubella infection or irreversible paralysis from polio.

4. Combined vaccines are safe and beneficial.
   Giving several vaccines at the same time has no negative effect on a child's immune system; reduces discomfort for the child; and saves time and money. Children are exposed to more antigens from a common cold than they are from vaccines.

5. If we stop vaccination, diseases will return.
   Even with better hygiene, sanitation and access to safe water, infections still spread. When people are not vaccinated, infectious diseases that have become uncommon — diphtheria, measles, mumps and polio — quickly reappear.

GET THE 411 ON FLU VACCINES

CDC RECOMMENDS
Annual flu vaccine for everyone 6 months & older

HIGH-DOSE Vaccine
Age 65 or older

NASAL SPRAY
• Healthy, non-pregnant
• Ages 2 to 49
• Physician advice recommended

STANDARD Vaccine
• Infants <6 months
• Healthy Adults
• Pregnant Women

"NEEDLE-FREE" Vaccine
• Ages 18-64

EGG-FREE Vaccine
• Severe egg allergic adults
• Ages 18 and older

FLU FACTS

YEAR-ROUND.

IMMUNITY
Vaccines teach your immune system to produce immunity.

COUGHING & SNEEZING.

COMPLICATIONS
Vaccines can cause minor side effects and no serious complications.

PREVENTION TIPS

CLEAN
Use hand sanitizer when soap and water are not available.

DON’T TOUCH
Wipe your face with sterilized hands.

SMILING
Smile, bite your tongue.

EAT HEALTHY
Eat healthy, nutritious, low sugar, high fiber breakfast.

EXERCISE
Exercise daily, maintain a healthy lifestyle.

STAY HOME
Stay home if you or a patient is sick.

GET VACCINATED
Get vaccinated against common flu.

Source: Centers for Disease Control and Prevention (CDC)
COVID-19 TRIBAL HEALTH CENTER OPERATIONS
Patient Hours: Monday - Thursday, 9 AM - 4 PM (closed 12pm - 1pm); Closed on Fridays
UPDATED DECEMBER 7, 2020

MASK COVERINGS REQUIRED
Patients, clients & visitors are REQUIRED to wear face masks, shields, or other face covering when they enter the facility. Children under 9 years and individuals with a disability or medical condition that prevents use of a face covering are exempted.

SCHEDULE
- Open Monday - Thursday; closed Fridays and on tribally recognized holidays
- Due to current public health situation, the FTHC continues to operate on 4-day schedule as a temporary measure

COVID-19 TESTING
- In-House Testing: Symptomatic Only and Provider Referral
- Fallon Community Testing: Mondays (weather permitting) from 4 pm to 6 pm at Toi Ticutta Wellness Center
- Lovelock & Yomba Community Testing: Monthly

PRE-SCREENING
- All patients, clients, and visitors who are entering into FTHC facilities will be screened in their vehicles BEFORE entering.
- Does not apply to persons picking up prescriptions or not entering the building.
- Please do not enter the building until you are screened outside

MEDICAL
- Telehealth Appointments: Appointments are scheduled primarily 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: 9 AM - 12 PM (noon) - Appointment Required
- Walk-In Clinic: Daily from 1 PM - 3PM for urgent and emergency situations only. Please call in advance at 423-3634 if possible

PHARMACY
- RX Delivery: Call 423-3634 to schedule (some restrictions apply)
- Curbside Pickup: Call when you arrive at facility; Monday-Thursday, 9am to 4:45 pm (screening is NOT required for RX pick-ups)
- Refills: Requests must be called in the day before and will be available on the next working day (except emergency situations)

ENTRY ISSUES
- 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
- Please do arrive to check in any earlier than 12:45 pm for afternoon appointments.

DENTAL & OPTOMETRY
- Scheduled Patients and Emergency Care Services

CHR PROGRAM
- Local Transports Only (out-of-area for urgent appointments only)

BEHAVIORAL HEALTH
- Scheduled Clients & Crisis Services

We thank you for your patience & understanding.
If you have any questions please call or email us.
Covid-19 Testing Information & Facts from Dr. Chai

Testing is available from FTHC in two main ways: community testing, clinic testing. Community testing is more appropriate for people who do not show any possible symptoms of COVID-19, and is done by nasopharyngeal swab (a swab that goes through your nose and to the back of the airway above the throat). The results will be known in 3-5 business days and we call patients only if their tests are positive. Community testing is available at least once monthly at three different sites (Fallon, Yomba, Lovelock).

Clinic testing is more appropriate for people who are showing possible symptoms of COVID-19—especially loss of taste or smell, but also symptoms similar to the flu or the common cold (fevers, chills, fatigue, muscle aches, cough, sore throat, runny nose, sinus congestion, headaches, and it is also possible to have nausea/vomiting or diarrhea). This testing is done by nasal swab, and the results will be known in 15-60 minutes (depending on how many tests need to be run) which we tell patients afterwards. This is available on a daily basis when the clinic is open and we are NOT doing community testing. These tests are available by appointment, and can fill up to capacity (see below).

Here are some things to note regarding clinic testing. First, we are dependent upon IHS for supplying us with swabs and test kits for the nasal testing. At present, they are able to offer a rapid COVID test for the community testing events (the name of that test is the Binax NOW). Getting back to specifics of testing, please please please keep in mind that limit of 20 tests per day. Overall, this means that resources are limited. This means that you should strongly consider whether you need to be tested at all or whether you could be tested at community testing. This means that a person should wait 5 days after exposure to someone that’s COVID-19 positive because that will increase the accuracy of the test because then the viral load will more likely be high enough to detect if it is at all present in a person. This means that a person does not necessarily need to be tested if symptoms are non-existent or mild (i.e. they may not have COVID-19, but if they do and symptoms are mild they can stay at home). This means that a person does not necessarily need to be tested if they live with someone with COVID-19. This means that priority may be given to other patients even if someone is scheduled. This means that there are other options for where to be tested: Banner Churchill, any other medical facility, or any other testing site.

Lastly for the topic of testing, do NOT think of testing as some sort of blank check to do whatever you want. A test may be negative due to not having COVID-19. A test may be negative because a person came in to get tested earlier than they should have. A test may be negative because of a bad sample—therefore please follow instructions of testing personnel carefully and please endure the temporary discomfort. In any event, a negative test result only means that COVID-19 was not detected in a person at the time of testing. They could then contract COVID-19 by relaxing their preventive measures (see above), or by socializing with people who could have COVID-19.

Dr. Chai New Updates on FTHC Covid-19 Testing

For the present time, based on a special dispensation by IHS, we are able to offer a rapid COVID test for the community testing events (the name of that test is the Binax NOW). This means that you will be able to get your results the same day, no matter if you are in Fallon, Yomba, or Lovelock. In the future, we may only offer this type of testing at the Yomba and Lovelock sites due to the remote nature of those tribes’ locations.

Due to the rise in cases in Churchill County as well as the rise in demand for COVID-testing, our in-clinic testing will be available only by order of one of our primary care providers. This will likely require a clinic visit whether scheduled or as a walk-in visit (available all afternoons we are open from 1-3pm). Moreover, we will stop having scheduled COVID testing in our clinic lab in order to better use our resources to increase community testing as well as maintain normal lab operations.
Procedures for Self-Quarantine under Covid-19

Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.

Stay at home.
Limit all your non-essential travels.
Unless you’re going out for food, medicines or other essentials.

Wash your hands.
Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.

Check your temperature.
Check your temperature at least two times a day.

Stay in a specific room.
If you’re sick or suspect yourself to be sick, it’s best to stay in a designated room or area away from others.
If possible, have a designated toilet and bathroom as well.

Watch for other symptoms.
Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.

Call your doctor or hospital before visiting.
If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.

Practice social distancing.
If you need to go out, maintain at least 1 meter (3 feet) distance from others.

For more information about quarantining please contact the Fallon Tribal Health Center at 775-423-3634 or contact your local Tribal Emergency Operations Center (EOC)/Emergency Management Departments.
Holidays and COVID-19: Why NOT To Gather

Why practice social distancing and self-quarantine?
Both social distancing and self-quarantine prevent the spread of illness. Staying home or more than 6 feet away from others limits the ability for droplets to travel from person-to-person from sneezing, coughing, or even talking. Additionally, staying home reduces risk of exposure to surfaces that may have droplets from an infected person. There is currently no vaccine or specific medication to treat COVID-19, so the only way reduce the number of cases and flatten the curve is social distancing and self-quarantining.

Spreading the virus without knowing it
The virus is thought to spread mainly from person-to-person, typically between people who are in close contact with one another (within about 6 feet). People are thought to be most contagious when they are symptomatic (fever, coughing, shortness of breath). The CDC reports that COVID-19 can also be spread up to three days before people show symptoms, which makes holiday gatherings more dangerous.

Visiting older family members or friends
If you must visit those who are over the age of 60, be sure that you protect them and yourself by following social distancing guidelines, such as washing hands before and after your visit; using hand sanitizer; maintaining at least six feet of distance when possible; avoid touching your face; and coughing or sneezing into your elbow or a tissue and then washing your hands. If you have early signs of a cold, please stay home and away from your older loved ones.

Avoid risking getting family members ill
There are heartbreaking accounts of entire families falling ill because one person was sick at a family gathering. The very nature of family or friend gatherings are to be in close proximity to the people you love for long periods of time. If one person is sick it can easily spread to extended family members and friends as they convene around a feast. During this chaotic time it is ok to break social norms and stop gatherings, your family and friends may be relieved and appreciate the efforts you are making.

Overwhelming the health care system
By now you have heard of “flattening the curve.” The idea is to spread out over a long period of time the number of positive cases rather than have them all become sick during a short period of time. The faster the infection curve rises, the quicker the local health care system gets overloaded beyond its capacity to treat people. There is also the risk of getting our frontline healthcare providers ill and that leaves our health care system more vulnerable.
### COVID-19 CORONAVIRUS DISEASE

**KNOW YOUR RISK THIS HOLIDAY SEASON**

COVID-19 is here, and so is the flu.

*Smart choices promote HealthyHolidays 🌟*

On a scale of 1 to 10, how risky is...

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<td>Watching holiday movies at home with your household</td>
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<td>Attending an outdoor cultural or religious celebration</td>
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<td></td>
<td>Traveling by plane to visit family or friends</td>
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<td></td>
<td>Attending a holiday parade</td>
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<td></td>
<td>Ice skating at a public rink indoors</td>
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<td></td>
<td>Watching a public fireworks display</td>
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<td></td>
<td>Visiting someone in assisted living</td>
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<td></td>
<td>Taking photos with Santa</td>
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<td>Attending an indoor holiday craft fair or market</td>
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<td>Attending an indoor sports event</td>
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<td>Attending a Super Bowl party</td>
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<td>Shopping in-person on Black Friday</td>
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<td>Caroling with a group</td>
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<td>Hosting a holiday party with friends and family</td>
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<td>Attending an indoor cultural or religious event</td>
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<td>Attending a homecoming dance</td>
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<td>Attending a college house party</td>
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<td>Attending a large indoor celebration with singing</td>
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<tr>
<td></td>
<td>Celebrating New Year's Eve at a bar or nightclub</td>
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</tbody>
</table>

*Please assume participants in these activities are following currently recommended safety protocols, including social distancing, mask wearing, and washing hands frequently. The more people, the closer together, the fewer the masks, the more mingling indoors, the longer the time, the more singing and voice projection, and the more alcohol – the greater the risk.*
Covid-19 Treatments and Vaccines
- Christopher Chai, MD, MPH, FTHC

So what should you do if you are found to be positive for COVID-19 or suspect you do have COVID-19 but don’t get tested? If you have no symptoms or mild symptoms, stay home in quarantine preferably in an area of your home that can be set apart from all other people with whom you live. Clean your hands and wear a mask before leaving that area of the home to go to other areas to decrease spreading the virus to them. Quarantine boxes may be available who need them from the EOC, and contain items to assist in the quarantine process. If you are unable to quarantine away from others in your home, I then suggest the vulnerable people in your home to temporarily stay in other homes until your condition resolves.

Additionally, once you are confirmed to be positive at our clinic or at our community testing, you will be contacted by one of the primary care providers or medical staff. At that time, we will go over any questions and concerns you may have, as well as our recommendations including possible medications that may help control symptoms. We will then go over contact tracing, which is to help find out to whom you may have spread COVID-19 so that we can help all those affected and reduce the spread. Afterwards, we will continue to contact you to follow-up on how you are doing.

Are there specific treatments for COVID-19? The short answer is no. The milder symptoms can be treated with medications for other respiratory infections. The milder symptoms will also resolve on their own given enough time. Also, while there were initial reports and studies that purported to show benefits to hydroxychloroquine or Azithromycin, subsequent studies that are larger and more well-designed do not find benefit for use of these medications for outpatient management of COVID-19. Thereafter, should you be admitted to a hospital, the inpatient team will have protocols, equipment, and medications to help manage your symptoms up to and including Intensive Care Unit management.

Vaccines continue to be in development worldwide and their science does not depend on which political party is in power. In fact, because these companies are publically traded entities, it is in their best interest to develop vaccines that work well and with low risk of side effects. Also, these companies can and would be held liable for intentionally causing harm. For the USA, we are considering three companies’ vaccine developments: Pfizer, Johnson-Johnson, and Moderna. Our government has made deals with these companies that—should they develop successful vaccines—the companies will receive financial compensation (between $1-2 billion) in exchange for roughly 100-150 million vaccines per company.

I do believe vaccines will be our best bet to contain the COVID-19 pandemic. Other countries’ strategies have taught us that relaxed standards for “the basics” will likely not achieve sufficient “herd immunity” and will more likely lead to subsequent waves of infection (Sweden), and have also taught us that doing “the basics” really well could control the spread of infection so long as “the basics” are done very well by everyone AND contact tracing and quarantines are strictly enforced (Taiwan, South Korea). Therefore, I will continue to monitor and review the science, and make recommendations when the time comes. Another thing to consider with vaccines is that IHS has had higher priority for resources and thus it is likely what we will continue to have higher priority for any vaccines that will be released.
Face Masks and COVID-19: What Community Members Need to Know

Wearing a face mask and keeping 6 feet of distance from others are essential to stopping the spread of COVID-19. Masks that cover the mouth and nose can stop germs from leaving and entering the body and keep someone from getting sick.

Follow these steps when using a mask:

1. Clean hands with soap or hand sanitizer before putting on or taking off the mask.
2. Hold the mask up to the light. If light shines through the mask, do not wear. This means germs will be able to flow in and out of the mask.
3. Make sure the mask completely covers the mouth and nose and fits tightly on the chin and the sides of the face. Do not put masks on children under 2 years of age.
4. If using a cloth mask, make sure it is washed after each use. Do not reuse single-use medical masks.
5. Once the mask is on your face, do not touch it unless it is being removed. This can add germs to the mask.

Choosing the Best Mask to Protect Against COVID-19

<table>
<thead>
<tr>
<th>Good protection. These masks block most germs from getting into the air.</th>
<th>Poor protection. These masks allow many germs to get into the air.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-layer, Cotton Pleated Mask</td>
<td>1-layer, Knitted or Beaded Mask</td>
</tr>
<tr>
<td>Single-Use Medical Mask</td>
<td>1-Layer Neck Scarf</td>
</tr>
<tr>
<td>2-layer, Cotton Olson-style Mask</td>
<td>Loose-fitting Bandana</td>
</tr>
<tr>
<td>Masks for health workers</td>
<td>Fitted N95 Mask</td>
</tr>
<tr>
<td>Face shield. A face shield is used to protect the eyes from germs. It should be worn with a mask that covers the nose and mouth.</td>
<td></td>
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</tbody>
</table>

Effective August 27, 2020
How To Make Your Own Non-Sewn Face Mask

Face masks should be worn every time someone will be around people who do not live in their household. Make sure to keep 6 feet of distance from others even when wearing a face mask.

Face masks that are best at trapping germs have at least 2 layers of fabric that cover the nose and mouth and fit tightly on the chin and sides of the face.

See below for instructions for making a simple, effective, non-sewn mask.

MATERIALS

- Bandana, old shirt, or square cotton cloth (cut approximately 20” x 20”). These materials can make effective masks when folded into multiple layers and fitted tightly on the face.
- Rubber bands or hair ties
- Scissors (if you are cutting your own cloth)

STEP 1
Fold the bandana, shirt, or cloth in half.

STEP 2
Fold top down. Fold bottom up.

STEP 3
Place rubber bands or hair ties about 6 inches apart.

STEP 4
Fold sides to the middle and tuck.

STEP 5
The finished product.

Effectivo August 27, 2020
Sources: CDC, WHO,
Reducing Risk of Exposure for Individuals and Groups by Dr. Chai

Whether individually or as a group, prevention of course means decreasing risk of exposure, but it also means decreasing risk of spread. Decreasing risk of exposure is more for your benefit, and decreasing risk of spread is more for the benefit of others. However, have you considered that the two work hand in hand? If you decrease your risk of exposure, you decrease risk of spread to everyone. Conversely, if you think of risk of spread by considering how you interact with others, you will decrease your risk of exposure.

On a practical level, we already know what decreasing risk of exposure means—having good hand hygiene, wearing masks, and maintaining social distance. We need to do this better, do it all the time, and to help others do it better and all the time. Keeping a positive attitude, and being honest with ourselves and with each other will help us safer and healthier.

Washing hands is better than hand sanitizer, and having good hygiene isn’t just about cleaning them before you use them, but also being aware of where your hands may be picking up and dropping off viral particles. Using a mask means wearing it correctly, knowing how to adjust it and take it off safely, and knowing when to clean it (daily with cloth masks), replace it (at least daily with surgical masks), or how to reuse it (let it dry for 3 days or more with N95 masks).

Please keep in mind that it is better to take the mask completely off than to pull it below your nose (you can still inhale viral particles) or to put it on your chin or neck (where you can then spread the viral particles to those body parts and/or your hands). Also, when you sneeze or cough in a mask, the particles can travel sideways, upwards, or backwards depending on how the mask fits your face. Lastly, the data isn’t clear on safety of reusing surgical masks so if you decide to reuse them, do so with caution.

Social distancing is where it gets especially hard. 6 feet is a guesstimate on a safe distance to decrease viral spread if someone sneezes or coughs without a mask. What we must keep in mind is that conditions change: air currents, temperature, humidity, being indoors or outdoors, surfaces on which viral particles land, and relative height (i.e. someone is on a higher floor than another person). Therefore, 6 feet may not be enough. Moreover, social distancing also means being aware that others with COVID-19 are asymptomatic, pre-symptomatic, minimally or mildly symptomatic, or may have a flare-up of their normal illness that could was brought on by COVID-19. Social distancing means not knowing to whom others may have been exposed.

In any of the above cases, my point is that there is no way to be 100% sure that someone doesn’t have COVID-19. This isn’t to turn people against each other, but to remind all of us to be open and honest about our exposures and symptoms, to stay home or seek medical attention when we should, to encourage others to stay home or seek medical attention, and to provide assistance for each other. In this way, it is simple to see how individual responsibilities become group responsibilities—doing “the basics” on our own and with each other, and thinking about and acting to decrease both risk of exposure and risk of spread.
How to Care for Yourself at Home During COVID-19 (Coronavirus)

What is COVID-19 (Coronavirus disease-19)?
Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus. People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness.

Symptoms include:
- Cough or shortness of breath
- Or at least two of these symptoms:
  - Fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell.
If you experience any of these symptoms, contact a healthcare provider. If you have trouble breathing, call 911.

How does COVID-19 spread?
Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?
Anyone can get COVID-19. Those at risk of severe illness include:
- Elders and adults over 60 years of age,
- People with heart disease, lung disease, or diabetes.

Is there a vaccine or treatment?
There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest.
Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.
Most people will have symptoms for a few days and recover after 1-2 weeks.

For more information: CDC.gov/coronavirus
10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. Stay home from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, wear a face mask and avoid using any kind of public transportation or ridesharing.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

6. Cover your cough and sneezes.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For more information: CDC.gov/coronavirus

Effective March 27, 2020
Source: CDC
How to prevent the spread of coronavirus (COVID-19) in the home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cough, shortness of breath, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery
Help the sick person follow their healthcare provider’s instructions for medications and care.
If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible
- **Stay home** and avoid having visitors. If you need to go out, wear a facemask over the nose and mouth.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won’t get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a cloth mask or something else to cover their nose and mouth. When the mask gets moist or wet, it needs to be changed. Cloth masks can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone
Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.
They should also **avoid touching eyes, nose, and mouth.**

Clean and disinfect
- **Cleaning** removes dirt and germs with soap. **Disinfecting** kills germs with chemicals.
- **Clean and disinfect all “high-touch” surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person’s body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly
- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.

For more information:
[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

Effective August 19, 2020
Source: CDC
How to prevent the spread of germs like coronavirus (COVID-19) in the home

- Separate the sick person from others.
- Avoid sharing household items.
- Clean and disinfect all “high-touch” surfaces multiple times each day.
- Avoid touching eyes, nose, and mouth.
- Wear gloves for cleaning. Wash hands immediately after gloves are removed.
- Wear a facemask over nose and mouth.
- Wash hands often with soap and water for at least 20 seconds.
- Wash laundry thoroughly.
How COVID Trace Works
A KEY TO FIGHTING COVID-19 IS RIGHT IN YOUR POCKET.

AS NEVADANS, we share a common goal – stopping COVID-19. Our public health authorities are working tirelessly in coordination with state government leaders to use innovative tools and technologies to help measure, slow and ultimately contain the spread of the virus.

One of those technologies is a contact tracing mobile app developed by the Nevada Department of Health and Human Services. This phone app will help in the COVID-19 fight by providing important contact information, without compromising your privacy!

HOW THE APP WORKS
Contact tracing can quickly notify you if you’ve likely been exposed to the virus, allowing you to reduce risk and make informed choices.

- Download the free COVID Trace app, available for both Apple and Android phones.
- It uses a technology called Exposure Notification System through your phone’s Bluetooth function and works in the background to exchange privacy-preserving random ID codes with other phones nearby.
- Once you opt-in to the notification system, the app will generate a random ID for your device, which changes throughout the day to ensure your privacy.
- Daily, the app checks all the random ID codes associated with positive COVID-19 cases against a list.
- If there’s a match, the app will notify you that you’ve come into contact with someone who has tested positive and will provide further instruction of what to do next.
YOUR PRIVACY is a priority.

With the COVID Trace app, you don’t have to choose between your privacy and the health and safety of your community. The app’s Exposure Notification System was built to give you control while respecting and preserving your privacy. It doesn’t use GPS and can’t share your location or information! The technology only works if you decide to opt in. If you change your mind, you can turn it off at any time.

NO ONE WILL KNOW:
- Your location
- Your name or address
- Your health information
- Who you met
- Who tested positive

YOU CONTROL WHETHER YOU RECEIVE EXPOSURE NOTIFICATIONS. THE EXPOSURE NOTIFICATION SYSTEM DOESN’T TRACK YOUR LOCATION. NEITHER GOOGLE, APPLE NOR OTHER USERS CAN SEE YOUR IDENTITY. ONLY PUBLIC HEALTH AUTHORITIES CAN USE THE SYSTEM.

The Nevada Department of Health and Human Services created this app so the people of Nevada can make use of the latest technology to keep themselves and their families safe and to help stop the spread of COVID-19. We strongly recommend that everyone downloads COVID Trace to their phone and begins to use it. By working together and using every tool at our disposal, we can protect our communities and help flatten the curve.

DOWNLOAD THE FREE APP TODAY!
It’s available at the Apple and Android app stores.

To learn more about the Nevada Department of Health and Human Services’ efforts in fighting the COVID-19 pandemic, visit nvhealthresponse.nv.gov/covidtrace.

Learn more at nvhealthresponse.nv.gov
I’M SO STRESSED OUT!

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it’s stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body’s reaction to stress and can occur even if there is no current threat.

If that anxiety doesn’t go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

<table>
<thead>
<tr>
<th>Stress</th>
<th>Both Stress and Anxiety</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generally is a response to an external cause, such as taking a big test or arguing with a friend.</td>
<td>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</td>
<td>Generally is internal, meaning it’s your reaction to stress.</td>
</tr>
</tbody>
</table>
| Goes away once the situation is resolved. | • Excessive worry  
• Uneasiness  
• Tension  
• Headaches or body pain  
• High blood pressure  
• Loss of sleep | Usually involves a persistent feeling of apprehension or dread that doesn’t go away, and that interferes with how you live your life. |
| Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. | | Is constant, even if there is no immediate threat. |
It’s important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can’t manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.

Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

For more information about stress, visit www.nimh.nih.gov/stress.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won’t go away, it may be time to talk to a professional. Psychotherapy (also called “talk therapy”) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

- If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY (4889). You also can text the Crisis Text Line (HELLO to 741741)
- or go to the National Suicide Prevention Lifeline website at https://suicidepreventionlifeline.org

More Resources

- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)
- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Taking Control of Your Mental Health: Tips for Talking With Your Health Care Provider (www.nimh.nih.gov/talkingtips)
- NIMH: 5 Things You Should Know About Stress (www.nimh.nih.gov/stress)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrenmentalhealth/depression.html)

Fallon Tribal Health Center’s Mental Health and Substance Abuse Program, Contact Brenda to schedule an appointment, (775) 43-3634, ext. 1040.
Social distancing is beautiful.
Get close to what matters, and save lives. #DistanceToGetClose

#WellnessWarriors
#DistanceToGetClose
caih.jhu.edu

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Fallon, NV 89406

ADDRESS/RETURN SERVICE REQUESTED

Upcoming Closures | Observed Date
---|---
Christmas | Friday, December 25, 2020
New Year’s Day | Friday, January 1, 2021

COVID-19
SAFETY PROTOCOLS

NO ENTRY WITH FEVER

MASKS ENCOURAGED

LIMITED NUMBER OF VISITORS IN BUILDING
MAINTAIN SIX FEET OF SEPARATION

CONDUCT TRIBAL BUSINESS ONLINE OR VIA TELEPHONE, MAIL, OR E-MAIL WHENEVER POSSIBLE

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