



Introduction to *The Six-Foot Fire Line*

The new Coronavirus we've all been hearing about, called COVID-19, spreads through communities like wildfires burn through forests: from tree to tree. In COVID-19's case: from person to person.

Together we can stop the spread of COVID-19, each with our own personal six-foot fire line between ourselves and others.

COVID-19 reached quickly around the world because many who are infected experience no symptoms. Without realizing they're contagious, these "asymptomatic" carriers may infect many others with this novel virus considered many times more deadly than "regular" flu.

The State of New Mexico, population 2.1 million, has been preparing for 250,000 to 1.25 million infections.

The Six-Foot Fire Line compiles reliable information from public sources on ways to protect others and ourselves from COVID-19. Each issue of this newsletter will

include updates from the Governor and Zuni Tribal Council, from tribal departments, and from other local agencies, organizations and businesses

Also included are FAQs about COVID-19 from reliable sources including the federal Centers for Disease Control (CDC).

Political opinions matter, but The Six-Foot Fire is part of an emergency response to a global pandemic that threatens Zuni. Political opinion will not be covered here.

Within just weeks COVID-19 has compelled global adherence to the universal golden rule: to others as to oneself. To protect others as we protect ourselves, let's maintain at least six feet of distance with our own personal fire lines.

It's inconvenient. It's temporary. And like a fire line to save a forest, it works.

Together let's hold the line against COVID-19.

Actions by the Zuni Governor and Tribal Council to Stop COVID-19

The Zuni Governor and Tribal Council have taken the following actions to stop COVID-19 in coordination with steps by the State of New Mexico initiated by the March 11, 2020 Declaration of Emergency.

- On March 19, the Zuni Governor and Tribal Council issued a COVID-19 Emergency Declaration, Resolution Number M70-2020-PO37.
- On March 23, the Governor of New Mexico issued a stay-at-home order, which was later extended to April 30th.
- On March 25, the New Mexico Department of Transportation provided notice statewide that Pueblos are closed to the public until further notice.
- On April 1, The Zuni Governor and Tribal Council discouraged community members from traveling out of the community.

Tribal Action continued on page 5

Seven best-known practices to stop the spread of COVID-19 in Zuni

1. Stay at home as much as possible
2. Practice physical distancing – maintain a personal fire line – in public and at home
3. Avoid touching your face before washing your hands, especially when you've been in public places
4. Wash your hands often and completely for at least 20 seconds
5. When you cough or sneeze, cover your nose and mouth with a tissue or flexed elbow
6. Clean and disinfect frequently touched surfaces in your home
7. Keep learning about best practices to stop COVID-19

Public Notice

The following COVID-19 test results, reflecting both non-tribal and tribal members, are accurate as of April 17.

Total Tests:	278
Total Negative:	228
Total Positive:	33
Total Pending:	17

A Message from Zuni-IHS

As we all know, the COVID-19 pandemic has reached our Zuni community. COVID-19 is especially dangerous because infected people may be asymptomatic, so they and those near them may not know that they're contagious.

While this may seem scary to hear and to think about, COVID-19 thrives only when it can jump from person to another. It is critical that we recognize our ability to slow and even stop the spread of COVID-19 - if we fight back together.

We know what to do: stay at home and at least six feet from others; cover our coughs; keep our hands and surfaces clean; avoid touching our faces when we have not had a chance to wash our hands. Think about COVID-19 safety in all that we do.

Any of us may think we could never get sick ourselves, but with COVID-19, we can get sick without realizing it. Let's not give it that chance! For the ones we love, let's break the cycle of COVID-19 transmission.

We at the hospital are preparing for the worst, and doing our best to be ready for whatever comes. But it's up to all of us what that will be.

PUEBLO OF ZUNI COMMUNITY



Available for ages 4 months +

THURSDAY April 16 • 11:00 AM – 6:00 PM

FRIDAY & SATURDAY APRIL 17-18 • 9:00 AM – 5:00 PM

LOCATION: Zuni Tribal Building East side Parking Lot

•Walk-ups are Welcome •

- Must sign HIPPA Waiver
- Adults must provide Photo ID (i.e. NM ID/DL or Tribal Census Picture ID)
- Provide medical insurance (Medicaid/Medicare) – *Optional*
- Guardians of children **must** provide proof of guardianship
- Maximum per vehicle load: 4 (four) persons
 - If more than 4 vehicle occupants, each person will be required to get down.

PROVIDERS, NURSES AND PARAMEDICS WILL BE ON SITE

If you have additional questions, please contact the POZ COVID-19 Information Center at 782-3368|3370|3372

Anyone with symptoms will be requested to report to Zuni Indian Health Service



PUEBLO OF ZUNI EMPLOYEES ARE ENCOURAGED TO WORK WITH THEIR SUPERVISORS ON TESTING

Sponsored by: New Mexico Department of Health and Presbyterian Health

Published: April 15, 2020

COVID-Info Online

These pages have space for just a small fraction of all there is to know about COVID-19 and its effects, and new knowledge is published online every day. Spend 15 minutes starting on any of the following trustworthy sites, and you may suddenly find you've spent an hour learning more about COVID-19.

- ashiwi.org
- www.co.mckinley.nm.us/
- newmexico.gov
- cdc.gov

To learn about eligibility for the \$1,200 federal aid payment, see irs.gov

Lt. Governor to Join State Cabinet Secretaries on KNME

For the KNME series New Mexico In Focus, Zuni Lieutenant Governor Carleton Bowekaty will join New Mexico Indian Affairs Department Secretary Lynn Trujillo, and All Pueblo Council of Governors Chairman Michael Chavarria, for a televised discussion on COVID-19 challenges and solutions.

The program will air on Friday, April 17 at 7 pm. Additional details for how to tune in are listed in the accompanying program flier.

TRIBAL RESPONSE TO COVID-19



PRESENTS

New Mexico In Focus

• FEATURING •

NM IAD Cabinet Secretary
Trujillo|APGC Chairman
Chavarria|Zuni Lt. Governor
Carleton Bowekaty

FRIDAY

APR 17 - 7PM

Dish Ch 8816

DirecTV Ch 5

#Stay Home

COVID-19 FAQ

A broad range of COVID-19 FAQs can be found by searching for “COVID-19 FAQ.” Note that people around the world are learning more about COVID-19 each day. What may be considered best prevention practices today may soon be outdated. Keeping up to date with COVID-19 news is one of the most important things we can all do to stop the spread.

The following questions and answers – some answers only partial because of limited space – are copied from [cdc.gov](https://www.cdc.gov).

What is a novel coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

How does the virus spread?

The virus that causes COVID-19 is thought to spread mainly from person to person, and mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). COVID-19 seems to be spreading easily and sustainably in the community (“community spread”), in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

What are the symptoms of a COVID-19 infection?

Current symptoms reported for patients with COVID-19 have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

Who is at higher risk for serious illness from COVID-19?

COVID-19 is a new disease and there is limited information about risk factors for severe disease. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- People with severe obesity
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Home Free from COVID-19

Did you leave home for an early morning run by yourself? Did you find yourself in a crowded Wal-Mart aisle when someone near you started to cough? Whether you should follow stricter COVID-19 protocols depends on your own best judgment, case by case, of your risk of exposure while you were out.

Following is a more detailed approach – and you may think of additional steps you could take - to protect yourself and your loved ones when you return home from having been near others who might have been infected with COVID-19.

- Remove your shoes before entering your home
- Spray alcohol (at least 60% pure; the higher the percentage the better), or an anti-viral disinfectant on the soles of your shoes
- Clean items that might have been exposed to the virus while you were out, such as your cell phone, glasses, and keys
- Avoid sitting down or touching any surface in your home until you’ve put your clothes in the washer and taken a shower and brushed your teeth.
- Now you are safely home.

We’re Not Answering Because We Love You

Increasingly around the community people are making signs for their windows or doors, or to post outside, to let others including family know that they’re in isolation or quarantine, so are not answering the door.

These signs are another way to help maintain individual and family fire lines – physical or “social” distancing – to protect people on both sides of the door.

#Iwechemapshe

Let's Love and Care for One Another

an art contest for the Zuni Community

The Zuni Youth Enrichment Project, in partnership with the A:shiwi A:wana Museum, the Zuni ARTZ Cooperative, the National Endowment for the Arts, and the Smithsonian Institution's Recovering Voices Program, is proud to announce a unique opportunity to build awareness of the COVID-19 pandemic within our community. Through art, the goal is to send a positive message of caring and loving one another during this unprecedented time.

We are asking our community members to create works of art that raise awareness about how to prevent the spread of Covid-19, and to show we are in this together. All submissions will be compiled into a collage mural to be displayed at Ho'n A:wana Park.

The contest is open to all community members in Zuni. Art supplies will be distributed to youth participants. As resources are limited, we ask that adults provide their own art supplies.

Artist packets will include:

- Art materials (youth only)
- Entry and consent form
- CDC guidelines for social distancing and stopping the spread of COVID-19
- Envelope and instructions for submission of artwork.

Art packets can be picked up Monday, April 20th, 2020 at the Ancestral Rich Treasures of Zuni Gallery (1192 Hwy 53), from 12 pm to 4 pm. A pick-up station will be located on the front porch, so there will be no need to step inside.

Art Contest Checklist

- Art must be original work by the contestant
- Art must be no larger than 16x20, and no smaller than 8x10
- All information and spelling must be correct and without copyright infringement

Judging: Entries will be judged on the following criteria:

- Originality
- Incorporation of COVID-19 awareness and prevention in the design
- Art Design
- Creativity

The art submission deadline is Monday, April 27, 2020 at the Ancestral Rich Treasures of Zuni Gallery from 12pm to 4pm. A dropbox will be located on the front porch.

Awards: a \$100 cash prize will be awarded to each of the top three in the following categories:

- Kinder to 3rd Grade
- 4th to 6th
- 7th to 9th
- 10th to 12th
- Adults

Selected entries will be turned into posters to be shared with the community.

Winners will be announced by Monday, April 27, 2020.

For any questions or more information, call (505) 728-1260, or send email to:

artzcooperative@gmail.com.

The Six-Foot Fire Line is guided by core community values. To any one of these, add "...to stop COVID-19."

- We will live accordingly
- We will respect one another
- We will think before we act and consider the consequences
- We will help one another
- We will give advice and counsel one another
- We will be honest and trust one another
- We will love one another
- We will be kind and generous to one another
- We will listen and pay attention to one another
- We will be empathetic to one another



All **tribal lakes** are closed to fishing and recreational activities.

For further information, please call the POZ COVID-19 information center at (505)782- 3368/3370/3372; open Monday through Friday from 8 am – 5 pm.

Thank you for your understanding and cooperation.

ZYEP Youth Garden Kits Available on Earth Day's 50th Anniversary, Wednesday, April 22

As a part of our community's response to COVID-19, ZYEP remains committed to its mission to provide enriching activities for Zuni youth, including gardening.

Last year, Zuni youth celebrated Earth Day by visiting Ho'n A:wán Park's community garden to plant cilantro, onions, lettuce, and carrots. By the end of 2019's growing season, hundreds of youth had participated in planting, harvesting, and seed saving.

ZYEP garden programming is led and guided by ZYEP's Agriculture Committee, a group that ensures that Zuni agricultural values and traditions are reflected throughout each year. Committee members are Curtis Quam, Daniel Bowannie, Arden Kucate, Nelson Vicenti, Elroy Chopito, Jerrald Tsalate, and Enric Tsalate.

Although COVID-19 precautions

now keep us from planting together, ZYEP encourages Zuni youth to stay connected to our agricultural heritage.

This year, ZYEP will kick off Earth Day, on Wednesday, April 22, by giving out 120 Garden Kits to interested families. The Garden Kits include Zuni Tree Soil, non-GMO organic seeds, a small garden tool set, and a *Doye:nap'she* - Let's Plant! - Message to Families from ZYEP's Agriculture Advisory Committee.

One topic encouraged in the *Doye:nap'she* letter is water conservation, including how to water gardens with recycled water or rainwater. To support this message, another item in the Garden Kit is a "Recycle Water Bin," which will help youth save water for garden irrigation instead of letting it go down the drain. For

examples, water can be saved while rinsing dishes or produce, and while waiting for it to get hot.

Later this spring, ZYEP will provide a limited number of Rainwater Harvest Kits to Zuni youth and families with a fun application process. Stay tuned for more information on that next month.

Below: one of ZYEP's rainwater harvest jars, with artwork by Noreen Simplicio.



Community Announcements

Announcements can be sent to: sixfootfireline@ashiwi.org.

A:shiwi College and Career Readiness Center (ACCRC)

- Spring classes to continue online
- Career Technical Education (CTE) classes planned for fall semester: Welding I; Culinary Arts; Creative Arts; Wood working/Electrical; and Entrepreneurship;
- MuralNet is being expanded
- Agricultural workshops are being planned
- ACCRC will continue to observe all tribal and state restrictions.
- See ashiwicollege.org for more.

Tribal Action continued from page 1

- On April 1, the Zuni Governor issued a statement to partially close the Zuni Community to the traveling public and discouraged travelers/tourists/non-community members from stopping in Zuni. This statement was supported by Governor Lujan-Grisham throughout the State of New Mexico.
- On April 2, the Pueblo of Zuni implemented its Incident Command Structure (ICS), which includes the following programs: BIA Forestry; EMS; POZ Division Directors and TA; Zuni IHS.
- On April 3, the Zuni Governor issued an Executive Order establishing a curfew for all community members from 8:00 p.m. to 5:00 am, effective April 6

until further notice.

- On April 8, the Zuni Governor reinforced Partial Closure of the Zuni Community to all travelers with a Declaration effective on April 10.
- On April 12, all tribal lakes were, and remain, closed to fishing and recreational activities.
- Beginning on Friday, April 17, violators of the 8 pm – 5 am curfew shall be subject to imprisonment not to exceed 45 days and a fine not to exceed \$100.
- Further information regarding the closure of the Zuni Community may be obtained by calling (505) 782-3368/3370/3372, or through: ashiwi.org.

Mental Health Awareness for Native Communities During COVID-19

What is Mental Health?

Mental health includes our emotional, psychological, social, and spiritual well-being; it affects how we think, act, and feel. It also determines how we handle stress, relate to others, and make choices.



COMMON FEELINGS DURING A CRISIS



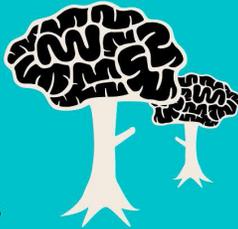
Early Warning Signs of a Mental Health Concern

What to recognize when a relative is developing a mental health issue

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Inability to perform daily routine tasks
- Feeling helpless or hopeless
- Having unexplained aches and pains
- Smoking, drinking or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Thinking of harming yourself or others

Ways to Maintain Positive Mental Health:

- Connect with others via phone, text, facetime, or other platforms
- Get professional help
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Practice healthy coping skills



Promoting Positive Mental Health Allows People to:

- Walk in balance and harmony
- Reclaim our strength
- Think about our next 7 generations
- Build our resiliency

7 Ways To Be a Good Relative During COVID-19

- 1** BE MINDFUL OF OTHERS: FOLLOW CDC GUIDELINES ON PHYSICAL DISTANCING TO KEEP OUR FAMILIES AND OUR ELDERS SAFE
- 2** CONNECT TOGETHER AND SHARE CULTURAL VALUES, STORYTELLING, AND TEACHINGS WHILE AT HOME WITH OUR FAMILIES
- 3** OFFER AND GIVE THANKS
- 4** SHOW COMPASSION AND KINDNESS TO ONE ANOTHER
- 5** OUR SELF CARE HELPS US TO CARE FOR OTHERS
- 6** LAUGHTER IS THE BEST MEDICINE
- 7** STRENGTHEN OUR CONNECTION TO MOTHER NATURE

If you are in immediate need, please call these New Mexico Hotlines:
 Crisis and Access Line: **1-855-662-7474** Peer to Peer Warmline: **1-855-466-7100**

This document was developed in part under grant numbers SM063500 and SP081003 from the Substance Abuse and Mental Health Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) and the Center for Substance Abuse Prevention. This document was created with the guidance of <https://www.mentalhealth.gov/basics/whatis-mental-health>



ALBUQUERQUE AREA SOUTHWEST
 TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



www.coronavirus.gov



1-855-600-3453
 Coronavirus Hotline



www.ihs.gov

Make Your Mask

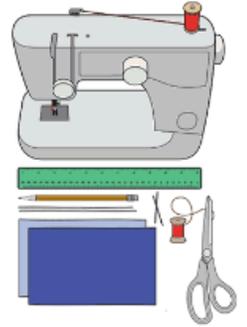
Protective masks can help to prevent the transmission of COVID-19, and you can make your own. The following directions are approved and published by CDC, and can be found also on their site: [cdc.gov](https://www.cdc.gov)

Note: wearing a mask when near other people, while helpful, does not guarantee that you will not contract COVID-19 from someone who is infected.

Sewn Cloth Face Covering

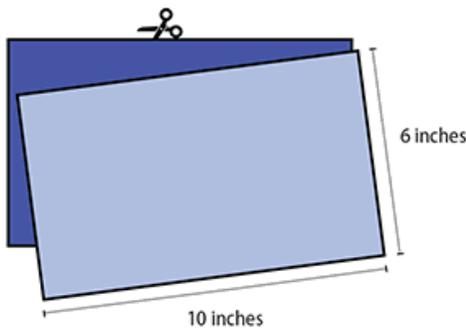
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

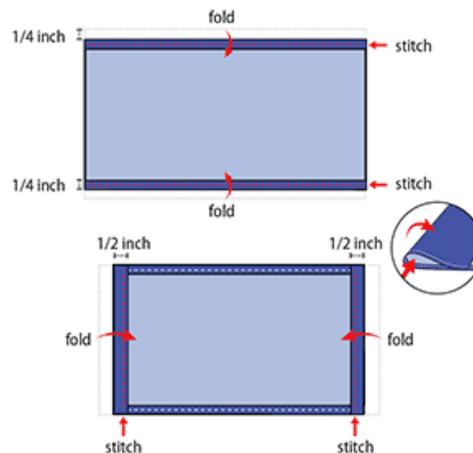


Tutorial

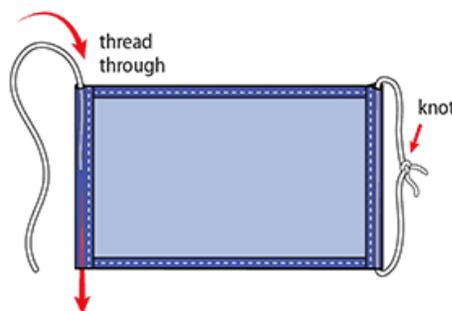
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



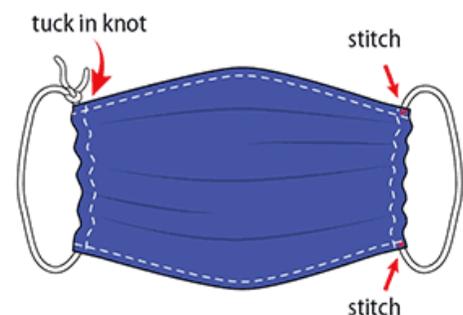
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

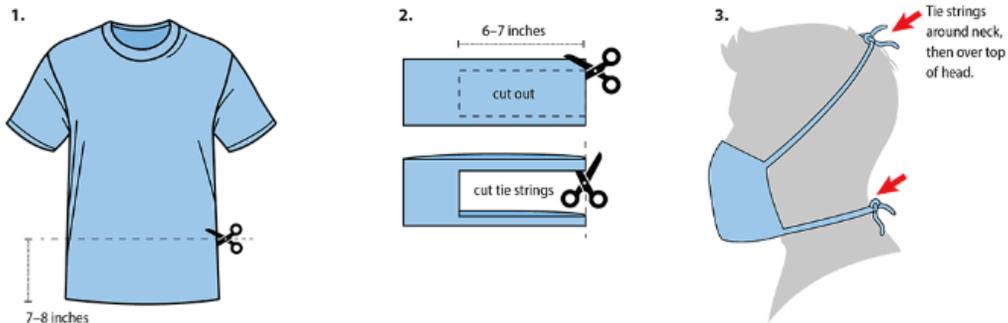


Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

