

Ashiwi A:wan Messenger

Six-Foot Fire Line



Let's Hold the 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 quickly reached around the world because many who are infected experience no symptoms. Without realizing they're

Hold the Line continues on page 4

Art Contest Update

The deadline for the #Iwechemapshe - Let's Love and Care for One Another - art contest is April 27 at the Ancestral Rich Treasures of Zuni Gallery, from 12pm to 4pm.

The announcement of winners has been rescheduled for May 1. For more information call (505) 728-1260.

A Note about this Issue

Due to limited printing capacity last week, some content from Issue 1, like the FAQs and mask-making directions from the U.S. Centers for Disease Control and Prevention (CDC), is reprinted here to ensure that all community members can access it.

POZ COVID-19 Travel Restrictions in Force

Travel to and from Zuni is now restricted by the Zuni Police Department according to the following guidelines:

Leaving the Reservation:

- Only two community members per vehicle are allowed to leave the reservation between the hours of 5:00 a.m. and 7:00 p.m. to conduct essential business. Restrictions on the elderly and children are emphasized.
- Travelers and non-tribal members may leave.

Arriving to the Reservation:

- Travelers will not be allowed into the community, and may be diverted via North Highway 602, East Highway 53 or South Highway 36.
- Tribal members will be allowed access into the community. State ID with

address, or census card or work ID may be requested.

- Essential non-tribal members who reside outside of the Zuni community and who are employed within the Zuni community are allowed with proper work identification.
- Non-tribal members residing with tribal members are provided access with verification.
- Non-tribal members who reside in the Zuni community and who are employed within the Zuni community are allowed in with proper work identification.
- Non-tribal members requesting entrance for medical care are granted access, and will be provided with a copy of the Declaration of Closure outlining restrictions from entering the community for goods and non-medical services.

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



ZUNI PUEBLO COVID-19 RELIEF DONORS

The Zuni Pueblo Emergency Management would like to extend their utmost appreciation to the following generous donors for their kindness in supporting our Zuni community and families during this challenging time. Elahkwa.

- Southwest Indian Foundation
- Knights of Columbus COVID-19 Relief
- Chamiza Foundation
- Native American Veterinary Services (NAVS)
- Prados Beauty by Cece Meadows
- Bears Ears Inter-Tribal Coalition
- NM Department of Transportation
- The KESHI Foundation



April 22, 2020

Talking with Children about Coronavirus

The following is provided courtesy of the Urban Indian Health Institute, a division of the Seattle Indian Health Board

During this time, children may have questions or concerns about COVID-19. They have probably heard you and others talk about it. This may have brought up anxieties and fear. The best thing to do is to talk with them, make sure they have good information, and make sure they feel like they have a supportive adult to talk to.

What should I tell them about this novel coronavirus?

Explain that this coronavirus is a newly discovered virus that causes a disease called COVID-19. A virus is a type of germ. Many of its symptoms are like regular flu symptoms. Most people who have gotten sick, like children, have had mild cases (fever, runny nose, or cough). People who are older and already have health issues may get sicker.

Reassure children that adults around them—their relatives, doctors, and teachers—are working hard to keep everyone safe and healthy. Let them know that as Native people, our traditional values of caring for each other and our community will help us make good choices during this time.

How do I talk to a child that I care for?

- Start by asking open-ended questions—broad questions that get more than a “yes” or “no” answer—to see what they know. For example, “What have you heard about the new sickness that has been going around?” and “How have you been feeling lately?”
- Consider activities like drawing, stories, or singing to help open the

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

COVID-19 FAQ

A broad range of COVID-19 FAQs can be found by searching for “COVID-19 FAQ” online. 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 immune-compromised
- 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.

Here is a more detailed approach – and you may think of more steps you could take - to protect yourself and your loved ones when you return home from having been near others possibly infected with COVID-19:

- Remove your shoes outside
- Spray the soles of your shoes with alcohol (at least 60% pure; the higher the percentage the better), or an anti-viral disinfectant
- Clean items such as your debit/credit card, cell phone, glasses and keys that might have been exposed to COVID-19 while you were out
- Avoid sitting down or touching any surface in your home until you've put your clothes in the washer, taken a shower and brushed your teeth
- Now you are safely home

COVID-19 Test Results

The following COVID-19 test data from Zuni-IHS include both non-tribal and tribal members as of April 21.

Total Tests: **301**

Total Negative: **237**

Total Positive: **36**

Total Pending: **28**

The Pueblo of Zuni and Emergency Management are stressing that the community should adhere to the shelter-in-place and social distancing measures. Remember: just one person can infect many people.

For additional information call the POZ COVID-19 information center, Sunday through Saturday, 8:00 am to 5:00 pm, (weekend lines are open), at the following numbers:

(505) 782-3368, 3370, and 3372.

CDC Tips on Managing Pandemic Stress

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco or other drugs

People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Additional information can be found at the Substance Abuse and Mental Health Services Administration website:

<http://www.samhsa.gov>

Taking care of yourself, your friends and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do:

- Take breaks from watching, reading, or listening to news stories, including on social media, about the pandemic
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Make time to unwind. Try to do some other activities you enjoy
- Connect with others. Talk with people you trust about your concerns and about how you are feeling



Hold the Line continued from page 1

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 will include updates from the Zuni Governor and 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 U.S. Centers for Disease Control and Prevention (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.

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.

Chef Solus Kids Gardening Word Search Puzzle!



Plants
Sun
Water
Roots
Seeds
Stem
Bush



Visit www.ChefSolus.com for free kids' nutrition games, interactive word puzzles and fun healthy food activities!
Copyright © Nourish Interactive, All Rights Reserved

Community Bulletin Board

Send COVID-related announcements and updates from your tribal program, community organization or business, to sixfootfireline@ashiwi.org.

A:shiwi College and Career Readiness Center (ACCRC)

- ACCRC this week is finalizing the Science DMZ activity with a tribal consortium of colleges and universities working collaboratively under an NSF grant to strengthen and enhance tribal college broadband infrastructure. Partners include: NTU, ACCRC, NAU, SIPI, IAIA, Tohono O'odham Community College, and Diné College.
- ACCRC Director of Academics is surveying ACCRC instructors to determine if classes will be offered during the Intercession periods, and reporting weekly to NTU on activity and planning for fall semester.
- ACCRC Executive Director is coordinating with New Mexico Cooperative Catalyst and ARTZ to strengthen ARTZ' capacity as a Cooperative, promote local entrepreneurship and support local economy among crafts

makers.

- We're starting to finalize orders for equipment for Career Technical courses to support the following new college & career readiness and job readiness programs: Culinary Arts, Welding, Woodworking and Residential Electrical.
- We're finalizing work on modulars for the Culinary Arts and Entrepreneurship programs.

New Beginning Program

The New Beginning domestic crisis shelter is currently closed but will reopen if victims need shelter.

The shelter will reopen 24/7 as soon as safely possible once the COVID-19 situation eases.

In the meantime, program staff are monitoring a Crisis Hotline 24/7, at 505-782-4600.

The Zuni Education & Career Development Center (ZECDC)



- Are you an essential worker in need of Child Care Services?
- Are you having difficulties paying your electric bill?
- Are you facing financial hardship due to reduced Self-Employment Sales, or ineligible for unemployment benefits? Has the COVID-19 pandemic affected your income in some other way?

The Zuni Education & Career Development Center may be able to help.

Send your inquiry to zecdc@ashiwi.org, and the appropriate application will be sent to you (TANF, General Assistance, LIHEAP or Child Care). Once a complete application is received, a phone interview will be conducted to determine your eligibility.

Also, the application deadline for the ZECDC Tribal Scholarship, which is available to both full-time and part-time students, is April 30.



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.

Frontline Support

Are you working on the front lines to stop COVID-19?

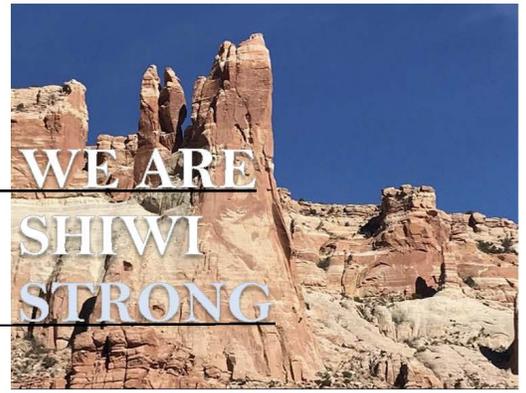
The New Mexico Healthcare Worker and First Responder Support line has your back. Call 1-855-507-5509 if you need to talk.

discussion.

- Give them an opportunity to explore, process, and talk.
- Try not to minimize or avoid their fears or concerns. Listen with an open heart and validate that their feelings are normal.
- Remain calm; children can pick up on verbal and non-verbal cues like body language during conversations.
- Keep information age-appropriate while ensuring that it is still honest and accurate.
- Watch their body language for signs of anxiety like tone of voice, movement, and breathing pace. Other signs of anxiety can be crankiness, clinginess, trouble sleeping, and distraction.
- Wrap up conversations in a good way. For example, say a prayer, smudge, sing, or do an activity of their choice.
- Let your child know that they can come to you with any questions.

What should I tell them about how they can help?

- The following actions can help protect them, their relatives, and their friends from contracting coronavirus.
- Wash hands often: wash with soap and water for 20 seconds (long enough to sing the ABCs). Make sure to get between the fingers, under the nails, and up the wrists. Wash after using the bathroom and after being in public places like the playground or bus. This is the most important way to help!
- Sneeze and cough into an elbow or a tissue. Scientists believe that coronavirus spreads through droplets when a sick person sneezes and coughs. Covering coughs and sneezes prevents these droplets from going in the air and/or onto your hands.
- Keep an adult informed of any symptoms like fever, cough, or trouble breathing.
- Avoid touching the face, including nose picking, rubbing the mouth, and rubbing the eyes
- Play dates with friends will have to wait for now. Friends and relatives are still there for support. Connect with loved ones through social media, telephone, or letters.
- Skip having friends over for birthdays or other important events. Have a video chat party or a phone call instead.



STAY HOME
STAY SAFE
SAVE LIVES

STOP the SPREAD of COVID-19

Zuni Emergency Management Incident Response

❖ COVID-19 Information Center:
(505) 782-3368|3370|3372

❖ Zuni IHS COVID-19 Hotline for questions about Coronavirus:
(505) 782-7591

#I:wechemanp'she

PLEASE AVOID:



My Rez Dog and COVID-19

How can I keep my pets safe during the COVID-19 outbreak?

If you or a family member have confirmed or suspected coronavirus disease (COVID-19) here are some helpful tips to keep care of yourself and your pets:

- You should restrict contact with pets and other animals while sick.
- When possible, have another person care for your animals while you are sick.
- If you must care for your pet, wash your hands before and after you interact with pets and wear a facemask
- Have your pet sleep at least 6 feet away

Everyday healthy pet care suggestions



Feed pets on a set schedule and make sure they have access to water, shelter, and exercise



Do not feed pets human food, raw pet food, or treats that aren't fully cooked (e.g. pig ears)



Clean pet food and water bowls daily



Store pet food in rodent-proof containers and use a scoop (not your hands) to fill bowls



Do not allow pets in food preparation or eating areas



Wash your hands with soap and warm water after petting, feeding, and cleaning up after your pet

Information from

Health care services for people living homeless. (2019, December). Retrieved from <https://www.kingcounty.gov/depts/health/locations/homeless-health.aspx>

Environmental Health Services Division of Seattle & King County Public Health Department. Stay Safe & Healthy. Toolbox for Facilities & Communities That Serve People Experiencing Homelessness.

Sewn Cloth Face Covering

Make Your Own 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 the CDC, and can be found also on their site: [cdc.gov](https://www.cdc.gov)

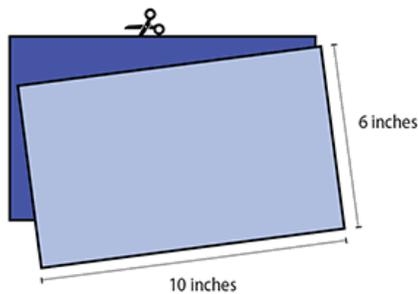
Materials

- 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

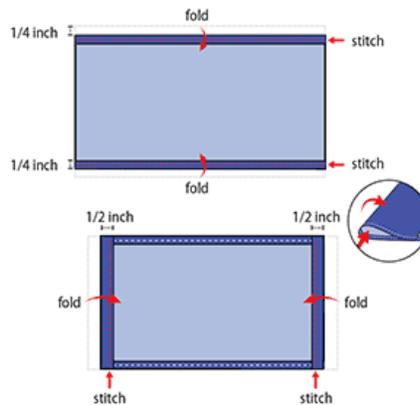
Note: wearing a mask when near other people, while helpful, does not guarantee that you will not contract COVID-19 from someone who is infected.

Tutorial

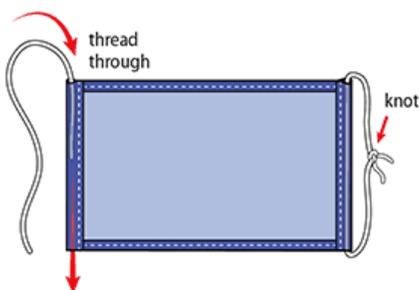
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



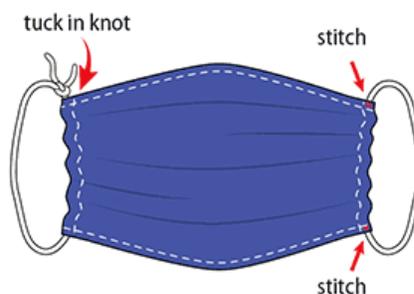
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



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.



These COVID-19 masks were made last week in Zuni. If you would like your mask included in next week's issue, send a photo (no faces) to:

sixfootfireline@ashiwi.org.

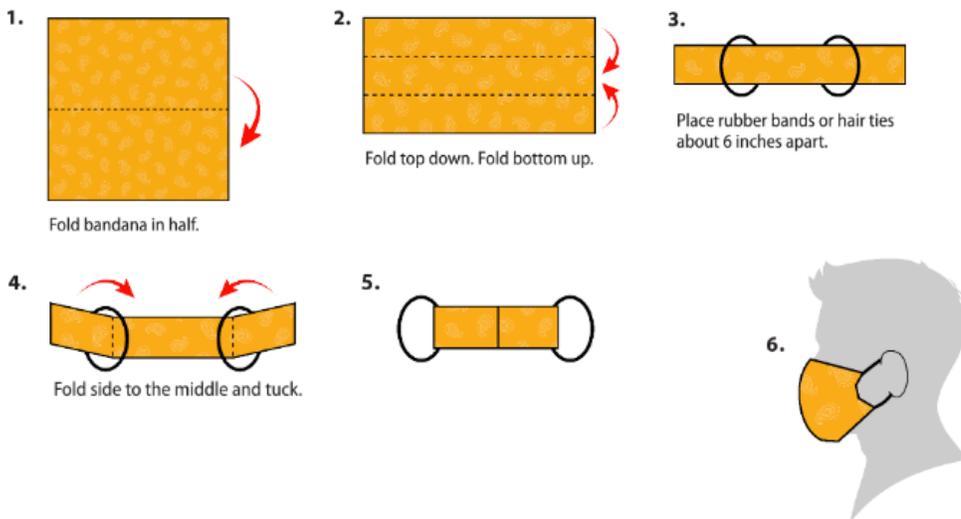


Bandana Face Covering (no sew method)

Materials

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

Tutorial



Thank you, New Mexico

The Pueblo of Zuni and its Emergency Management team wish to thank the State of New Mexico's Emergency Operations Center for food sent this week to the Pueblo's Receiving and Distribution Center, and for more due to arrive.

These critical supplies will be distributed according to household need based on assessments conducted at the Pueblo's Information Center.

Thank you, Curfew

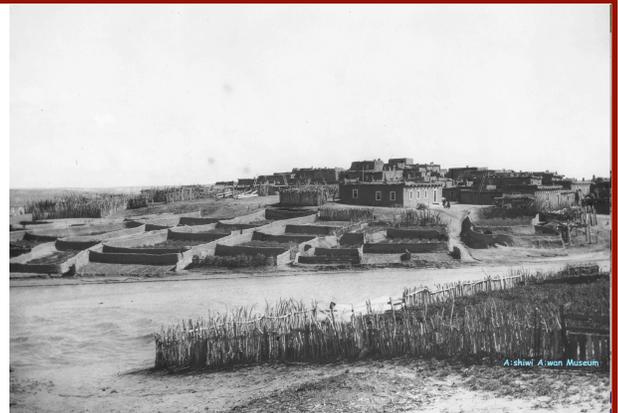
Zuni is one of many communities worldwide under curfew. What is one thing you like about curfew? Selected answers will be published anonymously. Send to:

sixfootfireline@ashiwi.org

Boxholder

Zuni, New Mexico

87327



photos courtesy of A:shiwi A:won Museum

