



"The People's Paper"

Wednesday, March 25, 2020

Volume 32, Number 13

New Town, ND 58763

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# Mitigation - Experience - Resilience - Assuredness The Tribal plan to overcome the Covid-19 virus

By Sherry Stevens,  
Editor - MHA Times

Tribal Council Members and Community Health Resource Members met at the Tero Complex Saturday morning 3/21 to discuss Tribal COVID-19 response and emergency plans for MHA Nation.

MHA Nation Tribal Chairman, Mark N. Fox hit on four main points again as he explained the importance of each of the 4 components (Use of our resources, experience, resilience and assuredness) to overcoming the Covid-19 virus with minimal effects to tribal members.

"First and foremost is planning and in the use of our resources is **Mitigation**" as he explained in Thursday's March 12th, KMHA Radio interview and again, in Saturday's meeting, "[M]itigation means to lessen the impact. Accepting the fact that we are going to be exposed we are going to be affected by the virus." He thereafter defined all parts of the Nation's plan to adhere to "Mitigation Mode" of MHA Nation's plan as follows:

### Mitigation begins with Social Distancing:

- Remain at least 6 feet from other persons at all times (infected droplets travel at least 6 feet when coughing or sneezing). No handshakes. No hugs. Masks are prudent and may eventually be required as they protect from droplets of moisture from the mouth and nose which carry the Covid-19 virus where a person is Asymptomatic showing

no visible signs of infection but remains contagious. Treat everyone as though they are infected. Surgical gloves are also prudent and prevent the exchange of bacteria germs and virus between people to people and people to object (and vice versa).

-A substantial movement toward electronic communication; Zoom, Facetime, Skype, texting, email, Messaging on social media instead of interacting in person or in meetings with family, friends and coworkers.

Chairman Fox expressed concern, "We have to quarantine. We have to control the social interaction at least to some degree. We have to change behaviors ... as this mitigation mode is in effect. We are a very close people. Our culture, the MHA nation, are very sociable people ... our kinship and our relations in our friendships cause us to interact with handshakes and hugs, now we have to adjust those actions and behaviors.

### Hand Washing and Hand Sanitizer:

The CDC recommends hand washing. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick.



MHA Nation Tribal Chairman Mark N. Fox  
file photo



Radio broadcast participants (l-r), Chairman - Mark Fox, Public Health Nurse - Marilyn Yellow Bird, Chief Medical Officer - Anita Martin, (back to camera) Law Enforcement Representative - Mike Roy, (not seen on-air moderator) FBCE- Executive Director - Larry Zieman

Photo pulled from Live Facebook video

Please see website below:  
<https://www.cdc.gov/handwashing/index.html>

### Hand Sanitizer:

Chairman Fox referred to some recipes for hand sanitizer which is found in another section of the MHA Times and would like members to bulk up on ingredients such as isopropyl alcohol, aloe gel and essential oils to make less expensive, "home brew" recipes. (\*\* see page 10)

The CDC recommends washing hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol (\*\* see page 5) can help you avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer in community settings was developed based on data from a number of

## Tribal plan

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studies. See website below:

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

### Mitigation is about Travel:

- As of March 16th, the CHR Program (Community Health Responders) have directed there will be no transportation for two weeks (may resume on March 30th with further notice).

- Employees for the tribe are asked to report to their supervisors if they are travelling out of town for business or personal reasons. This is to track travel and mitigate exposure to outside infections in areas the Tribes' government cannot control or protect its members. Mitigation of travel is about reducing the likelihood a tribal or non-tribal person will become exposed or bring back an exposed article to the rest of the members and put the most vulnerable at risk. We have to protect every tribal member. Please contact Melissa Brady at email: [mbrady@mhanation.com](mailto:mbrady@mhanation.com) for questions about travel processes now in place.

### Mitigation is about stock piling:

Chairman Fox recommends stocking your refrigerators, pantries and cupboards with essential food items in case the quarantine lasts longer than 2 weeks or one month, two months or three months. "Plan for the worst and hope for the best. Ration your foods and be selective."

## 2. EXPERIENCE

- **To protect our community and reservation:**

MHA Nation is prepared, we have been preparing and we are now prepared. We realize our resources are well structured and organized to combat this problem to protect our people. We have resources and we're doing everything we can to make sure that all of our membership is cared

for. (\*\* see CHR Program page 5) The plan is in place and we are also interacting greatly with fellow agencies in the state government and our close relationship with them to make sure that we get the help that we need, are in effect and we are not forgotten so that we may begin to administer and do the things that we need to get rid of COVID-19.

### - Experience is on our side:

"Those of us who live in North Dakota have been accustomed to being isolated and we are no strangers to blizzard... to the weather and sometimes depending upon how bad the weather can be, if it's been days or maybe weeks, with spendable, we have that in our experience. We know how to survive. We know how to pull in the reins, so to speak, and go home with our family and to be there and not be around this exposure. We expect the tribe to do the same here and we will do the same. Our knowledge and experience are far greater than the millions of people that are out in the world who don't know how to do this. We do know how to do this in North Dakota and we do know how to do this for Fort Berthold.

## 3. RESILIENCE

"We have a lot of resilience and strength. For our MHA Nation, this is not the first time we have been impacted by viruses that have come in and infected our people ... we have strength and we are going to have to come together to be able to help one another with our services and our planning and we will make it through this as well". (Chairman, Mark N. Fox).

Chairman Fox further states, "I want to keep reminding people ... [T]here is a definite need to take this seriously and a lot of people right now sometimes the younger people, are not taking this seriously enough. We need to be cognizant of this. It's not about being tough and saying, "We can be strong and not get sick. That is not the issue. **THE ISSUE IS ABOUT**

**MEDIATING EXPOSURE.** This means people that could get infected out in the world **CAN** get infected and **NOT KNOW** that they are in fact, infected...[They] carry the COVID-19 virus and spread that virus to our population amongst our membership...[T]o those people that are not ready to be as strong as you are (the carrier). It's not about how physically resistant you are, personally. It's about being cognizant about everyone else around you and being cognizant of our elders and our sensitive populations... so let's cooperate and let's work together let's do something we're not necessarily custom to and let's not attend huge events and limit our exposure. That is what we have to do to protect our people."

## 4. ASSUREDNESS

- **Part of assuredness is the knowledge and wisdom there is no need for panic:**

Chairman Fox sees how fast the pandemic is spreading but wants to keep reminding people that "It is serious but no need for panic. This is not a need for chaos or to be overreactive". He further reiterates there is a plan in place for every member in the case they become sick with illness and they do not need to be anxious or overwhelmed and advises all members to remain calm and keep moving forward to maintain the mitigation processes necessary to overcome the effects of this widespread virus.

We have included a section later in this MHA Edition (\*\* see *Managing Anxiety & Stress page 4*) which addresses mental illness and anxiety and Chairman Fox strongly urges members to read this section in order to deal with recent and temporary changes in lifestyle and culture in a positive way which will benefit the people and keep them moving forward.

Anita Martin, Chief Medical Officer, gave important information regarding the virus on Thursdays KMHA Radio show as well:

"I just wanted to tell you a little bit about

the Corona Virus. It is a viral illness and it presents with fever, cough and shortness of breath. Most people with those symptoms will do well. There are emergency symptoms though; if you have trouble breathing, worsening shortness of breath, persistent chest pain or pressure in your chest, blue lips or blue face. These are emergency situations and require immediate medical attention. Most people under 60 will do well with this illness unless you have an underlying medical condition. Those conditions include; diabetes, heart disease, or kidney disease. These would put you at an increased risk and also, being over the age of 60".

Chairman Fox further expressed concern for members to receive truthful and factual information first hand and not to rely upon false statements or social media:

"[W]e encourage our members to study and to become informed and educated. I encourage all of our people to constantly look at what we call, "solid websites of integrity" such as WHO and the CDC, John Hopkins University. These are the types of information centers that you can log onto and can give you a pretty solid understanding of what a Corona Virus or COVID-19 is all about. (\*\* look for various information sheets throughout the paper)

I encourage everyone to educate themselves on the facts and know what the experts are saying (recommending) rather than go by a rumor that you've seen on social media which may be unfounded and you have to be careful not to do that you may be spreading information which is unfounded and that behavior is not positive towards what we need to do to prepare for this virus."

Finally, the Tribal Council asks members who may know of former, retired or unemployed healthcare workers physicians, nurses, nursing assistants, EMTs etc. to please contact Melissa Brady at email: [mbrady@mhanation.com](mailto:mbrady@mhanation.com) so that they may offer their services in this time of emergency.

### CORONAVIRUS HELPFUL TIPS FROM THE CDC



## stay away

**Put distance between yourself and other people** (minimum of 6 feet). This is especially important for people who are at higher risk of getting very sick.

To learn more, visit [www.cdc.gov](http://www.cdc.gov).

### CORONAVIRUS HELPFUL TIPS FROM THE CDC



## clean your hands

**Wash your hands often with soap and water for at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

To learn more, visit [www.cdc.gov](http://www.cdc.gov).

# Manage Anxiety & Stress

## STRESS AND COPING

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

**Everyone reacts differently to stressful situations.** How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call**

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

**Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and the health of your 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 preexisting 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.**

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 to support yourself**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- 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 how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.**

Reduce stress in yourself and others

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about taking care of your emotional health.

## FOR PARENTS

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

**Not all children and teens respond to stress in the same way. Some common changes to watch for include**

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

**There are many things you can do to support your child**

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Learn more about helping children cope.

## FOR RESPONDERS

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more tips for taking care of yourself during emergency response.

## FOR PEOPLE WHO HAVE BEEN RELEASED FROM QUARANTINE

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include :

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. You can help your child cope.

## RESOURCES

### For Everyone

- Coping with a Disaster or Traumatic Event  
<https://emergency.cdc.gov/coping/index.asp>

### For Communities

- Coping with stress during an infectious disease outbreak  
<https://store.samhsa.gov/system/files/sma14-4885.pdf>
- Taking Care of Your Behavioral Health during an Infectious Disease Outbreak  
<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894>

### For Families and Children

- Helping Children Cope with Emergencies  
<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- Coping After a Disaster pdf icon - A Ready Wrigley activity book for children age 3-10  
[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

### For First Responders

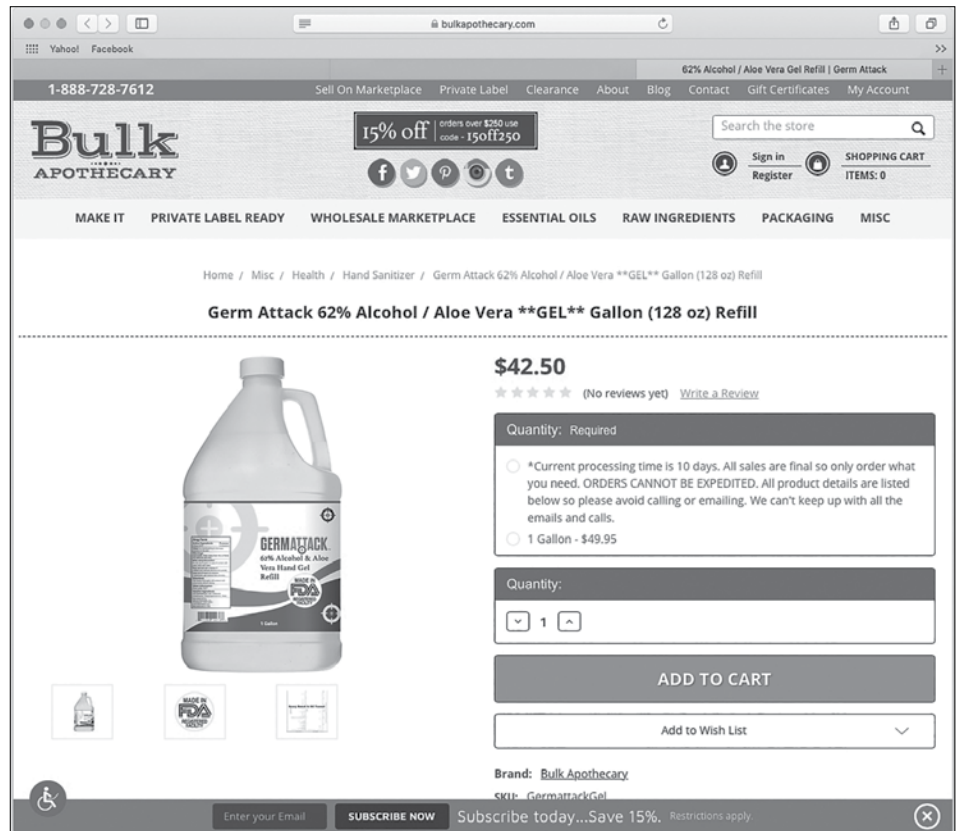
- Emergency Responders: Tips for taking care of yourself  
<https://emergency.cdc.gov/coping/responders.asp>
- Disaster Technical Assistance Center (SAMHSA)  
<https://www.samhsa.gov/dtac/disaster-responders>



## MHA Nation Mandan, Hidatsa & Arikara Nation CHR Program

### CHR Protocol

1. For Staff
  - a. Calm (remain calm so you don't scare other people)
  - b. Understanding of the COVID-19 (and the signs, how they differ from the flu)
  - c. Questions (do you have a fever? Cough?)
  - d. Fitted for mask (N95)(if sick put gown on, mask, and gloves when around sick person)
  - e. Staff meetings on updates
  - f. If any questions or concern the staff can contact Marilyn Yellow Bird at EMCH 701-627-4750
2. Home visits
  - a. Sanitize hands before going in to the home or building and after if not able to wash hands.
  - b. Hand out pack that contains Information on the COVID-19, Prevention/Awareness
  - c. Questions (do you have a fever? Cough?)
  - d. Take B/P, B/S and temperature
  - e. If Patient is sick or someone in the house infected - CHR's are to:
    - i. CHR's are to wear Mask and Gloves and Gowns for safety (only if sick)
    - ii. Inform the family to stay home and designate a family member to care for the sick. Healthy members need to find alternative place to stay temporarily, and if not possible, how to quarantine the ill in one area to avoid other family members from getting sick also.
    - iii. Call the clinic and explain the symptoms, they may need to go in right away.
  - f. Check mental health status, how are they feeling (designating a family member to care for the sick)
3. Transportation
  - a. As of March 16, 2020 CHR will not be doing transportation for two weeks and will resume on March 30, 2020 just to take precautions at this time. Jodi Simpson, CHR Director made the directive to the staff. Staff will get more information about COVID-19. During this time the staff will be out in the communities spreading awareness and information along with doing home visits checking temperatures of clients for fever associated with the Virus. CHR's will be cleaning and disinfecting vans.
  - b. CHR's have contacted clients to reschedule appointments/ of make other arrangements during this time.
  - c. After the two weeks, CHR's will continue transporting and following the transportation policy's.



State of North Dakota  
OFFICE OF STATE TREASURER  
Kelly L. Schmidt, State Treasurer

NEWS RELEASE | FOR IMMEDIATE RELEASE | March 18, 2020

### Office of State Treasurer staff to work remotely

Bismarck ND - State Treasurer Kelly Schmidt announced effective at business close Friday, March 20<sup>th</sup>, the implementation of the "Work from home plan," for the Office of State Treasurer. "Our top priority is the health and safety of our staff and the continued financial services essential to the State. With the closing of schools and daycares, it became necessary to implement our remote work plan. This plan allows team members to continue managing the professional duties of the Office while addressing the needs of their families," said Schmidt.

Our agency will continue to provide the checks and balances to our financial processes. Cash management operations, payroll, and distributions to our counties, cities, and school districts will not be interrupted. "We have taken every necessary step to ensure the daily functions of this office will not be interrupted. A communication plan has been provided to every state agency. All agencies can be assured, there will be minimal, if any, disruption in the daily work including deposits and check distribution," says Schmidt.

The goal is to reduce the people-to-people contact in the Office of the Treasurer. "We've often viewed our office as the petri-dish of the Capital as a team member from every state agency filters through the office at least one time per day and sometimes twice. By reducing the contact of outside people and paper, we feel confident, we can mitigate our risk of contact and keep the staff healthy and at work," stated Schmidt.

Physical access to the Office of The State Treasurer will ONLY be allowed from 9 - 10:30 am daily. A drop box has been made available for outside of these hours. We are available during regular business hours by phone at 701-328-2643 or via email at [treasurer@nd.gov](mailto:treasurer@nd.gov)

Treasurer Schmidt stated, "These are unprecedented times, requiring calm but necessary change. Collaboration, cooperation, and communication are essential as we work to address these ever-changing times."

###

For More Information Contact:

Kelly Schmidt  
State Treasurer

600 E. Blvd., Dept. 120, Bismarck, ND 58505  
701-328-2643

## NOTICE OF ELECTION AND CALL FOR CANDIDATES

**NOTICE IS HEREBY GIVEN**, that an election is to be held in Mandaree School District, on Tuesday, June 9, 2020 for the purpose of electing one (1) member to the school Board for a 3-year term. Candidates interested in running for the position should pick up a Notice of Candidacy and Statement of Interests form at the Mandaree School's Business Office located at, 1 warrior circle, Mandaree, ND 58757. Completed forms must be filed and be in the Business Manager's physical possession no later than 4:00 p.m. on April 6th. For more information, call 759-3120.

**Individuals interested in serving on the Election Board should submit their names to the Business Office by 4:00pm on April 6, 2020.**



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# Helping Children Cope During and After a Disaster

## A Resource for Parents and Caregivers

The amount of damage caused from a disaster can be overwhelming. The destruction of homes and separation from school, family, and friends can create a great amount of stress and anxiety for children. They may not fully understand what is going on. A child's reaction and signs of stress may vary depending on age and previous experiences and typical coping behavior with stress.

### What You Can Do to Help Children Cope with a Disaster

Set a good example by managing your own stress through healthy lifestyle choices, such as eating healthy, exercising regularly, getting plenty of sleep, and avoiding drugs and alcohol. When you are prepared, rested, and relaxed, you can respond better to unexpected events and can make decisions in the best interest of your loved ones.



The following tips can help reduce stress before, during, and after a disaster or traumatic event.

#### Before

- Assure your children that you are prepared to keep them safe.
- Review safety plans before a disaster or emergency happens. Having a plan will increase your children's confidence and help give them a sense of control.

#### During

- Stay calm and reassure your children.
- Talk to your children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.

#### After

- Give your children opportunities to talk about what they went through. Encourage them to share concerns and ask questions.
- Encourage your children to take action directly related to the disaster so they feel a sense of control. For example, children can help others after a disaster, such as volunteering to help community or family members in a safe environment. Children should NOT participate in disaster cleanup activities for health and safety reasons.
- Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after a traumatic event.
- Help your children to have a sense of structure, which can make them feel more at ease or provide a sense of familiarity. Once schools and child care opens again, help them return to their regular activities.



# CDC Continued

## Common Reactions

The common reactions to distress will fade over time for most children. Children who were directly exposed to a disaster can become upset again and behavior related to the event may return if they see or hear reminders.

If children continue to be very upset or if their reactions hurt their relationships or schoolwork, parents may want to talk to a professional or have their children talk to someone who specializes in children's emotional needs.

### Learn more about common reactions to distress below:



#### For Infants to 2-Year-Olds

Infants may become more cranky. They may cry more than usual or want to be held and cuddled more.



#### For 3 to 6-Year-Olds

They may have toileting accidents, bed-wetting, tantrums and a hard time sleeping, or be frightened about being separated from their parents/caregivers.



#### For 7 to 10-Year-Olds

Older children may feel sad, mad, or afraid that the event will happen again. Correct misinformation the child may get from others.



#### For Preteens and Teenagers

Some preteens and teenagers respond to trauma by acting out or feeling afraid to leave the home. Their overwhelming emotions may lead to increased arguing and even fighting with siblings, parents/caregivers or other adults.



#### For Special Needs Children

Children with physical, emotional, or intellectual limitations may have stronger reactions to a threatened or actual disaster. Children with special needs may need extra words of reassurance, more explanations about the event, and more comfort and other positive physical contact such as hugs from loved ones.

**Want to learn more?**

<https://www.cdc.gov/childrenindisasters/index.html>

# How to Make Your Own Hand Sanitizer

When it comes to preventing the spread of infectious diseases like COVID-19, nothing beats good old-fashioned hand washing.

But if water and soap aren't available, your next best option, according to the Centers for Disease Control and Prevention (CDC) Trusted Source, is to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Unless you have a stockpile of store-bought hand sanitizer, you'll likely have a hard time finding any at a store or online right now. Due to the rapid spread of the novel coronavirus, most retailers can't keep up with the demand for hand sanitizer.

The good news? All it takes is three ingredients to make your own hand sanitizer at home. Read on to find out how.



## A word of warning

Hand sanitizer recipes, including the one below, are intended for use by professionals with the necessary expertise and resources for safe creation and proper utilization.

Only use homemade hand sanitizers in extreme situations when handwashing isn't available for the foreseeable future.

Don't use homemade hand sanitizers on children's skin as they may be more prone to use them improperly, leading to a greater risk of injury.

## What ingredients do you need?

Making your own hand sanitizer is easy to do and only requires a few ingredients:

- isopropyl or rubbing alcohol (99 percent alcohol volume)
- aloe vera gel
- an essential oil, such as tea tree oil or lavender oil, or you can use lemon juice instead

The key to making an effective, germ-busting hand sanitizer is to stick to a 2:1 proportion of alcohol to aloe vera. This keeps the alcohol content around 60 percent. This is the minimum amount needed to kill most germs, according to the CDC Trusted Source.

## How do you make your own hand sanitizer?

Dr. Rishi Desai, chief medical officer of Osmosis, and a former epidemic intelligence service officer in the division of viral diseases at the CDC, says that the hand sanitizer recipe below will kill 99.9 percent of germs after 60 seconds.

## Hand sanitizer recipe

### What you'll need:

- 3/4 cup of isopropyl or rubbing alcohol (99 percent)
- 1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

### Directions:

- Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.
- Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.
- Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."

Jagdish Khubchandani, PhD, associate professor of health science at Ball State University, shared a similar formula.

His hand sanitizer formula combines:

- two parts isopropyl alcohol or ethanol (91 percent to 99 percent alcohol)
- one part aloe vera
- a few drops of clove, eucalyptus, peppermint, or other essential oil.

If you are making hand sanitizer at home, Khubchandani says to adhere to these tips:

- Make the hand sanitizer in a clean space. Wipe down counter tops with a diluted bleach solution beforehand.
- Wash your hands thoroughly before making the hand sanitizer.
- To mix, use a clean spoon and whisk. Wash these items thoroughly before using them.
- Make sure the alcohol used for the hand sanitizer is not diluted.
- Mix all the ingredients thoroughly until they are well blended.
- Do not touch the mixture with your hands until it is ready for use.

For a larger batch of hand sanitizer, the World Health Organization (WHO) Trusted Source has a formula for a hand sanitizer that uses:

- isopropyl alcohol or ethanol
- hydrogen peroxide
- glycerol
- sterile distilled or boiled cold water

## Is it safe?

DIY hand sanitizer recipes are all over the internet these days — but are they safe?

These recipes, including the ones above, are intended for use by professionals with both the expertise and resources to safely make homemade hand sanitizers. Homemade hand sanitizer is only recommended in extreme situations when you're unable to wash your hands for the foreseeable future.

Improper ingredients or proportions can lead to:

- lack of efficacy, meaning that the sanitizer may not effectively eliminate risk of exposure to some or all microbes
- skin irritation, injury, or burns
- exposure to hazardous chemicals via inhalation

Homemade hand sanitizer is also not recommended for use with children. Children may be more prone to improper hand sanitizer usage, which could lead to greater risk of injury.

## How to use hand sanitizer

Two things to be aware of when using hand sanitizer is that you need to rub it into your skin until your hands are dry. And, if your hands are greasy or dirty, you should wash them first with soap and water.

With that in mind, here are some tips for using hand sanitizer effectively.

1. Spray or apply the sanitizer to the palm of one hand.
2. Thoroughly rub your hands together. Make sure you cover the entire surface of your hands and all your fingers.
3. Continue rubbing for 30 to 60 seconds or until your hands are dry. It can take at least 60 seconds, and sometimes longer, for hand sanitizer to kill most germs.

## What germs can hand sanitizer kill?

According to the CDC Trusted Source, an alcohol-based hand sanitizer that meets the alcohol volume requirement can quickly reduce the number of microbes on your hands. It can also help destroy a wide range of disease-causing agents or pathogens on your hands, including the novel coronavirus SARS-CoV-2.

However, even the best alcohol-based hand sanitizers have limitations and do not eliminate all types of germs.

According to the CDC, hand sanitizers won't get rid of potentially harmful chemicals. It's also not effective at killing the following germs:

- norovirus
- cryptosporidium (which causes cryptosporidiosis)
- clostridium difficile (also known as C. diff)

Also, a hand sanitizer may not work well if your hands are visibly dirty or greasy. This may happen after working with food, doing yard work, gardening, or playing a sport.

If your hands look dirty or slimy, opt for hand washing instead of a hand sanitizer.

## Hand washing vs. hand sanitizer

Knowing when it's best to wash your hands, and when hand sanitizers can be helpful, is key to protecting yourself from the novel coronavirus as well as other illnesses, like the common cold and seasonal flu.

While both serve a purpose, washing your hands with soap and water should always be a priority, according to the CDC. Only use hand sanitizer if you soap and water isn't available in a given situation.

It's also important to always wash your hands:

- after going to the bathroom
- after blowing your nose, coughing, or sneezing
- before eating
- after touching surfaces that could be contaminated

The CDC lists specific instructions Trusted Source on the most effective way to wash your hands. This is what they recommend:

1. Always use clean, running water. (It can be warm or cold.)
2. Wet your hands first, then turn the water off, and lather your hands with soap.
3. Rub your hands together with the soap for at least 20 seconds. Make sure to scrub the back of your hands, between your fingers and under your nails.
4. Turn the water on and rinse your hands. Use a clean towel or air dry.

## The bottom line

Hand sanitizer is a handy on-the-go way to help prevent the spread of germs when soap and water isn't available. Alcohol-based hand sanitizers can help keep you safe and reduce the spread of the novel coronavirus.

If you are having a hard time finding hand sanitizer at your local stores and handwashing isn't available, you can take steps to make your own. You only need a few ingredients, such as rubbing alcohol, aloe vera gel, and an essential oil or lemon juice.

Although hand sanitizers can be an effective way of getting rid of germs, health authorities still recommend hand washing whenever possible to keep your hands free of disease-causing viruses and other germs.

Source: <https://www.healthline.com/health/how-to-make-hand-sanitizer>

# Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

## Steps to Care for Yourself

- Take Care of Your Body
  - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
  - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
  - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
  - » Watch for news updates from reliable officials.
- Avoid
  - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
  - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline at 1-800-985-5990 or text TalkWithUs to 66746.

## How to Help Your Children

- Talk with them.
  - » Share age-appropriate information.
  - » Reassure them.
  - » Address rumors.
  - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

## Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

**Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.**



**People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.**



# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT  
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT  
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT  
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT  
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT  
5**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

