

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.





"The People's Paper"

Wednesday, April 1, 2020

Volume 32, Number 14

New Town, ND 58763

\$1

MHA Nation Task Force Response to COVID-19

By Sherry Stevens,

Editor - MHA Times

On Friday March 27, 2020, Chairman, Mark N. Fox announced the MHA Nation Task Force's response to the Covid-19 Virus on KMHA Radio in New Town, North Dakota. In attendance at the announcement were, Dr. Anita Martin, of Elbow Woods Medical Center, Scott Satermo, Coordinator of MHA Nations COVID-19 Task Force, FBCE Executive Director, Larry Zieman, and Acting Program Manager, Anne Morsette.

'Social Distancing' and 'Shelter in Place' were amongst the many points he had to address: *(In his own words from radio broadcast)*

PREPARATION

We are working very hard and preparing for weeks. It was in January where we begin to tell you the health officials need to start preparing and get things set up in the event that this would come our way, so we've been preparing since that time.

I want to stress the importance of people to remain strong and not panic nor let fear overtake us. We are using our best judgment. We are doing what we can as a government to continue to do what is best and that's why today I have come to share information.

We are working very hard as we are more exposed to the dangers of the COVID-19 ... that we are doing things to help mitigate the spread and make sure that people who are in need are going to be able to receive that special need.

OUR GOAL AS A NATION

Our goal as a tribal nation is to prepare that we will suffer less than the world around us.

We know we are going to suffer we have already been suffering economically but from a physical perspective, we want to do everything possible to prepare for that suffering so that we will suffer less than the outside world.

It will take long strong policies and measures to do that each and every day. I also want to reiterate and discuss the importance of taking this very seriously. There are people who are not taking it very seriously, who are young and old and who are not looking at this very seriously and

we need them to be serious about this.

We need every member to play a role to protect our membership from the youngest to the oldest, whether it's staying at home or it's watching over young ones and trying to mitigate and stepping up on preserving the concept and practice of 'social distancing'.

We especially want to protect the most vulnerable, our elderly and people who have underlying physical conditions. We want to protect them. If you know a person who is vulnerable and most all of us do, we have a responsibility each and everyone of us to step up and protect them. This means not playing a role of spreading the disease.

RESOURCE SUSTENANCE

At the same time, we are trying to sustain and preserve our resources as best we can. My advice is, "Plan for the long term in everything we do here, not short term." Most of us expect it not to be over within a few days or weeks this is going to take months and months, so we have to plan accordingly.

- Warehousing, Acquisition and Distribution

As a tribal government, we have a major team for the acquisition of storage and emergency dissemination and distribution of necessities to our members. We are gathering and warehousing all of those necessary items and stocking shelves in surplus.

We are in heavy demand and people are running short on supplies. People are going to be impacted so we're gathering things together from basic items such as; toilet paper, hand sanitizer, bleach, medicines, antibacterial hand soap. We are gathering all these things together so that we can prepare for distribution; vitamins, canned goods, rice, dry beans ... all these things.

In addition, we are locating school supplies for students such as laptops also home supplies such as garbage bags, diapers, formula etc.

We are warehousing these items and we're turning them into stock, so we can eventually disseminate them out to our members.

We've been doing these things and then of course, we continue to direct assistance to the members such as people who are experiencing hardship. If people throughout the year don't have a lot of resources, we are stepping up and helping them here. People with medical issues and financial hardship both on and off the reservation, we are trying to ease your financial burdens. We are trying to help you and we don't want anyone on the reservation not to have the basic financial needs.

- Segment Care Packages

I want to commend the segment representatives as they have stepped up with all the care packages and are distributing to each segment and are doing an awesome job. The combination of what we're doing as a tribe, as a whole, combined with what each segment is doing has been successful.



MHA Nation Tribal Chairman Mark N. Fox
file photo

- Local and State Levels of Coordination

We are doing very well and we appreciate our local and state healthcare systems in order to prepare for these massive needs which include testing, medical equipment and back up medical facilities. We are preparing for the worst and hoping for the best therefore, we've been coordinating a lot with local and state governments on unscheduled weekly conference calls. These calls are without notice and we stay in close contact with the state with updates on the impact of the virus. The state has a number of websites with numbers of cases in the United States. There are websites in North Dakota where you can see those numbers go up. As of March 31st, 2020 at 10:30 cst. health.nd.gov reports 122 positive cases - 4059 negative cases - Total Tested 4181 - 25 recovered - 20 hospitalized - 3 deaths.

Unfortunately, we have one individual who passed away who was not from our reservation but from another area. Basically, we've joined other states and our numbers are increasing so there's going to be some fatalities from the corona virus and so as we continue to coordinate, it is critical the state begins to make determinations about whether it's shelter in place and what they can do about mitigating the spread.

We are communicating closely so you can guarantee we

see COVID-19 Pgs 6 & 7

Stay home to protect our community



Stay home



Wash your hands for 20 seconds



Avoid touching your face



Keep 6 feet of physical space



Protect elders & vulnerable people

What you need to know and do

What is the coronavirus or COVID-19?

“COVID-19 is a respiratory illness that can spread from person to person.”

- Center for Disease Control

What is social distancing?

Social or physical distancing is deliberately keeping six feet of physical space between people to avoid spreading COVID-19. This includes your family members, elders, and your neighbors.

What is self-quarantining?

Health experts recommend that anyone who has come into contact with COVID-19 practice self-quarantining for at least 14 days. This includes practicing standard hygiene, staying at home, not having visitors, not sharing utensils, and staying at least 6 feet from other members of your household.

Who is most at risk?

Vulnerable populations include our elders, those who have weak immune systems, pregnant women, and people with underlying conditions like asthma, heart disease, and diabetes.

Who can contract COVID-19?

Anyone can contract and transmit coronavirus. Importantly, many people do not show symptoms and can be carriers, exposing others who have greater risk.

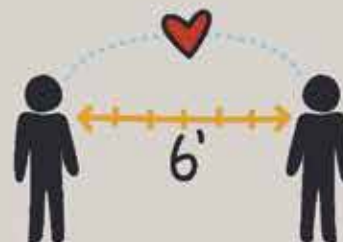
Common symptoms

Cough • Fever • Shortness of breath

If you are experiencing symptoms, call Elbowoods Memorial Health Center Coronavirus Hotline at **(701) 627-7641** to discuss your condition before visiting a clinic.

If you live off Fort Berthold, contact your local clinic for instructions.

If you are in need of immediate medical care, dial 911.



We are a relational people

But now, we must care for each other by limiting physical contact.

We are resilient.

We are here today because we are survivors, so be accountable to each other.

COVID-19

from page 1

will be proactive at this time. We may not have a cure, but we are pushing hard right now to encourage people to stay at home.

The governor's attention to all of this he's worked tireless hours and he's doing well. He's not forgetting about the tribes and he's prioritizing them, and it's greatly appreciated. We will also coordinate with the federal government for instance, when all the packages went through Congress to help deal with the spread of the virus, you have a number of politics that converts from different states senators to the house of representatives and we have a major proposal that has been approved by the Senate. Hopefully will be approved today at \$2 trillion dollars. As a result, our officers have sent letters to acquire funding and we had a great response. Our senators did an excellent job making sure on the Senate side, this was accomplished and so we are very happy that our advocacy paid off.

- Social Distancing and Shelter in Place

We are also working on certain social policies such as 'social distancing'. Eventually we are going to have a policy that will require a 'shelter in place'. We are encouraging you to stay home and to reduce your interactions with people. No public gatherings. This at a national, paramedic level.

- Limit Entering Stores

We are asking people to do basic things like pay from the pump when you purchase your own gas instead of going into the store to pay where there's five or six people in line or you might be too close to each other and violate our 6-foot policy as part of social distancing.

- Policy for Social Distancing at Private Ceremonies

We are also working on a website to conduct social policy for when we suffer from a loss of a loved one and the safety

measures in dealing with the social gathering traditionally as formal policy on that measure as we expect to be experiencing losses of loved ones that are in no shape or manner going to determine how members should choose to send their loved ones off or how they conduct their personal service but instead, we are recommending strongly they take into consideration these safety precautions in compliance with mitigation policy on our Task Force website.

As one of the duties of our task force, they spoke to a number of elders and they are receiving more advice and putting together this recommendation so these are some of the things are in place today and we may have to strengthen them and we may have to make them more regulatory in nature but for right now, they are simply strong recommendations adopted by the tribe based on the advice of our elders and in our task force and that's what we've been working on as well.

COMMUNICATIONS

We also have been trying to contact websites, radio broadcast, newspaper, internet - all these different mediums for getting information out to the community.

- Contact Sheet

We are going to continue to do this as well or even going to put together an informational sheet with the intent that every single household in Fort Berthold will have this contact sheet will have contact numbers and there will be areas of how you can get laid and we're putting together a sheet that will go from house to household in Fort Berthold. Every household will have an information sheet

FINANCIAL

- We are also doing business loan waivers through the month of April.

- Those who participate in the mortgage program we're trying to get together the resources (example: you're trying to do the shelter in place - you're trying to do other things and are experiencing problems but still

play bills at the same time) we have waived off the April requirement for payment for mortgage and for business loans.

- Personal incentives

1. We are advocating a \$2 trillion-dollar package ... and based upon the numbers, most of our adults would get an opportunity to get up to \$1200.

Our council members are still on task handling distribution and we are figuring that out as we speak. We are going to continue to get the distribution out and to help some of you as well, if you don't have a job anymore because of changes in your employment and help you to figure out how we can put dollars together to make sure all of our people get the distribution that we have come to rely upon.

EMPLOYMENT

- Minimize Travel Policy

We have a policy of downsizing our travel workforce. We minimize travel staffing and we have 1600 employees that work all throughout the reservation. We have moved that number down by 90% and there's no at work site. Eventually we may have a need to do administration leave as this becomes necessary.

- Limited Access to Buildings for Employment

Since the 11th of March, we have limited access to all buildings of employment: come in one main door and the direction is, only to be interacting with the officers - not other employees.

We are encouraging people to use devices electronically, make that phone call, get online. If you need an application or you need something to be submitted, do it online. We do have a means to keep our social distancing in place and protect our staff when you feel you have to physically come into the office but we're asking you to adhere to the rules.

- Casino Shut-down

On March 20th, we were the first tribal casino to close our doors at 1 PM one week ago so it's going to have a tremendous impact on us economically in regards to jobs and everything else. I commend the casino for stepping up as we listened to the recommendations and we came to a good understanding with the council as well as the casino management in deciding this is something necessary for the safety of our people and is more important than the operations of the casino.

In knowing this, we made a very important and responsible decision to go ahead and close the casino and we will let people know eventually as we move forward through this pandemic when and how we might be able to open the doors again.

- Assume EVERYONE You're in Contact With is Infected

Assume when you interact in public that everyone has the virus and that you do too.

- wash your hands and use hand sanitizer

- 6-foot distance

I really want to stress, it's important if you're at home and whether you live in

a large or small household, this is a time where we're not traveling about. We are not going places we typically go. We spend more time at home.

- Catch up on chores and Enjoy time with the Family

This is a good time to get things done; yard work, housecleaning and repairs but most importantly, maximize and cherish this time with your children and with your family. While you're at home, do things together in your time with the children; learning things, playing games and working on schoolwork. Do those things that maybe your life before didn't allow you to do because you were so busy with a career.

- Get Outside

I want to emphasize that it's important to get outside and enjoy the weather. We've got beautiful weather and it's not against the rules or recommendations to get out there with your family and go for a walk or bike ride or get outside and work on the lawn. However still, always adhere to social distancing each and every time you do things with our kids and our grandkids.

- Communicate with and Instill Confidence in Children

Our children may be having a difficult time because they're not used to being out of school this long. They're not used to the arrangement set in place and may be for another six or seven months. Do things to give them confidence. Do things to make them feel secure about all of this.

- We Are Strong

Finally, as a nation, as a people, God made you very resourceful. We have a lot of smart people, a lot of capable people and now we have to put aside our differences and stay away from things that have historically played into this, it is the time to come together as a team to work together. This is time to treat each other better. It's time to help one another (although we have to make sure that we keep social distancing in place always while we're doing this).

We are resourceful, and we are strong. What is occurring now, we've been through already and our people have a history as we had to go through this with disease and coming into sickness before. Despite all those devastating diseases that have come to us, here we still stand. We are still here. We are still strong, and we are still a resilient people and we have to remember this which is the strength we have inside of us. We are also very spiritual people. We are strong in a relationship with the creator and with our culture, in our ways. We have been brought up this way. We have lived with our elders and they have taught us all these different things that we have kept in our memories and practices.

- Spirituality

I want to thank those spiritual leaders out there from all denominations or whatever sector or religion you want to reference, we have people out there who are praying and that's what I'm asking everyone to do. God will see us through. Keep your prayers going and keep strong and remember that God is with us and yes it appears we are going to suffer but if we keep praying and keep strong

CORONAVIRUS HELPFUL TIPS FROM THE CDC



clean your house

Wear disposable gloves when cleaning and disinfecting surfaces.

Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes.

To learn more, visit www.cdc.gov.

we are going to do well because of who we are and because of our spirituality.

The importance of this and please keep praying for our people and pray for what is ahead of us. Pray for the strength that we can move forward and do what we need to do at this time. I want to confer to the Doctor and the Doctor is going to describe some of the things we need to do for medical situations and needs and she's doing an awesome job.

CORONA VIRUS EXPLAINED

Dr. Anita Martin - CMO states:

The Corona Virus is a family of viruses that infect humans and animals including 'Cats', 'bats' and 'camels'. This COVID-19 strain is a novel virus and what this means is, we as a people have never seen this virus before and that's why it's spreading around the world, because we have no immunity to this virus. So, at this point, we already know we don't have a vaccine and we don't have a treatment so the only thing we can do to prevent this is to avoid exposure and that's why the recommendation is to do the social distancing and stay 6 feet away.

This virus is spread by droplets when you cough, sneeze, and talk - it is spread.

Wash hands for least for 20 seconds and sing the "happy birthday" song at least twice or use a hand sanitizer that is at least 60 percent alcohol.

I know it's difficult to find hand sanitizer, but soap and water works well.

Avoid touching your face, eyes, nose and mouth because it's on your hands and you will spread it and if have a virus, you will put it on your mucous membranes, so keep your hands away from your face. It's very hard, I know.

***** The biggest thing we recommend to protect yourself is to stay away from people who are sick in order to avoid exposure.**

- Changes to Scheduling at Clinic

You've probably noticed a change in the way we do business. We don't have any regular, scheduled appointments at this time because we are trying to protect people from being exposed. Our clinics are open in New Town, Parshall, Twin Buttes and all the pharmacies are open as well. We are asking that you call us before you come in so that we can prepare for you and we can protect from exposure to what's already here.

Right now, we are screening at the door.

We will take your temperature and we will ask you if you have any symptoms.

We ask if you have recently traveled and if you answer, "yes," we ask that you wear a mask because we must protect others as well.

WE CAN TEST YOU

If you do have symptoms of Corona virus we do have the ability to test you. However, we have to follow the state recommendations:

We will ask you questions and if you meet the criteria, (we have done at least 10 tests on the reservation five are pending and five are negative so we have no positives). **PLEASE NOTE: LATER ANNOUNCEMENT REVEALED TO DATE, THERE HAVE BEEN AT LEAST TWO CONFIRMED CORONA VIRUS CASES ON THE FORT BERTHOLD RESERVATION. ONE IN NORTH SEGMENT AND ONE IN WHITE PINE.**

However, since we don't have the ability to test everyone who walks in, assume that everyone has corona and keep your social distance. Stay out of large crowds and if you're not home, please go home.

We also know that during this time, there's much anxiety because we can't predict the time-frame or immediate outcome of this outbreak. We want you to know that we at Behavioral Health, Elbow Woods and Circle of Life are still available and if you have concerns and need to talk to your provider or just need to talk to someone, we are here and our phone lines are open, our providers are willing to talk to you, the nurses are willing to talk to you and we're working on the ability to video chat electronically so you can have a chance to talk to your provider face-to-face without coming into the office.

CORONA VIRUS HOTLINE NUMBER IS 701-627-7641

MHA NATION TASK FORCE:

Scott Satermo, Marley Baker and Kathy Pretend Eagle have stepped up. 30 to 40 individuals from different sectors of our government are working in preparation. Scott's a team leader and he's sharing information and here's some comfort and security.

Emergency Response Plan for Covid-19

- The MHA Nations Task Force is comprised of individuals from areas of many various disciplines allowing a full range of abilities and talents to function in force.

- The plan is available at the website and will be loaded for members to view by 03/28/2020

- Operations and logistics:

1. QUARANTINE:

Within the operations and logistics portion includes an area for quarantine. When we have individuals, who are sick we will be able to assist them with supply materials in medical supplies and treatment.

There is a plan in place for all scenarios depending upon if it's one single household affected all the way to high volume quarantine situations. When a test is confirmed positive, it triggers several responses and depending upon the severity or the situation, trained individuals respond to care for our members and these logistics and operations are task based and include but are not limited to:

- Supply distribution to those infected or effected
- Block off geographic areas as needed in order to isolate and deter spread of infection
- Training for those task members who are equipped and qualified to go into these affected members' homes and shelters to administer care and treatment in home or assist in relocation to medical facilities as needed (all based upon the confirmations and recommendations of our medical professionals)

2. CALL CENTER

- The call center is scheduled to be online shortly. There will be two lines available which connect directly to the Task Force. Someone will be available from 8am to 8pm on the Task Force and the other hours,

people will be servicing those lines.

3. MEDIA WING

The media wing is trying to get out as much information as we can based upon the most current information that we have. This includes the information that you're seeing on MHA nation virus website, a Facebook site and also the different radio and broadcast outlets as well as a media online website with links to both information and data from the North Dakota Health Department.

- Dashboard

There is good information on social distancing and some other things as well as one of the links will be to the Dashboard of an overall dashboard community information for our reservation. I encourage you to go to the dashboard and take a look and it will be updated as soon as we have information from the medical providers. This site will be updated daily.

The dashboard has comprehensive media information to keep you informed as much as possible but also the working day-to-day response team is working on assuring that we are ready for anything. We are busy getting the supplies in place and if you look at the dashboard online as mentioned earlier, you can see that those locations are shown as a supply unit, showing where the testing sites are and where the command center bases are. Right now, it's the Big Tero Building.

4. FINANCIAL WING

There is also a financial wing with financial officers working to monitor and audit everything that's been stepped up on in regard to reimbursement and we can log in and see what is spent and wages accounted for in order to perform certain Task Force Operations

5. MENTAL HEALTH

The Mental Health Wing is online you can call the Task Force Call Center of the number the doctor gave earlier for mental health needs as well.

CORONA VIRUS HOTLINE:

701-627-7641

We intend to keep you informed throughout this process and please understand that we are doing the best that we can, and we are like everybody else, trying to prepare the best we can for a difficult situation.

Thank you,
Scott Satermo
MHA Task Force Coordinator
MHANATION.COM
<https://www.health.nd.gov/diseases-conditions/coronavirus>
NCOD2019.LIVE



NOTICE OF FILING DEADLINE

The Twin Buttes School District #37 is hereby giving notice that the deadline for filing to have a candidate's name printed on the ballot for the School Board Election is **April 6th, 2020 by 4:00 pm CT**. The following terms expire in June 2019:

Cynthia Baumann	(3-yr term)
Vernette Wolf	(3-yr term)

A candidate for School Board must submit a completed Affidavit of Candidacy (notary required) and Statement of Interests (SFN 10172) to the district's Business Manager by the above deadline at which time the placement of names on the ballot will be determined. Forms are available at the Business Office and on the school website.

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

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.