



Nihi Tsíís Baa
Á'daa'á'dáhooyá
 Stay active
 Stay connected
 Stay positive
 Stay spiritual

HPHP NEWSLETTER >>>

December 2020, Volume 1, No. 3
Healthy Places-Healthy People
 Stay informed about the HPHP project in the 9 Navajo Nation Chapters

Stay home, stay safe,
 stay healthy!

2020 Healthy Places—Healthy People (HPHP) Newsletter

Healthy Places-Healthy People

CDC COVID-19 Testing Guidelines >>>

The Navajo Nation recently reported an increase in COVID-19 numbers. Here is a break down of the Center for Disease Control & Prevention (CDC) steps you can take after you test for COVID-19. Due to the increase in numbers, it is important to follow all tribal, state, and federal guidelines to stay safe. In a situation where you think you only have flu-like symptoms especially if you have been taking precautions, staying home, and have not come in contact with anyone who may be positive, you most likely do not need to be tested and can monitor your symptoms. Yet, if you know you have been exposed and are experiencing severe flu-like symptoms then the CDC asks that you stay home and quarantine. Quarantine means “separate and restrict the movement if you were exposed to a contagious disease to see if they become sick.” Isolation means, “keeping yourself separate if you are sick with a contagious disease from people who are not sick.” If you are unsure, you can be tested. People who have tested positive and *have recovered* from COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. In any situation, and you are unsure always contact your doctor or health professional for guidance. Below is a guide developed by individuals from the Navajo Nation and modified according to the CDC guidelines to help you follow along should you get tested.



I got tested for COVID-19 because:

- I have COVID-19 Symptoms
- I came in close contact with someone (within 6 feet of infected person for 15 mins. or more) who tested positive for COVID-19
- I have been asked by a professional to get tested, yet I do not have symptoms nor came in close contact with a positive carrier.

While I wait for my test results

Self-Quarantine & Isolate

- Stay home
- Wash your hands
- Clean and disinfect your space & home frequently
- Stay away from family members & others, keep 6 ft. or more a part
- Isolate or stay in one room and wear your mask at home until you get your test result
- Follow doctor or public health worker directions

If your test result is:

POSITIVE

+

Means you have COVID-19

NEGATIVE

—

Means you did not have COVID-19 at the time the test was done

My COVID-19 test result is POSITIVE

- Isolate your self immediately.
- Self-quarantine yourself for 10-20 days after your last contact or since you tested; depends how severe the symptoms are.
- Stay home until it is safe for you to be around others.

	mon	tue	wed	thu	fri	sat	sun
Last close contact with person who has COVID-19			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	14 DAY QUARANTINE	

Last day of quarantine

- Most people have mild COVID-19 illness and can recover at home without medical care. Call 911 or call the hospital immediately if your symptoms get worse or if you are having trouble breathing.

My COVID-19 test result is NEGATIVE

- This does not mean you will not get sick or show symptoms later.
- This means you did not have COVID-19 at the time of the test or the test was done too early. You could have been exposed to COVID-19 after the test.
- If you have symptoms later, you will need another test so keep track of your symptoms.
- If you are having trouble breathing, pain or pressure in chest, confused, can't stay awake, or have bluish lips call 911 or call the hospital immediately.

Coalition Building >>> Seeking HPHP Coalition Members

The search for HPHP coalition members continues. The coalition's primary goal is to engage, support, and guide the community in creating or enhancing places to be physically active. We are looking for active community members who will enthusiastically take part in the project. Coalition members are crucial to the development and progress of the HPHP project. Please contact us if you or someone is interested in becoming part your local coalition group. We want to build a strong group of coalition members to improve the community's well-being, and you will become an active member in increasing physical activity in your community.



**HPHP Coalition
Members Needed**

goals to create trails to increase physical activity in the community. HPHP is happy to collaborate with Daniel and Attila. There were also online workshops which were conducted using a Google Earth applications and drone footage to show the trails from an aerial view. UNM team member Sheldon Benally participated in a walkability workshop in Crownpoint on October 20, 2020 to determine needs and provide suggestions on two of their trails. The UNM HPHP staff also participated in the Continental Divide Trails Coalition's online summit, "Accessing the CDT: Creating Maps, Guides, and Town Center Kiosks" in September 2020 and the New Mexico Outdoor Economics Online Fall Forum in October 2020. Further collaboration will allow further learnings and future resources for other Chapters planning to create trails. K'E Community Trails can be contacted through Daniel Vandever at email: dvandever@navajotech.edu.

HPHP Next Steps >>>

During COVID-19, the HPHP team will:

- Perform work remotely as can be reasonably accomplished.
- Work at limited operations; ceasing all travel, physical contact, and in-person meetings.
- Report at Regular Chapter Meetings if teleconference/online platforms are available.
- Continue contacting the Chapters and Coalition members by email or phone.

Walk America>>>

Sheldon R. Benally works with the University of New Mexico Prevention Research Center on a project to provide safe and enjoyable opportunities for physical activity on the Navajo Reservation by building trails.

In March, 2020, the national organization America Walks awarded Sheldon a Fellowship for their Walking College program, which is designed to build the capacity of local advocates to increase walking and expand walkability in their



communities. For six months, Sheldon and 24 other Fellows from across the country completed a curriculum of study; participated in online videoconference discussion forums focused on leadership, coalition-building, community design, and policy; and developed a personal Walking Action Plan to advance the planning and construction of trails in Baca/Prewitt, Counselor, and other communities in Eastern Navajo Agency. On Tuesday, December 8th, Sheldon will receive his Walking College diploma in an online graduation ceremony.



The UNM PRC "Healthy Places Healthy People Project" team has been meeting frequently since the summer of 2020 with Daniel Vandever of Navajo Technical University and Attila Bality of the National Parks Service, to find out how we can collaborate for their building of K'E Community Trails in Crownpoint, New Mexico. This project initially started with the Crownpoint Community Watch and Awareness Program and the Crownpoint Chapter. Along with many others in the community that have been on the online meetings with the K'E Community Trails organizers. There are four trails that are being organized in Crownpoint. The meetings have consisted of asking community members about what may be helpful and beneficial on these trails. Is there a need for signs? Can the lighting be improved on these trails? Can we include artwork from the community? Are these trails safe? Are there enough parking spaces? These are some of the topics that have been discussed during these meetings. The K'E Community Trails initiative goal is similar to HPHP goals to create trails to increase physical activity in the community.

University of New Mexico Prevention Research Center



Phone: (505) 272-4462/800-9158
Emails: BeGorman@salud.unm.edu,
LLJames@salud.unm.edu,
SBenally2@salud.unm.edu,
SDavis@salud.unm.edu,
JMhess@salud.unm.edu

This publication is a product of a Health Promotion and Disease Prevention Research Center supported by Cooperative Agreement Number (DP006379) from the Centers for Disease Control and Prevention. The findings and conclusions in this document are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Approved by NNR #19.355
Supported by Cooperative Agreement
DP006379 from CDC

Be active at home during #COVID19 outbreak

1 Regularly check your sitting posture while working from home



2 Break up your sitting & stand up while working, on the phone, or watching TV



#BeActive

#HealthyAtHome

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



UNM Winter Break >>>

UNM HPHP Team will be on break from December 23, 2020 – January 3, 2021.



PHYSICAL ACTIVITY CHALLENGE DECEMBER STAY AT HOME BINGO

Make a bingo by checking off all the Physical Activities you complete in the month of December. Are you up for the challenge? Let's do this!

Check off or color a square when you complete the activity.

<p>Hot Lava! Keep a balloon out of the ground or the lava, only use heads and elbows.</p>	<p>Chop wood and take in the wood for an elder for 20 minutes this week.</p>	<p>Take 20 minute break from work or a routine you do at home.</p>	<p>Find a 15 minute Native American Pow-wow or dance video online and do at least <u>2</u> times this week.</p>	<p>Sweep and mop the floor for your mother/father or grand parents.</p>
<p>Do 3 sets of 10 reps of push-ups against the wall, 3 times this week.</p>	<p>Walk for 1 mile outside, make sure you wear a mask, stay warm, and stay safe.</p>	<p>Stand up and touch our toes 10 times for 2 sets; 3 times this week.</p>	<p>Song in Dance in place or walk in place for 10 minutes.</p>	<p>Take a break from work and play with your child for 20 minutes.</p>
<p>Stretch your arms over your head, stretch your back legs by bending forward, and stretch hip by going side to side. 3 times this week when you wake up.</p>	<p>Fly like a Hawk. Arm circles forward and backwards for 2 minutes, 3 times this week.</p>	<p>Set a goal and create a schedule to be physically active at least 15 minutes a day for 5 days.</p>	<p>Call or video chat with a family member you haven't spoke to since March.</p>	<p>Get up early one day to meditate or pray to the morning Holy People.</p>
<p>Do a physically active game with your child or grandchild. Like throwing a ball.</p>	<p>Play music and dance with your children or other family members for 10-15 minutes.</p>	<p>Song in Dance in a circle for 20 minutes. Or walk in place for 20 minutes.</p>	<p>Try a new form of physical activity than you normally do. Use caution and only do what you can handle.</p>	<p>Leash and take your dog(s) for a walk for 20 minutes. Or walk your horse around the pen for 20 minutes.</p>
<p>Walk for 2 miles outside, make sure you wear a mask, stay warm, and stay safe.</p>	<p>Download a 7 minute App on your smart phone. Attempt to use</p>	<p>Find a 15 minute workout video online and do at least <u>5</u> times this week.</p>	<p>Clean up your yard or around your house.</p>	<p>Stand while you work through out your work day or when you are weaving or crafting.</p>

Mental Health Helplines



Do you need to talk to someone? Are you a youth or elder that would like to seek help with depression, anxiety or stress?

DBMHS staff are prepared to listen to you and/or answer questions about your mental health.

New Mexico Outpatient

Crownpoint

Gallup

Navajo Regional Behavioral Health Center

M-F (8am-5pm) Phone Number

(505) 786-2111

(505) 722-9470

(505) 368-1438

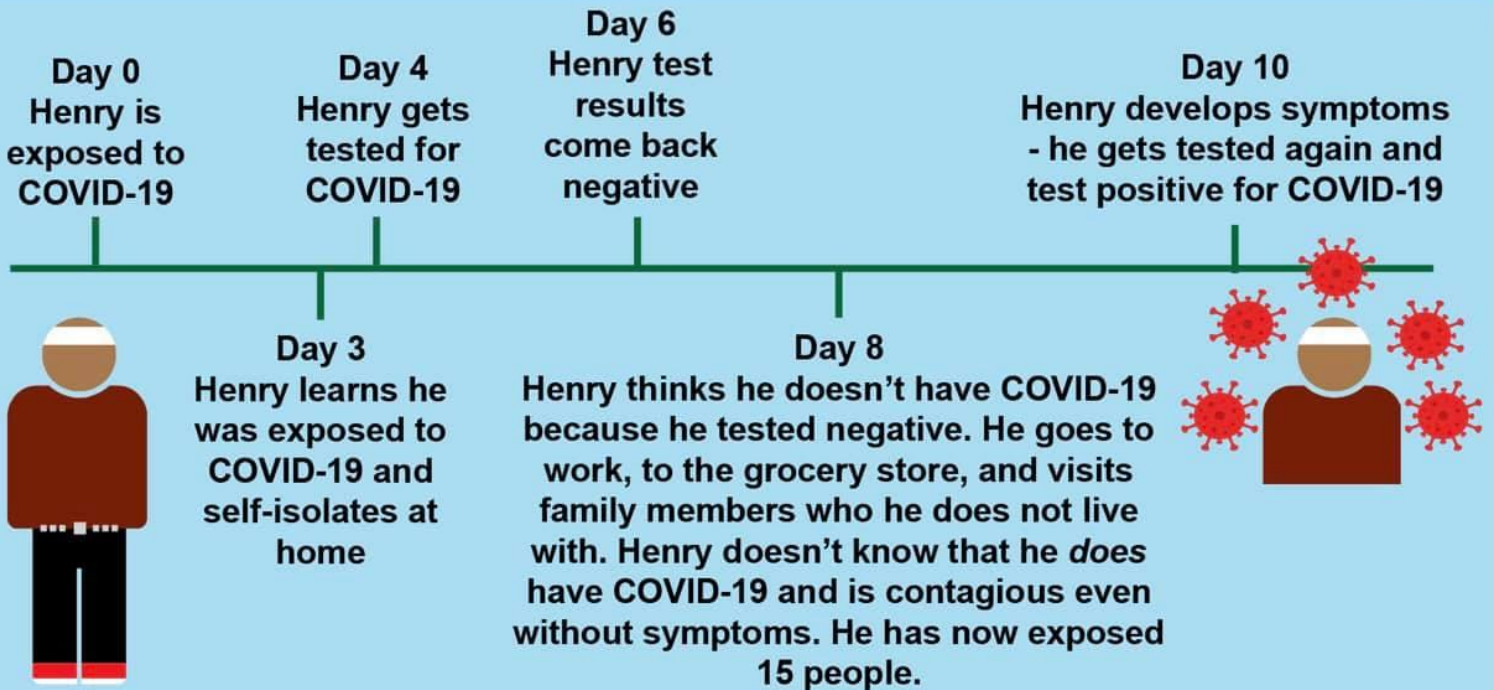
After hours & weekends Phone Number

(928) 797-3413

(928) 551-0566

(928) 551-0508

COVID-19 INCUBATION TIMELINE - Up to 14 days



Nihi Tsíís Baa
Á'daa'á'dáhoolyá

HEALTHY PLACES HEALTHY PEOPLE

WHAT CAN DO TO TAKE CARE OF YOUR SELF DURING COVID-19



Diné tradition teach us how to stay physically, emotionally, mentally, and spiritually healthy.



Nihi Tsíís Baa Á'daa'á'dáhoolyá

HEALTHY PLACES HEALTHY PEOPLE

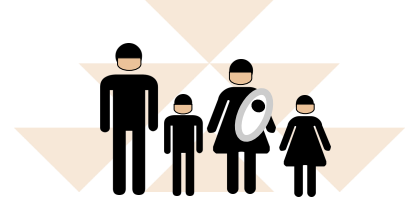
TAKE PRECAUTIONS WHEN WALKING OUTDOORS DURING COVID-19



- » Find a safe place to walk
- » Stay alert know & be aware of what is going on around you



- » Keep 6 feet apart and walk in a vertical line giving 'others distance
- » Keep to the far sides of the trail don't walk in the middle



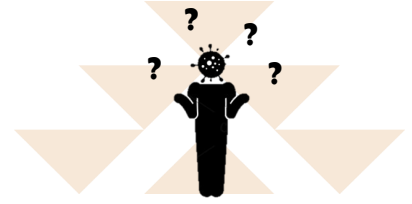
- » No more than 5 family members per group
- » Avoid crowded trails



- » Keep dogs on a leash to avoid getting close to others



- » Avoid touching surfaces or shaking hands with others who are walking



- » Even if you do not see or show symptoms, you or someone can be a carrier



- » Wear a mask

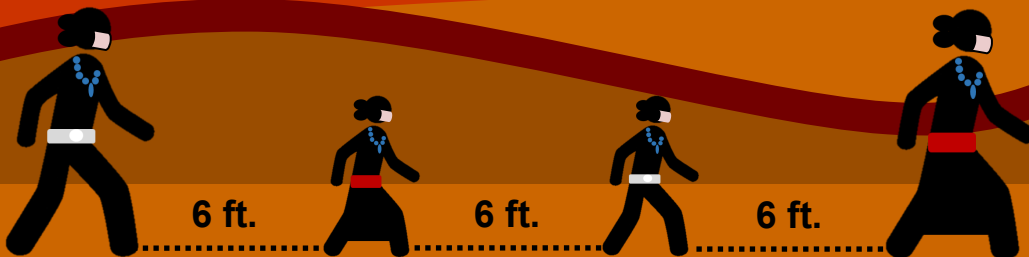


- » Take & use hand sanitizer



- » Wash your hands when you get home

Get up before Jóhonaa'éí nihi zhé'é (Father Sun) awakes and take a walk !



Stay healthy while being physically active outside.
Follow all CDC, State of New Mexico & Navajo Nation COVID-19 health regulations.

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Nihi Tsíís Baa Á'daa'á'dáhoolyá

HEALTHY PLACES HEALTHY PEOPLE

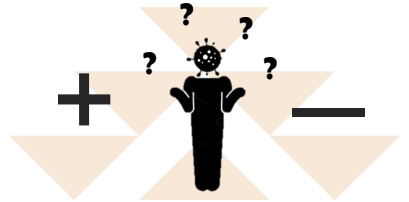
Dii eí Doodá DURING COVID-19



No large family gathering with more than 5 people in one place. It puts everyone at risk for spreading COVID-19.



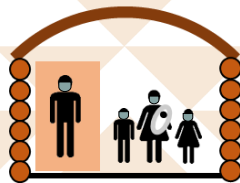
Do not drink or use drugs in groups to avoid or deal with the stress of COVID-19.



Even if you do not see symptoms, you can be a COVID-19 carrier. Protect yourself and your family.



Drinking alcohol & using drugs decreases your immune system, making you vulnerable to COVID-19.



Wear your mask in the home & isolate from family members if you are sick or are positive for COVID-19.



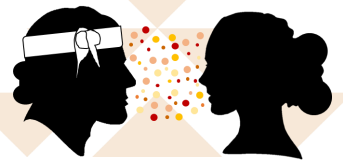
If you are sick or positive for COVID-19 stay home. No visitors unless family members are checking on you, yet stay 6 ft apart.



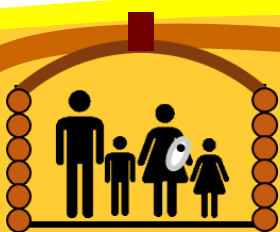
Don't leave your community because you are bored or to eat out. Follow Navajo Nation curfew.



Do not shake hands.



If you do not wear your mask. You may spread COVID-19.



The Hogan (home) & family is our mother. Like the earth the Hogan keeps us safe, teaches us positivity, and protects us.

**COVID-19 EPIDEMIC
NAVAJO NATION
EASTERN AGENCY CHAPTERS
ASSEMBLED RESOURCES**

Call 911 if you are having a life threatening emergency

Navajo Nation

Emergency Hotlines

HEALTH COMMAND CENTER



Hotline

928.871.7014 | 8am - 5pm

Mental Health Helpline

928.810.7357 | 8am - 5pm



coronavirus.info@nndoh.org



www.ndoh.navajo-nsn.gov/COVID-19



@navajodepthhealth



navajonation_doh

#DineDabidziil



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



1 (855) NMCRISIS
1 (855) 662-7474

Navajo Nation Department of Emergency Text "NavajoNation" to 888777
Receive alerts from the Navajo Department of Emergency.

Navajo Nation Health Command Center (928) 871-7014
COVID-19 questions from the public.

Navajo Nation Mental Health Helpline (928)810-7357
Call if you need to talk to a mental health practitioner.

New Mexico Crisis and Access Line 1-855-NMCRISIS (662-7474)
Call toll free anytime 24/7/365. Navajo Speakers Available.

New Mexico Peer to Peer Warmline 1-855-4NM-7100 (466-7100)
Call or text to connect with a peer. Call 3:30pm–11:30pm/text 6pm–11pm.

New Mexico Department of Health Coronavirus Information
Coronavirus Health Information Hotline 1-855-600-3453

Coronavirus Information Hotline 1-833-551-0518
For non-medical issues such as questions about the impact of school closures and job issues.

CDC Clinical Call Center for Healthcare Personnel 1-800-232-4636
Available to provide support to healthcare personnel working to prevent, detect, and respond to COVID-19. CDC clinicians available to answer questions about COVID-19.

StrongHearts Native Helpline 1-844-7NATIVE
Culturally appropriate domestic violence support and advocacy
6 am - 9 pm MST

Seniors & Disabled Adults Food Access Hotline 1-800-432-2080

New Mexico Aging & Long-Term Services 1-855-662-7474
Senior emotional crisis and substance abuse needs

Grandparents raising Grandchildren Resources 1-800-432-2080

National Domestic Violence Hotline 1-800-799-7233
Domestic violence 24/7 confidential and free hotline.

National Sexual Assault Hotline 1-800-656-4673
Sexual assault 24/7 confidential hotline.

**COVID-19 EPIDEMIC
NAVAJO NATION
EASTERN AGENCY CHAPTERS
ASSEMBLED RESOURCES**

Call 911 if you are having a life threatening emergency

Navajo Nation Resources

Navajo Nation Health Command Center

(928) 871-7014

COVID-19 questions from the public.

Navajo & Hopi Families COVID-19 Relief

(833)956-1554

Eastern Agency: easternagencyrelieffort@gmail.com

Groceries, water, and health supplies. If you would like food or other supplies dropped off at your front door or at your Chapter House. Supplies are limited. Funding is low, please only emergent requests.

Northern Diné COVID 19 Relief

(505) 226-3073

Food, water, wood assistance, Shiprock Chapter and vicinity. A collaborative inter-program team pooling resources to meet urgent unmet needs.

Navajo Nation Seniors

(928) 871-6868

Seniors living on the Navajo Nation.

New Mexico Aging & Long-Term Services

1-800-432-2080

Off-reservation senior grocery assistance; for seniors with grandchildren. Leave a message with your name, phone number & chapter. Response is within 2 hours.

NM Department of Workforce Solutions

1-877-NM4-MYUI (1-877-664-6984)

Resources for impacted workers in New Mexico.

Healthcare Workers and First Responders Support Line

(855)507-5509

The line is available 24/7 to support those on the front lines of the state's pandemic response and connect them to a professional counselor.

Native Health Initiative (NHI)

(505)340-5656

Provide resources primarily to the urban Indigenous communities of Albuquerque, but everyone is invited. You can also apply online at Google Form link:

<https://docs.google.com/forms/d/e/1FAIpQLSeCMZoT5t4YJQwdQvgqIRTaapktvPgpMI7xvc2e9IGzATZcbA/viewform>



STRONGHEARTS
Native Helpline

Domestic violence and dating violence are not Native American traditions, and neither is ever okay.

Need to talk? When you are ready, get free, confidential support by dialing **1-844-7NATIVE (1-844-762-8483)**, open 7 a.m. to 10 p.m. CST, seven days a week.

www.strongheartshelpline.org

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**Veterans
Crisis Line**



**Military
Crisis Line**

1-800-273-8255 PRESS 1



National Sexual Assault Hotline
800.656.HOPE
online.rainn.org
Free. Confidential. 24/7

RAINN

**COVID-19 EPIDEMIC
NAVAJO NATION
EASTERN AGENCY CHAPTERS
ASSEMBLED RESOURCES**

Call 911 if you are having a life threatening emergency

INDIAN HEALTH SERVICES COVID-19 TESTING SITES

Please call before you go to the hospital and follow all CDC recommendations regarding COVID-19 safety.

Location	Testing Information	Phone #
Crownpoint Health Care Facility Hwy Junction 57, Rt9 Crownpoint, NM 87313	<ul style="list-style-type: none"> Drive-up Call before Monday, Tuesday, Thursday, Friday 8:30 am – 12 pm; 12:45 pm – 3:45 pm 	(866) 820-0141
Pueblo Pintado Clinic	<ul style="list-style-type: none"> Monday – Thursday 8:00 am to 4:30 pm 	(505) 786-6344
Thoreau Clinic 3 E Navarre Blvd Thoreau, NM 87323	<ul style="list-style-type: none"> Drive-up Monday and Friday 8:00 am – 12:00 pm 	(505) 862-8250
Shiprock Northern Navajo Medical Center Hwy 491 North Shiprock, NM 87420	<ul style="list-style-type: none"> Drive-up Monday - Friday 8:30 AM - 4:30 PM 	(505) 368-6001
Dzilth-Na-O-Dith-Hle Health Center 6 Road 7586 Bloomfield, NM 87413	<ul style="list-style-type: none"> Monday, Tuesday, Thursday, Friday 8:00 am to 4:30 pm Wednesday 8:00 am to 11:30 am 	(505) 960-7801
Gallup Indian Medical Center 516 East Nizhoni Blvd. Gallup, NM 87301	<ul style="list-style-type: none"> Drive-up Monday – Friday 8:00 am – 4:00 pm 	(505) 726-5888
Tohatchi Health Center 07 Choos Gai Dr Tohatchi, NM 87325	<ul style="list-style-type: none"> Drive-up Monday, Tuesday, Thursday, Friday 8:00 am – 3:30 pm Wednesday, 12:00 pm – 3:30 pm 	(505) 733-8100
Canoncito Band of Navajo Health Center (CBNHC) Inc. 129 Medicine Horse Dr. To'Hajiilee, NM 87026	<ul style="list-style-type: none"> Limited tests per day <u>Call the clinic first</u> 	(505) 908-2307 Ext: 138/238

**NEW MEXICO
HEALTHCARE WORKER
AND FIRST RESPONDER
SUPPORT
LINE**



855-507-5509

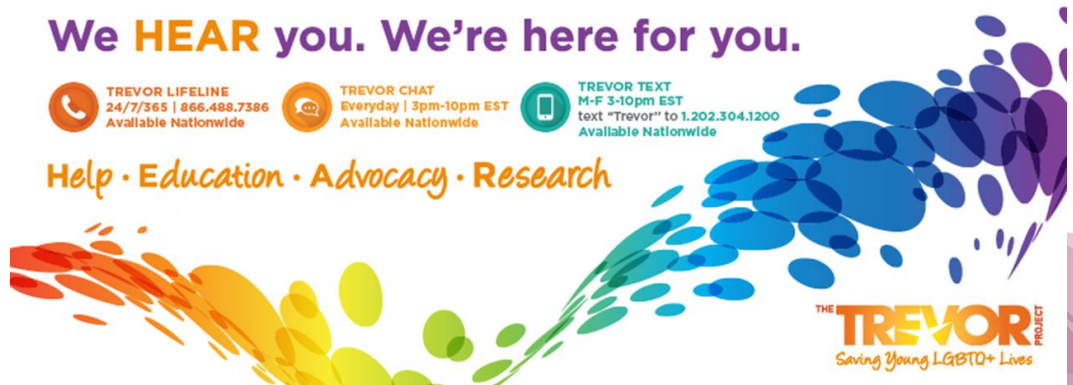
We HEAR you. We're here for you.

 **TREVOR LIFELINE**
24/7/365 | 866.488.7386
Available Nationwide

 **TREVOR CHAT**
Everyday | 3pm-10pm EST
Available Nationwide

 **TREVOR TEXT**
M-F 3-10pm EST
text "Trevor" to 1.202.304.1200
Available Nationwide

Help • Education • Advocacy • Research



**COVID-19 EPIDEMIC
NAVAJO NATION
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ASSEMBLED RESOURCES**

Call 911 if you are having a life threatening emergency

Other COVID-19 Testing Sites

New Mexico Department of Health Testing & Immunization Portal

Registering for NMDOH Testing & Immunization Portal, to website: <https://cvtestreg.nmhealth.org/> can help you set up an appointment and locate COVID-19 testing.

First Nations Community Healthsource

Offers free COVID-19 testing. You do not need to be a patient of First Nations Community HealthSource, have insurance or an ID, or be experiencing symptoms. You have to make an appointment through the NMDOH portal at website: <https://cvtestreg.nmhealth.org/>

University of New Mexico Hospital RCC

(505) 272-2111

Walk-in testing available 24/7 at the main UNM hospital. You must be presenting COVID-19 symptoms to be tested. The site is called the UNMH Respiratory Care Center (RCC) at 2211 Lomas Blvd, just east of the UNM hospital entrance. The criteria for testing is as follows:

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea

Tips for Managing Stress During the COVID-19 Pandemic:



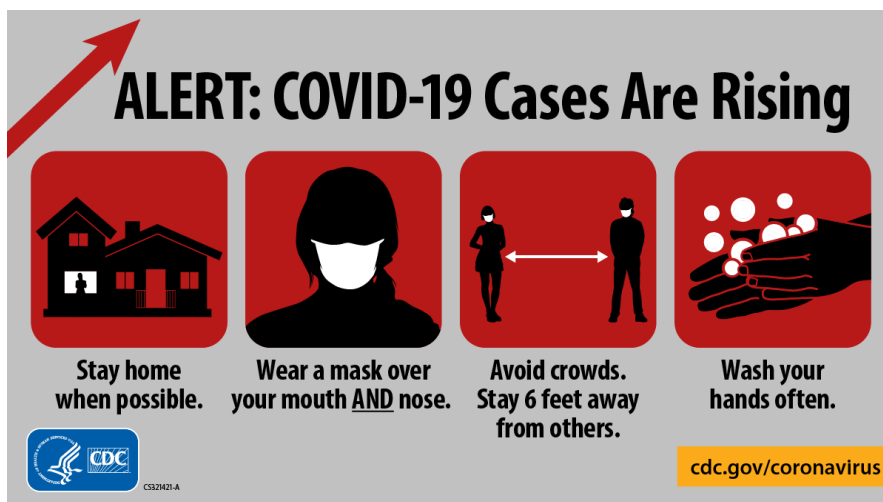
- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

ADDITIONAL RESOURCES

Disaster Distress Helpline:
1-800-985-5990
National Suicide Prevention Lifeline:
1-800-273-TALK (1-800-273-8255)



Toll-free: **1-877-SAMHSA-7 (1-877-726-4727)** |
info@samhsa.hhs.gov | <https://store.samhsa.gov>
PEP20-01-01-013



ALERT: COVID-19 Cases Are Rising

- Stay home when possible.**
- Wear a mask over your mouth AND nose.**
- Avoid crowds. Stay 6 feet away from others.**
- Wash your hands often.**

cdc.gov/coronavirus

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