



September 2020



Check out our updates on social media!

Facebook: Pyramid Lake Paiute Tribe

Twitter: @plpt

Instagram: pyramid lake

**Youtube: Pyramid Lake Paiute Tribe** 

### Highlights in this issue:

- 2020 Primary Pyramid Lake Palute Tribe Election Information, page 11
- Update on SR 446, page 3
- Seeking Public Comment on updated Fishing Regulations, page 9
- Press Release on 2020 Fishing Season, page 2

The Pyramid Lake Paiute Tribe is pleased to announce the 2020 Distance Learning Support Program. Our main goal of this program is to provide assistance to our PLPT school Children aged 6-17. We would like to help by providing Apple iPads to maximize the success of distance learning. Due to the low volume of iPads that we were able to order, at this time we are only able to provide equipment to Children from schools that;

- 1. Have not already given out equipment such as, laptops, Chromebooks, or iPads.
- 2. Has no plans to distribute equipment such as, laptops, Chromebooks, or iPads.
- 3. Are still waiting for equipment to be delivered. (this decision was made because of the backordering of equipment nationwide, with no update on when schools will receive their products.)
- 4. Children must be enrolled with the Pyramid Lake Paiute Tribe.
- 5. School's will be called to ask about their distance learning plans and equipment stock. The Pyramid Lake Paiute Tribe will in no way ask about individual students due to privacy laws.

The Pyramid Lake Paiute Tribe has purchased mifi Jetpacks to help with distance learning. We have recognized that the Pyramid Lake Reservation is in a unique situation as there is no one size fits all available for our area. We know that Jetpacks provided by the Washoe County School District do not work in all of our communities. Mifi devices are limited to one per household. Children must be enrolled with the Pyramid Lake Paiute Tribe.

You can find these forms at our website, plpt.nsn.us

### **Attention Pyramid Lake Residents:**

The Pyramid Lake Marina is offering a schoolwork space for students who need access to the internet in order to complete online schoolwork for distance learning.



### **Press Release**

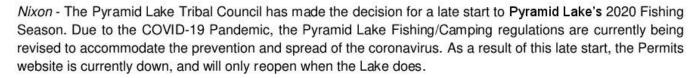
For Immediate Release: September 30, 2020

Contact: Anthony Sampson, Chairman

Phone: (775) 574-1000

### Late Start Fishing Season 2020

Fishing Season at Pyramid Lake will have a late start



Pyramid Lake is *still closed to the public*. Nevada Department of Transportation and the Pyramid Lake Paiute Tribe are still working in cooperation to keep State Route 446 closed until official reopening, which is projected to be November 30, 2020. For those living within the 89510 zip code that physically live on the Pyramid Lake Reservation (Sutcliffe Residents/ Big Canyon Residents), passage will be allowed with proper documentation (I.E., driver's license, Tribal Member ID Card). Others in this zip code are prohibited without special consideration from the Transportation Department for work, delivery of goods and services. Call the Transportation Department at (775) 574-1000 ext 1107, or 775-224-2233 if you are a vendor/small business owner needing passage to be considered.

Thank you for your patience and understanding.

For the latest information on fishing season, please continue to monitor our Social Media pages (Facebook at Pyramid Lake, or Twitter @plpt) for immediate news.

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### UPDATE TO ROAD CLOSURE

THE PYRAMID LAKE PAIUTE TRIBAL COUNCIL MADE A DECISION ON SEPTEMBER 18, 2020 TO EXTEND THE ROAD CLOSURE OF STATE ROUTE 445 AND STATE ROUTE 446 TO REDUCE THE SPREAD OF COVID 19 ON THE PYRAMID LAKE RESERVATION. THIS MEASURE HAS BEEN TAKEN TO REDUCE EXPOSURE FOR RECREATIONAL USERS OF THE LAKE AND TRIBAL MEMBERS/RESIDENTS OF PYRAMID LAKE.

PEOPLE LIVING IN THE 89510 ZIP CODE THAT PHYSICALLY LIVE ON THE RESERVATION (SUTCLIFFE RESIDENTS/BIG CANYON RESIDENTS) ARE ALLOWED THROUGH. OTHERS IN THIS ZIP CODE ARE PROHIBITED WITHOUT SPECIAL CONSIDERATION FROM THE TRANSPORTATION DEPARTMENT FOR WORK, DELIVERY OF GOODS AND SERVICES. CALL THE TRANSPORTATION DEPARTMENT AT (775) 574-1000 EXT. 1107 OR 775-224-2233 IF YOU ARE A VENDOR/SMALL BUSINESS OWNER NEEDING PASSAGE TO BE CONSIDERED.

ALL RESIDENTS/TRIBAL MEMBERS IN THE 89424 OR 89442 ZIP CODE PHYSICALLY LIVING ON THE RESERVATION WILL ALSO BE ALLOWED PASSAGE FOR ESSENTIAL TRAVEL. ALL TRIBAL MEMBERS WILL BE ALLOWED ACCESS WHEN PRESENTING A PLPT TRIBAL CARD.

CLOSURES OF THE ROADS EQUALS CLOSURE OF THE LAKE RECREATION TO ALL NON-RESIDENT/NON-TRIBAL MEMBER RECREATIONAL USE DURING THE CLOSURE PERIOD.

REOPENING OF THE LAKE FOR RECREATIONAL USE WILL BE THE DECISION OF THE PYRAMID LAKE TRIBAL COUNCIL.

### Enrollment



### Pyramid Lake Paiute Tribe Office of Tribal Enrollment

### THE ENROLLMENT OFFICE WILL BE CLOSED FROM SEPTEMBER 17th THRU OCTOBER 24th

### Membership and ID Cards with Expiration Date are available by mail only

Please contact Tribal Secretary Brenda Henry for Tribal Membership and ID Cards after September 16<sup>th</sup>. All cards requested will be mailed.

### TRIBAL MEMBERSHIP CARD

This card does not have a photo or expiration date.

### **ID CARD WITH EXPIRATION DATE**

A duplicate card is available however If you are applying for a first time ID Card with expiration date, we *require* the following:

Photo-A passport photo, which is available at CVS, Wal Mart or Wal Greens, is preferred or a head shot with a white background may be used if it is a clear photo.

Signature-Black fine point sharple on an 8 ½ X 11 white sheet of paper. Try to fill half of the page; signatures need to be large to reproduce on the ID card.

Photo ID- we require a legible copy of your current photo ID for verification.

Card Request Forms are available: contact Tribal Secretary or download from <a href="https://www.plpt.nsn.us">www.plpt.nsn.us</a>, click on Departments/Enrollment Services

Phone: 775.574.1000 Ext. 1115 or Tribal Secretary Brenda Henry Ext. 1101

Email: jshaw@plpt.nsn.us

Fax: 775.201.1941

PYRAMID LAKE PAIUTE TRIBE

The Pyramid Lake Paiute Tribe Enrollment Office will be closed from September 17th through October 24th. Please note: due to the closure of the Administration Office to the public, cards are no longer made and given out on the spot - they will be mailed to the mailing address listed on your request!



### Natchez Elementary School News

Mustang Families! Let me first start with a big thank you for all of your patience, assistance, dedication and hard work so far! Time has actually flown by and we are already to Fall Break the week of October 5. None of us has ever experienced anything like this school year and I believe we are all doing an admirable job in making continual adjustments to improve the In Person and Distance Learning Programs. We have really em-

With the core concept of continual improvement in mind we are going to be making a few schoolwide changes to our daily practice beginning on October 12.

- 1. EVERY Distance learner is expected to log in for morning meeting at 8:15 am everyday.
- 2. Student attendance is taken daily and students are accountable for attending school daily.
- 3. A reminder call will be sent to families the first couple of days at 8 am to remind them to login to their morning meeting the week of October 12 when we return from Fall Break.
- 4. Students not in attendance at the morning meeting will receive an automated call letting families know they have been marked absent for the day. Please contact the school to let us know if they are absent for the day or if there is something else going on such as technical issues, an appointment, etc.
- 5. If the school has not heard from parents by 11 a.m. the school will make personal calls to check in and see what we can do to assist students participate in distance learning that day
- 6. Students are expected to login to live sessions and complete assignments each day. If for some reason students miss a live meeting, please make every effort to attend the other meetings and complete assignments for the day.

Please note that we do have parent conferences coming up the week of October 19. This week school will be released daily at 12:20.

I know that this school year requires a large commitment on behalf of our families. Again I want to thank you for your tremendous efforts and I truly appreciate how much you care about our Mustangs having a successful year. I also want to take time to recognize the entire Mustang Staff who has put their hearts into making this year work. As always, if I or any of our Mustang staff can be of assistance please reach out! All of our emails are available on the school website or give us a call at 775-351-1902



### Natchez Elementary School News

Natchez Elementary has organized with WCSD Nutritional Services to have all Natchez Distance Learners receive weekly breakfast and lunches to be delivered to Natchez Elementary for pickup. Pick-up will be each Monday from 9:30 – 10:00 am and 12:30 -1:00 pm. If you would like your Distance Learner to receive a weekly meal, please contact our Communities In Schools Coordinator, Ms. Christine Wong at Christinew@cisnevada.org. You may also contact the school office at (775) 351-1902.

In addition, Natchez Elementary has collaborated with the Food Bank of Northern Nevada to have premade nonperishable family food boxes delivered to Natchez Elementary every other week starting September 16th. If your family would like to request a family food box, please email our Communities In Schools Coordinator, Ms. Christine Wong at Christinew@cisnevada.org or you may contact the school office at (775) 351-1902.

Natchez Dates to Remember 10/5-9 FALL BREAK- NO School

10/12 Distance Learner 8:15 begin logging in to class daily 10/12 Picture Day

**10/19-23 CONFERENCE WEEK Dismiss @ 12:20 p.m.** 

NO After School Programming 10/30 NO SCHOOL- Nevada Day



### FOR AN ONLINE CLASS

### RULES

- Be on time for your Google Meets
- · Make sure your full face is visible in the camera
- · Make sure you are in a well lit area
- · Make sure you are in a quiet location
- · Raise your hand when you want to talk
- · Be prepared for class
- Be respectful when others are talking
- Turn your microphone on when it is your time to talk
- · Turn your microphone off when you are not talking

### REMEMBER, THIS IS A CLASS, SO TREAT IT AS SUCH!

\*\* Necessary accommodations made on an individual basis, please discuss with your teachers\*\*

### Follow us on Facebook at Pyramid Plhs And on Twitter @PLHS\_Lakers

### New Class Schedule for Second Quarter

### Monday

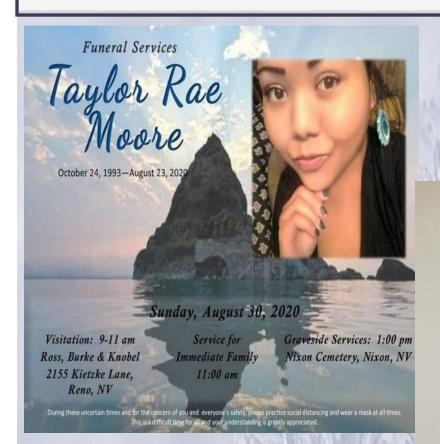
Adv. 9:00-9:30 4° 9:40-10:10 5° 10:20-10:50 6° 11:00-11:30 7° 11:40-12:10

### Tuesday, Wednesday, and Thursday

4° 9:00-9:40 5° 9:50-10:30 6° 10:40-11:20 7° 11:30-12:10

Begins Monday 10/19/20

### In Memoriam





### IN LOVIN MEMORY OF



### "MONICA ARNETT"

Funeral Service: Saturday Sept. 19, 2020
HUNG-A-LEL-TI GYM-Woodfords Community
Burial @ Woodfords Indian Cemetery
Pot Luck Dinner Following at Gym
\*\*\*\*Please follow COVID Requirements \*\*\*\*



Dave Sam

Graveside Memorial Service

September 26<sup>th</sup> @11AM

Schurz Cemetery

### Pyramid Lake Paiute Tribe

P.O Box 256, Nixon, NV 89424, Phone (775) 574-1000 FAX (775) 574-1008

### PUBLIC COMMENT

The Pyramid Lake Paiute Tribe is posting for Public Comment:

PYRAMID LAKE PAIUTE TRIBE
REGULATIONS BROCHURE October 1, 2019
AMENDMENT

ADDITION OF SECTION 30: COVID-19/PANDEMIC GUIDELINES and

PERMIT FEE INCREASE OF 150%

If you would like to receive a copy of the Regulations Brochure, October 1, 2019 Amendment, Addition of Section 30: COVID-19/Pandemic Guidelines and Permit Fee Increase of 150%, contact the Tribal Secretary's Office at 775-574-1000.

Submit your comments to:
Pyramid Lake Paiute Tribe
ATTN: Tribal Secretary
PO Box 256

Comments will be accepted through October 3, 2020 @ 4:30 p.m.

The Pyramid Lake Paiute Tribe is posting for public comment regarding amendments to the Regulations Brochure. We only accept written comments via mail, email, or fax.

### You can email your comments to:

tribalsecretary@plpt.nsn.us, or send to fax number 775 574-1054. You can also mail your written comments to our mailing address at Pyramid Lake Paiute Tribe ATTN Tribal Secretary at PO Box 256, Nixon, NV 89424.

### SECTION 30: COVID-19/Pandemic GUIDELINES

**30.1 DEFINITIONS.** For the purposes of this section, the following guidelines will apply to minimize the risks of Covid-19 within the designated boundaries of the Reservation. Guidelines will be placed into effect upon a declaration of an emergency and will remain in effect until cancelled by the Pyramid Lake Paiute Tribal Council.

- Observe CDC guidelines to mitigate Covid-19 (e.g. Practice social distancing, wear face coverings, frequently wash hands, use of hand sanitizer.)
- Online permit sales only through the Tribal Enterprise Kiosks (I-80 Smoke Shop and Pyramid Lake Marina) or Tribal Websites (www.pyramidlake.us, www.pyramidlakefisheries.org)
- Day use available 7 days a week
- Camping Permitting maximum 3 day camping only
- 10 people max per campsite
- Camping 100ft. from beach shoreline
- 10 permits per beach at 12 beaches with exception of Pelican Beach -20 permits
- 13 permitted public beaches
  - Warrior Point, Windless Bay, Pelican Point, Marina, North Nets/Longbeach, Washout, Tamaracks, Indian Head Rock, Blockhouse, Wino Beach, Sandhole, Rawhide and Popcorn Beach.
- No seasonal permitting at this time

### **Covid Graphic for Fishermen**

### **6 Feet of Social Distance**



- ONE FISHING ROD LENGTH -



	FISHING PERMIT FEE!	Current	150% Increase?
1.	Daily Fishing	\$12.00	30.00
2.	3-Day Fishing	\$31.00	77.50
3.	Second Rod Daily	\$12.00	30.00
4.	Second Rod 3-Day	\$31.00	77.50
	YOUTH FISHING PERM	IIT FEES	
1.	Daily Fishing	\$6.00	15.00
2.	3-Day Fishing	\$16.00	40.00
	PYRAMID LAKE USE P	ERMIT FEES	
1.	<b>Daily Boating</b>	\$13.00	32.50
2.	Daily Jet Ski	\$27.00	67.50
3.	Day Use	\$11.00	27.50
4.	Day Use 3-Day	\$28.00	70.00
5.	Boating 3-Day	\$33.00	82.50
6.	Jet Ski 3-Day	\$68.00	170.00
7.	Overnight Camping	\$16.00	40.00
8.	3-Day Overnight Cam	\$41.00	102.50
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### SEASONAL PERMIT FEES

Day Use	<del>\$90.00</del>	225.00
Fishing	\$96.00	240.00
Second-Rod	\$96.00	240.00
Fishing (Youth)	\$48.00	120.00
Boating	\$104.00	260.00
<del>Jet Ski</del>	<del>\$216.00</del>	540.00

Deadline to request an Absentee Ballot (must meet requirements and be a Qualified Voter): November 2-13, 2020 at 430 PM.

Deadline to Return Absentee Ballot: November 24th, at 430 PM.

To be eligible to vote, you must be 18 years or older on or before Primary/General Election, reside on the Pyramid Lake Reservation for not less than 1 year, and have your name on the Final Primary/General Election Voters List.

Please mail in your Registration by October 16th at 430 PM.

### 2020 PYRAMID LAKE PAIUTE TRIBE PRIMARY ELECTION

The Pyramid Lake Paiute Tribal Council called for the 2020 Primary Election on September 03, 2020 for the following Tribal Council positions:

### TRIBAL CHAIRMAN, VICE CHAIRMAN FOUR (4) COUNCIL MEMBERS

(2-year terms each)

Interested candidates for the above positions must submit the Declaration of Candidacy Form & Fee to the Tribal Council Secretary at:

Pyramid Lake Paiute Tribal Council ATTN: Tribal Secretary P.O. Box 256 Nixon, NV 89424

DEADLINE for Candidacy: FRIDAY, October 2, 2020 at 4:30 p.m.

### **DEADLINE** to Request an Absentee Ballot:

(Must Meet Requirements & Be a Qualified Voter) November 2-13, 2020 at 4:30 p.m.

<u>DEADLINE to Return Absentee Ballot</u> November 24, 2020 at 4:30 p.m.

Candidates for office must be: "A qualified voter of the Pyramid Lake Paiute Tribe who is twenty-five (25) years of age or older and must have lived on the Pyramid Lake Reservation for not less than one (1) year immediately preceding announcement of candidacy."

PRIMARY ELECTION DAY:

G. cord

Posted: 09/04/2020

Brenda A. Henry, Tribal Council Secretary PYRAMID LAKE PAIUTE TRIBAL COUNCIL

Saturday, November 28, 2020

Tribal Chambers - 208 Capitol

6 a.m. to 6 p.m.

Hill, Nixon, NV

ATTACHMENT A



### Voter Registration Application

Use this form to register to vote or to report a change in name or address.

To be eligible to vote, you must:

- ⇒ Be 18 years old or older on or before the Primary/General Election
- RESIDE on the Pyramid Lake Reservation for not less than one (1) year
- ⇒ Have your name on the Final Primary/General Election Voters List

### Identification Requirement

To avoid delays, please enclose a copy of the following that shows your name and address with your application:

- ⇔ Current photo I.D.
- ⇒ Current utility bill or if rental property, a statement from homeowner

### PLEASE COMPLETE ALL ITEMS AND PRINT LEGIBLY

Will you be at least 18 before the next Primary Election?		☐ Yes	☐ No If yo	u checked NO,	please stop here.
Last Name	First Name		Middle	Middle Name	
Physical Address			City	State	Zip Code
Mailing Address			City	State	Zip Code
How long at this address? Date of Birth		Telephone No. (Optional)		Pyramid Lake Enrollment Number	
I hereby swear or a	ffirm that the info	ormation p	rovided on this	form is true.	N N
Signature of App	Date				
DO NOT WRITE BELOW - 0	OFFICIAL USE ONLY			40	
Received by Election Board			[∃Approve	d ⊡ Denied ⊡ F	Request information

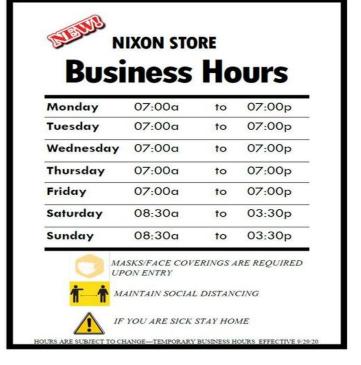


### PYRAMID LAKE PAIUTE TRIBE

Supplemental Food Resources Calendar for 2020

Commodity Foods Nixon Gym 8:30 -1:30 pm	Tribal Food Pantry Nixon Gym 10:30-11:30 am	Mobile Pantry Wads. Comm. Bldg. 8:00-9:00 Nixon Gym 10:00-10:30
2020	January 21, 2020	January 20
Pepruary 5, 2020	TELLULA VIOLATION	
	17, 2020	1 Cordary 25, 2020
Maron o, Eoe		
April O, EOEO	April 21, 2020	April 20, 2020
iviay 4, ZUZU	IVIAY 19, 2020	IVIAY ZO, ZUZU
Same and the same	June se, 2000	
56., 0, 2020	July 21, 2020	···,, ^^^
		0
Jeptember 14, 2020	September 15,	,
October 5, 2020	October 20, 2020	October 27, 2020
November 2, 2020	November 17, 2020	November 24, 2020
December 7, 2020	December 15, 2020	December 22, 2020

Applications will be available on site. Bring your own bags.







### PYRAMID LAKE PAIUTE TRIBE

www.plpthumanresources.org

### CURRENT POSITIONS WITH OUR ORGANIZATION

CL 242 MUCEUM ATTENDANT	CI 444 CHILD CADE BROWNER
CL: 217 - MUSEUM ATTENDANT	CL: 112 - CHILD CARE PROVIDER
\$11.82 - \$12.42 /hr., Part-time/32 hours;	\$12.41 - \$13.04 /hr.; Regular Full-time, up to 40
Non-Exempt; Grade 9	hours, Non-Exempt; Grade 10
CL: 115 - TRANSIT OPERATOR	CL: 353 - CHILD CARE DIRECTOR
\$13.68- \$14.37 /hr.; Regular; Full-Time	\$40,019.20 - \$42,036.80 Regular, Full-Time
Non-Exempt, Grade 12	Exempt, Grade 19
CL: 365 - TRANSIT SPECIALIST / DISPATCHER	CL: 175 - PUD DRIVER CLASS A
\$13.68 - \$14.37 /hr.; Full-time	\$18.32 - \$19.25 /hr.; Full-time
Non-Exempt; Grade 12	Non-Exempt; Grade 18
CL: 348 - ENVIRONMENTAL ASSISTANT	CL: 535 - PUD DIRECTOR
\$13.68- \$14.37 /hr.; Regular, Full-Time	\$51,064.00 - \$53,643.20 per Annum;
Non-Exempt; Grade 12	Regular Full-time, Exempt, Grade 24
CL: 383 - HUMAN RESOURCES GENERALIST	CL: 337 - ADMINISTRATIVE ASSISTANT
\$16.62 - \$17.47 /hr.; Full-time	\$13.68 -\$14.37 /hr.; Part-Time, 25 Hours
Non-Exempt; Grade 16	Non-Exempt; Grade 12
CL: 402 - SUBSTANCE ABUSE COUNSELOR III	CL: 369 - TRIBAL RANGER
\$27.07 - \$28.44 hr. Full-time	\$17.45 – \$18.34 /hr.; Full-Time
Non-Exempt; Grade 26	Non-exempt, Grade 17
CL: 508 - SUMUNUMU MANAGER	CL: 443 - POLICE OFFICER
\$53,622.40 - \$56,326.40 per Annum; Full-time,	\$20.20 - \$21.23 /hr.; Full-time
Exempt; Grade 25	Non-Exempt; Grade 20
CL: 417 - SOCIAL WORKER	CL: 227 - COURT ASSISTANT
Salary 21.21 – 22.28; Full-Time	S11.26 - S11.83 /hr. Full Time
Exempt, Grade 21	Non-Exempt, Grade 8
CL: 505 – TERO MANAGER	CL: 306 - PROBATION OFFICER
\$38,105.60 - \$40,040.00, Per Annum; Full-time	\$17.45-18.34 /hr., Full-time
Exempt; Grade 18	Non- Exempt; Grade 17
CL: 606 - TRIBAL PROGRAMS OFFICER	CL: 503 - COURT ADMINISTRATOR
\$68,432.00 - \$71,884.80 Per Annum; Full-Time	\$38,105.60- \$40,040.00 Per Annum; Full-time
Exempt; Grade 30	Exempt; Grade 18
CL: 603 - TRIBAL EXECUTIVE OFFICER \$68,432.00 - \$71,884.80 per annum; Full-Time Exempt; Grade 30	AEMT (ADVANCED EMT) \$14.36 - \$15.09 /hr.; On-Call, Non-Exempt

For applications to apply for the open positions here at the Pyramid Lake Paiute Tribe, please contact our Human Resources Office at 775-574-1000.

You can also print out an application at www.plpt.humanresources.org.

Follow PLPT HR on Facebook at Pyramid Lake Human Resources Department for up-to-date information on job openings!



For more information, contact Pyramid Lake Human Resources at (775) 574.1000 x1132 Email: https://doi.org/10.1000/phpt.nsn.us

GRANTS ACCOUNTING SPECIALIST

S21.21 - 22.28 per hour; Full-time

Class Code 416, Grade 21, Step 1-3; DOE

CL: 362 - PARAMEDIC

\$15.83 - \$16.64 /hr.; On-Call; Non-Exempt

### STUDENT BODY PRESIDENT STEPS DOWN

By: The Indian Leader Staff

September 10,2020



Featured Image of New Student Body President Jakoby Stump courtesy of Jakoby Stump.

Student Body President William Wilkinson is stepping down from the Student Government Association (SGA) to focus on his new role as a Field Organizing Fellow for the Kansas Democratic Party. Wilkinson was originally elected to the position of Student Body Vice President in the April elections and assumed the role of President on July 24th after the then President Ahnawake Toyekoyah resigned making the decision to not enroll in the fall online semester.

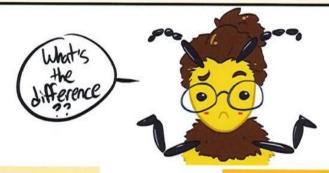
Presidential leadership now falls to Jakoby Stump who was originally elected as Chief of Staff. Stump is a Sophomore who is graduating this fall semester with her Associate of Arts degree in Communication Studies.

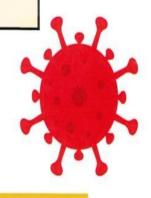
"I'm humbled and honored to be Anawake and William's successor this Fall 2020. I know I have big shoes to fill when it comes to being one of many voices for Haskell's Student Body, especially during a time like this. I look forward to continuing their important work and fulfilling SGA's mission statement to the best of my ability. With deep admiration, thank you for this opportunity," says Stump.

Follow HINU Student Government Association on Facebook and Instagram, to stay up to date as the SGA releases more information for the semester to come.

### **INFLUENZA VS COVID-19**







### Influenza (Flu)

- . Dry Cough
- . Fever/Chills
- . Severe Body Aches
- Runny Nose
- Intense Headaches
- Extreme Exhaustion
- Fatigue/Weakness

### Corona Virus (COVID-19)

- Cough
- Fever
- · Shortness of Breath
- · Chest Pain
- · Muscle Pain
- · Loss of Taste or Smell
- Sore Throat
- Headaches

\*\*Disclaimer: The Pyramid Lake Tribal Health Clinic observes CDC, Washoe County Health, and IHS guidelines daily. Information is subject to change on a daily basis.

From the Pyramid Lake Tribal Health Clinic: Fluvs COVID-19. The Pyramid Lake Tribal Health Clinic observes CDC, Washoe County Health and IHS Guidelines daily. Information is subject to change on a daily basis.

### **Guidance for Large or Extended Families Living in the Same Household**

Older adults and people of any age who have serious these groups, then all family members should act as if they, themselves, are at higher risk. This can (COVID-19). If your household includes people in may help you protect those who are most vulnerable families living together. The following information be difficult if space is limited for large or extended underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019

### This document explains how to:

- · Protect the household when you leave for errands
- Protect household members at high risk for severe illness
- Protect children and others from getting sick
  - Care for a household member who is sick
- Isolate a household member who is sick
- Eat meals together and feed a sick household member

## How to protect the household when you must leave the house

## Don't leave the household unless absolutely necessary!

risk for severe illness from COVID-19 to do the needed errands. If you must leave the serious health conditions). Choose one or two family members who are not at higher medical appointments that cannot be delayed (such as for infants or for people with For example, only leave if you must go to work, the grocery store, pharmacy, or household, follow these nine tips:



- 1. Avoid crowds, including social gatherings of any size.
- Keep at least 6 feet away from other people.
- Wash your hands often.
- Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails. 4
- Don't use public transportation, such as the train or bus, if possible. If you must use public transportation, 5
- » Maintain 6 feet of distance from other passengers as much as possible
- Avoid touching frequently touched surfaces such as handrails
- » Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.
- 6. Don't ride in a car with members of different households.
- 7. Wear a mask to help slow the spread of COVID-19.
- » Masks fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Information about the use of masks is available at www.cdc.gov/coronavirus/2019-ncov/preventgetting-sick/diy-cloth-face-coverings.html.



### cdc.gov/coronavirus

## 8. Wash your hands immediately when you return home.

### 9. Maintain a physical distance between you and those at higher risk in your household. For example, avoid hugging, kissing, or sharing food or drinks.

You can find more information about running essential errands at www.cdc.gov/coronavirus/2019-ncov/ daily-life-coping/essential-goods-services.html

## low to protect members of the household who are at higher risk

groups, then all family members should act as if they, themselves, are at higher risk. Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. If your household includes people in these

Here are seven ways to protect your household members.

### Stay home as much as possible.

- blowing your nose, coughing, or sneezing. Information on when and how to wash hands 2. Wash your hands often, especially after you have been in a public place or after can be found here: www.cdc.gov/handwashing/when-how-handwashing.html.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.
- » Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.
- 4. Don't touch your eyes, nose, and mouth with unwashed hands.

### Cover your coughs and sneezes.

- » If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of
- Throw used tissues in the trash.
- » Immediately wash your hands.

### 6. Clean and then disinfect your home.

- » Wear disposable gloves, if available.
- This includes tables, doorknobs, light switches, countertops, handles, desks, phones, » Clean frequently touched surfaces daily with soap and water or other detergents. keyboards, toilets, faucets, and sinks.
  - Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.

BPA-registered disinfectants are listed here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-

More about cleaning and disinfecting can be found here: www.cdc.gov/coronavirus/2019-ncov/preventgetting-sick/cleaning-disinfection.html

## 7. Don't have visitors unless they need to be in your home.

You can find more information at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-athigher-risk.html



## How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

## Follow these five tips to help protect children and others from getting sick.

- ... Teach children the same things everyone should do to stay healthy. Children and other people can spread the virus even if they don't show symptoms. Learn more at wowered proving prevent getting sick/how-covid-spreads.html.
- 2. Don't let children have in-person playdates with children from other households.
- Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.
- 4. Help children stay connected to their friends through video chats and phone calls.
- Teach children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- » Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- » Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
  - » Scrub your hands for at least 20 seconds.
- » Rinse your hands well under clean, running water.
- » Dry your hands using a clean towel or air dry them.

You can find more information about caring for children at www.edc.gov/coronardins/2019-ncov/daily-life., coping/children.html.

## How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

## If you are caring for someone who is sick at home, follow these six tips:

- Have the person stay in one room, away from other people, including yourself, as much as possible.
- Have them use a separate bathroom, if possible.
- Look for emergency warning signs\* for COVID-19. It someone is showing any
  of these signs, seek emergency medical care immediately:
- » Trouble breathing
- » Persistent pain or pressure in the chest
- » New confusion
- » Inability to wake or stay awake
  - » Bluish lips or face
- This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

## 4. Make sure the person with COVID-19 does the following:

- » Drinks a lot of fluids to stay hydrated
- » Rests at home
- » Uses over-the-counter medicines to help with symptoms (after talking to their doctor)

For most people, symptoms last a few days and they get better after a week.

## Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.

If English is your second language, a household member should know how to ask for an interpreter.

Call 911 for medical emergencies. Tell the 911 operator that the patient has or is suspected to have COVID-19. If English is your second language, a household member should know how to ask for an interpreter.

# You can find more information about caring for someone who is sick at <a href="www.cdc.gov/coronavirus/2019-">www.cdc.gov/coronavirus/2019-</a> ncov/if-you-are-sick/care-for-someone.html.

# How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

## Follow these ten tips when isolating a household member who is sick:

- 1. Keep 6 feet between the person who is sick and other household members.
- 2. Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth
- 3. Have the sick household member wear a mask when they are around other people at home and out (including before they enter a doctor's office).

  But it should not be placed on children under age 2, anyone who has trouble breathing, or anyone who is not able to remove the covering without help. You can find more about masks at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.
- 4. Keep people at higher risk separated from anyone who is sick.
- Have only one person in the household take care of the person who is sick.This caregiver should be someone who is not at higher risk for severe illness.
- » The caregiver should clean where the sick person has been, as well as their bedding and laundry.
- The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
- » Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
- Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces with EPAregistered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectantsuse-against-aggs-cov-?.



Page 3 of 5

- 7. Limit visitors to those with an essential need to be in the home.
- 8. Don't share personal items like phones, dishes, bedding, or toys.
- 9. Try to do the following if you need to share a bedroom with someone who is sick:
  - » Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
  - » Place beds at least 6 feet apart, if possible.
  - » Sleep head to toe.
  - » Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.
- 10. Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.

If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good air flow. Open a window and turn on a fan (if possible) to bring in and circulate fresh air.

### How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household.

### Also, follow these seven tips:

- 1. Don't help prepare food if you are sick.
- 2. Wash your hands for at least 20 seconds with soap and water before eating. This includes everyone in the household!
- 3. Use clean utensils when placing food on every household member's plate.
- Don't eat from the same dishes or use the same utensils as someone else in the household.
- 5. Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible. Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
- 6. Have only one person bring food to the sick person and clean-up the sick person's food service items. This should be someone who is not at higher risk for severe illness.
- 7. Wash your hands after handling used food service items.

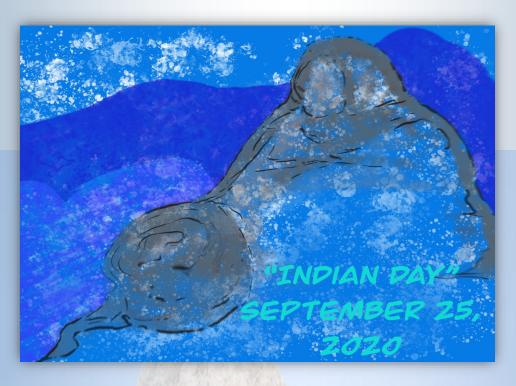
### cdc.gov/coronavirus

Page 5 of 5

From the Pyramid Lake Tribal Health Clinic: Guidance for Large or Extended Families Living in the Same Household. The Pyramid Lake Tribal Health Clinic observes CDC, Washoe County Health and IHS Guidelines daily. Information is subject to change on a daily basis.

For up to date information, please follow us on Facebook (Pyramid Lake or Pyramid Lake Paiute Tribe, or on Twitter @plpt.

You can also catch up with Chairman Sampson's addresses on our Youtube Channel,
Pyramid Lake Paiute Tribe.



### From Governor Sisolak's Office:

"Today, I proclaimed Sept. 25 to be Native American Day to honor the Native American Community in Nevada and recognize how the culture and history of the Indigenous people in Nevada have helped shape the State we are today.

Four Great Basin Native American tribes were the first peoples of the Silver State: the Washoe, the Northern Paiute, the Southern Paiute and the Western Shoshone. Together, they encompass Nevada's 27 tribes, bands and colonies, each

with own unique traditions and identities.

I encourage all Nevadans to learn more by checking out the Nevada Indian Commission website, which has resources, including a map of Nevada's tribes and a registry of Great Basin Native Artists."



### Tribes See Ballot Collection As A Lifeline in Indian Country

By Sam Mentz, Associated Press

September 28, 2020



Janet Davis, an enrolled member of the Pyramid Lake Paiute Tribe, stands alongside Pyramid Lake between Nixon, Nev. and Sutcliffe, Nev. on Tuesday, Sept. 8, 2020. As a tribal council member, Davis hopes the coronavirus pandemic doesn't reverse recent progress to expand access to voting on rural reservations like the Pyramid Lake Paiute's and supports lifting limits on ballot assistance to allow tribal members to collect and return ballots on behalf of their neighbors. (AP Photo/Sam Metz)

NIXON, Nev. (AP) — Many older people living on the expansive Pyramid Lake Paiute Reservation in northern Nevada relied on the tribe's senior services van to get to the grocery store or the doctor before the coronavirus pandemic ended that option.

Now, tribal officials worry how elders and others who don't have cars or can't travel on their own will get to the post office to return their ballots before Election Day.

"The distance has been a barrier for our people to vote," tribal council member Janet Davis said outside the small, wood-shingle post office in the town of Nixon, not far from the turquoise lake that gives the Pyramid Lake Paiute Tribe its name. "We have elders that might not be able to move around much, those that might be afraid of the pandemic, people who are disabled and people that don't have transportation."

To make voting easier, a new Nevada law allows residents to fill out their ballots and let someone else return them on their behalf — a neighbor, tribal official or political volunteer. To Davis and other tribal officials, it's not unlike the way people on far-flung reservations help each other run errands.

Tribes see ballot collection as a critical way to boost historically low Native American turnout. They are targeting bans on the practice in several states, including Arizona and Montana, as more states move to mail-in voting during the pandemic. It's become a flashpoint in a rancorous election year, with President Donald Trump claiming without evidence that it will lead to fraud.

Detractors argue that so-called ballot harvesting allows political groups to deploy volunteers to collect ballots on a mass scale and sway elections. They worry about the potential for tampering similar to what happened two years ago in North Carolina's 9th Congressional District, where a Republican political operative is accused of manipulating incomplete ballots.

Tribes say the negative impact of limiting ballot assistance in Indian Country is often absent from the debate. Native Americans have a lower voter turnout rate than other racial or ethnic groups. They face less-reliable mail service on remote tribal lands and often must travel long distances to reach a polling place or a post office to return a mail-in ballot. And it's only gotten tougher with services scaled down because of the virus.

Trump's campaign sued Nevada after the Democratic-controlled Legislature <u>passed a law</u> to mail ballots to all active voters and lift limits on who can collect ballots for other people. It makes it a felony to not return a ballot after being entrusted to do so. The president alleged the law will compromise election integrity, but a federal judge <u>dismissed</u> the case, saying the campaign didn't show how it would be harmed.

"It's just the case that in the regular course of their lives, Native Americans pick up and drop off mail for each other," said Jacqueline De León, an attorney for the Native American Rights Fund. "It's a way people cut down the cost and burden of getting their mail in the rural places they live."

The Pyramid Lake Paiute Reservation spans more than 742 square miles (1,920 square kilometers) north of Reno. Residents live mainly in three towns — Wadsworth, Nixon and Sutcliffe — that are up to 30 miles (48 kilometers) apart.



The U.S. Post Office in Nixon, Nev. is seen on Tuesday, Sept. 8, 2020. The majority of the more than 1,300 Pyramid Lake Paiute tribal members receive their mail in shared P.O. boxes at the reservation's sole U.S. Post Office in Nixon, Nev., which is only open from 11:00 a.m. to 3:30 p.m. Post offices on tribal lands will play an integral role in ensuring Native Americans can access voting in Nevada and elsewhere in the U.S. West in the 2020 election, but advocates worry residents of sprawling, rural reservations who lack transportation may struggle to get to the post office. (AP Photo/Sam Metz)

On a reservation that's been closed to outsiders to prevent the spread of the virus, only in Sutcliffe does the Postal Service deliver mail to neighborhoods. Homes in Wadsworth and Nixon rely on P.O. boxes at their post office, which is open only from 11:30 a.m. to 3:30 p.m. Residents say the mail is either infrequent or unreliable.

That's the case on many tribal lands, including the Navajo Nation, where voters recently <u>lost a lawsuit</u> in Arizona seeking an extra 10 days past Election Day to count mail-in ballots because of post office delays.

In Nevada, Pyramid Lake Paiute members also can cast ballots in person at tribal offices in Nixon after the tribe sued Nevada in 2016, saying people were denied equal access to the polls due to long distances some must travel to vote. But they still must find a way there.

On the Duck Valley Indian Reservation straddling the Nevada-Idaho line, Lynn Manning-John believes allowing people to collect and return ballots for other voters could improve low turnout.

But Manning-John, a member of the Duck Valley Shoshone-Paiute Tribes, worries about relying too heavily on post offices like the cramped, century-old facility in Owyhee, Nevada, where she lives.

Getting there isn't easy for many of her neighbors, she said. Not everyone has a car, and it's not uncommon to see horses tied up to rails outside the grocery store alongside dirt bikes. At the post office, there aren't enough P.O. boxes, so it's common for three generations of a family to share a mailbox, Manning-John said.

The reservation historically has operated as an all-mail precinct. If a voter notices a problem on their ballot like a spelling error or doesn't receive a ballot because of an address verification issue, the only option is to travel 97 miles (156 kilometers) to the county seat in Elko to vote. The reservation will have neither a polling place nor a drop-box location for ballots in the upcoming election, making mail service the only option

Manning-John hopes expanding who's allowed to collect ballots and bring them to the post office or to Elko will encourage voting.

For those who don't trust the mail to arrive on time, "there are people who will be willing to say, 'If you vote, I'll make sure your ballot gets to Elko," she said.

Sam Metz is a corps member for the Associated Press/Report for America Statehouse News Initiative. Report for America is a nonprofit national service program that places journalists in local newsrooms to report on undercovered issues.