



March 16, 2020

Big Pine Tribal Members and Community:

Due to the recent outbreak of COVID-19 coronavirus nationwide, the Big Pine Tribal Council is asking that our tribal community adhere to the warnings issued by the Centers for Disease Control (CDC) and state and local authorities. We urge you to take precautions to protect our children and families from coronavirus. Right now, there are no known cases in Inyo or Mono County, but health officials say it is a matter of time until it comes to our communities.

The Big Pine Paiute Tribe has cancelled all community events, committee meetings, Tribal Council and General Council meetings. We are taking these precautions to ensure the safety of our tribal community. There will be emergency staff answering the telephone but we encourage you not to come directly to the office.

Big Pine Schools announced on Sunday, March 15 that school would remain open the week of March 16-20. To protect our community, if the Big Pine Unified School District does not shut down, I as your tribal chairman suggest that all Native children stay home from school until the end of March, depending on daily developments of the coronavirus. We will be working with the school for homework packets and trying to organize safe learning activities that can be done at home or in small groups.

We will try to keep you informed on the recent outbreak and encourage you to listen to local news for updates. If you begin to feel sick and show symptoms like fever and chest congestion, Toiyabe Health Project asks that you call ahead at (760) 876-4795 before going to the clinic so that they can prepare properly. They have a limited number of test kits but can swab your nose for testing.

Please stay calm at this time and follow recommendations to stay home, limit public contact, and wash hands and surfaces to sanitize. We are trying to set up a volunteer list to help the elderly with any shopping necessity needs they may require at this time. Please let us know if you can help and thank you for keeping our community safe by following the medical experts' advice.

-Chairman James Rambeau Sr.

Health tips to protect your family and elders:

COVID-19 is spreading person-to-person between people who are in close contact with one another (within about 6 feet) via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Symptoms of the COVID-19 coronavirus include mild to severe respiratory illness with fever, cough, and shortness of breath. It can take up to 14 days for the virus to become active after exposure.

Who is at risk? People of all ages can be infected by a coronavirus, including COVID-19. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. There is currently no vaccine to prevent COVID-19.

The best way to prevent illness is to avoid being exposed to the disease. We encourage you to take the following precautions to prevent the spread of the virus:

- Washing your hands with warm water and soap often for at least 20 seconds
- Cover coughs and sneezes and avoid people who are sick
- Avoid touching your eyes, nose, and mouth
- Staying home if you are sick
- Avoiding contact with people with sicknesses/symptoms
- Cleaning/sanitizing common areas and "high-touch" surfaces
- Avoiding large gatherings

**\*LINKS FOR INFORMATION ABOUT THE NOVEL CORONAVIRUS COVID-19\***

[TOIYABE INDIAN HEALTH](#)

[WHAT CORONAVIRUS MEANS FOR THE EASTERN SIERRA CALIFORNIA CORONAVIRUS DISEASE \(COVID-19\) UPDATES](#)

[LOCAL HEALTH OFFICIALS MONITORING CORONAVIRUS](#)

[CDC CORONAVIRUS \(COVID-19\) UPDATES](#)