

## HOW TO ACCESS VIRTUAL TRIBAL MEETINGS

Due to COVID-19, tribal meetings are being held virtually using the platform ZOOM until it is safe to meet face-to-face. You may also attend meetings by dialing in. Meeting links and phone numbers will be available on the Tribal Members portal at [www.srmt-nsn.gov](http://www.srmt-nsn.gov).



Below are some helpful tips on how to access meeting content on the Tribal Members Portal:

- 1** Go to [www.srmt-nsn.gov](http://www.srmt-nsn.gov) and click "Tribal Members" on the top right corner of the web-page.
- 2** Input your login information. Your username is your name as it appears on your Tribal ID card, **without any spaces.** (e.g. MohawkTribalMember) Your password is "srmt" followed by your six-digit enrollment number. (e.g. srmt012345)
- 3** All current virtual meeting links will be located on the portal according to the meeting's name.

Please call the Tribe's Communications Department at (518) 358-2272 for additional assistance.



Saint Regis Mohawk Tribe  
71 Margaret Terrace Memorial Way  
Akwesasne, NY 13655

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# COVID-19

(NOVEL CORONAVIRUS)

## CLEANING AFTER ISOLATION AND QUARANTINE



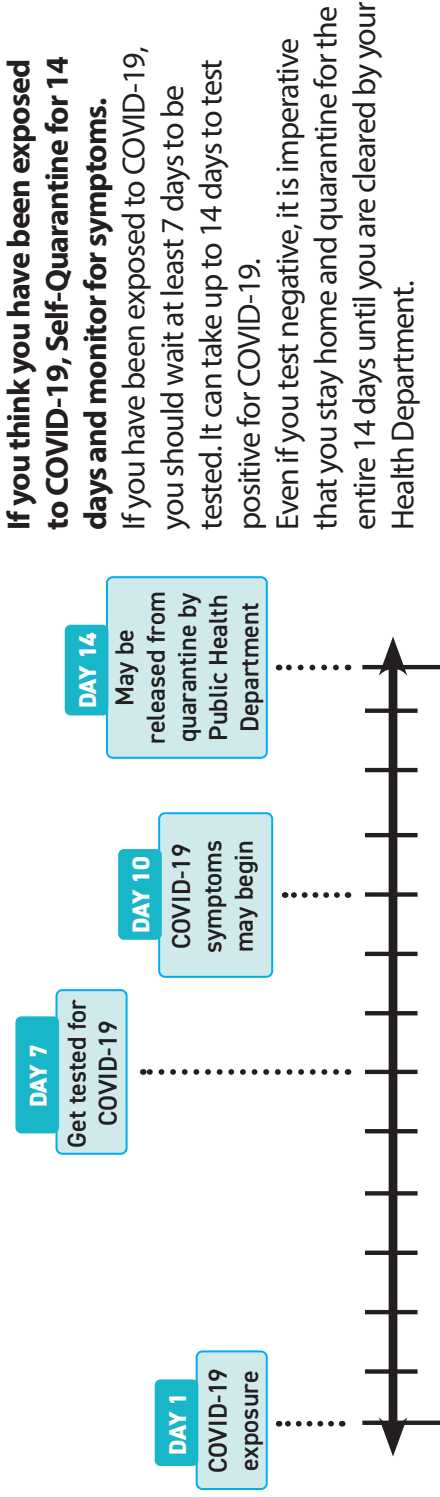
**SOFT SURFACES:** such as carpeting and drapes use soap and water or appropriate cleaners for use on these surfaces. Launder if possible with warm water settings and dry completely.

**ELECTRONICS:** consider using a wipe-able cover. Follow any manufacturer's cleaning instructions. Or use alcohol-based wipes that contain at least 70% alcohol. Dry surfaces completely.

**LAUNDRY:** Wear disposable gloves and launder clothing with the warmest appropriate water setting and dry items completely. Do not shake dirty laundry. Remember to disinfect clothes hampers and remove gloves right away.

- Centers for Disease Control and Prevention

## WHEN TO GET TESTED AFTER EXPOSURE TO COVID-19



**If you think you have been exposed to COVID-19, Self-Quarantine for 14 days and monitor for symptoms.**

If you have been exposed to COVID-19, you should wait at least 7 days to be tested. It can take up to 14 days to test positive for COVID-19.

Even if you test negative, it is imperative that you stay home and quarantine for the entire 14 days until you are cleared by your Health Department.

## WHAT IS CONTACT TRACING?

Contact tracing is a tool that can help slow the community spread of infectious diseases such as COVID-19. Labs and other healthcare facilities send the names of people who have been diagnosed with COVID-19 to their local health department to begin the contact tracing process.



## WHAT TO EXPECT DURING CONTACT TRACING FROM YOUR HEALTH DEPARTMENT:

- 1** A public health worker will call to inform you that you have been exposed to COVID-19.
- 2** You will be asked to stay home and quarantine for 14 days after exposure.
- 3** Public health will ask for a list of people you have been in close contact with (within 6 feet) for 15 minutes or longer.

## COMMUNITY EXPOSURE RATING



COVID-19 impacts more than just the one person who tests positive, known as Person "A". It impacts those who have been in **direct** close contact (within 6 feet) with the positive case during their infectious stage, who are Person "B". Those in contact with Person "B" are known as Person "C" — who must also take additional cautions until the testing results of Person "B" are known.