

# Daily Updates

## Election Notice

On March 24, 2020, the Minnesota Chipewewa Tribe (MCT) Tribal Executive Committee (TEC) announced that the upcoming primary election will be delayed based on concerns about the COVID-19 pandemic. The primary election will now occur on June 9, 2020 (the date of the original General Election), and the general election will occur on August 18, 2020. A copy of the TEC resolution is available on the Fond du Lac website.

## Important notes

Emergency Operation Center (EOC) hotline (218) 878-7175 or for a written update from the EOC: <http://fdlrez.com/downloads/EOCUpdates32220.pdf>  
 Min No Aya Win's (MNAW) hours of operations are 9 a.m.-3 p.m. NO WALK-IN APPOINTMENTS.  
 Pharmacy is now offering curbside delivery. Park in the designated spot and call the number on the sign.  
 Meals for Elders and children, contact your community center for more details. CCC (218) 878-2661 BCC (218) 878-8042, or SCC (218) 878-8189.  
 Face mask donations need, if you have any questions please call (218) 878-3529  
 Fond du Lac Gas & Grocery, Aaniin, and Propane still open, FDLGG has limited hours (7 a.m.-7 p.m. M-F, 10 a.m.-6 p.m.), Aaniin and Propane remain open for service

# Local government aids Tribal Nations

Tribal nations across the country have been hit hard by COVID-19 just like everyone else, and the Minnesota government has stepped in with some financial aid.

With all six Bands of the MCT and Red Lake's Seven Clans Casino closing their casino doors to help against the spread of the coronavirus, the Bands have been hit particularly hard. Closing casinos was a difficult decision for all each of the Bands, but knew it was an important step in maximize social distancing.

The closure of casinos has brought about an increased strain on all of Indian country with that lack of income. The Minnesota government has stepped in to help Tribal nations across Minnesota. As part of their \$330 million emergency response bill, \$11 million will be set aside for Tribal Nations meaning each Band will get \$1 million dollars.

Section 10.b of the bill states, Each tribal nation must use the grant received under paragraph (a) for activities that mitigate the immediate health and economic impacts of COVID-19. These activities include but are not limited to (1) reimbursable activities under the Robert T. Stafford Disaster Relief and Emergency Assistance Act, as amended, and (2) securing basic needs, including but not limited to food and shelter, for tribal members.

This money will go a long way to help each of the

Bands. The money has to be applied for by Apr. 1 at which point the money will be divided by the number of Bands which apply.

This news comes on the same day that America passes China and Italy as the country with the most cases in the world, 85,435 as of the end of the day yesterday, with 346 of those cases in Minnesota. New York continues to be the hardest hit with 38,977.

It has been an increasingly stressful 2020. Everyone handles stress in different ways, but the most important thing to remember is that we're not alone. Reach out to those closest to you via phone call or video chat, there are many free options like Skype to help you feel connected. Please resist the urge to go out and visit people. Our best hope around the country is to

isolate. Part of that isolation, and in an effort to keep yourself and others safe, it is important to limit contact even with health-care providers, if not for your safety, for theirs. Fond du Lac is aware that limiting contact is important and has plans to still be able to see members of the community for their health needs.

"Currently we do have our phone calls and visits

through phone calls as well, so if you have any concerns or questions, things that you need to speak with your provider with, we can put you in the schedule," Dr. Reynolds said last week about keeping the amount of people in the clinic down. The EOC hotline (218) 878-7175 is also a great resource for questions. "We can put you in the schedule and call to discuss your needs. We are currently working to do video conferencing. As soon as we have that available we will be reaching out to our patients that way."

Remember to do your best to stay healthy by eating well, limiting alcohol and drug use, and getting an appropriate amount of sleep.

Info from the CDC  
 According to the CDC, infection can spread before someone develops symptoms (if

they develop them at all), so someone could pass the virus on to you before they even know they are infected.

- Routinely disinfect surfaces in your home, such as door-knobs, faucet handles, and cell phones
- Avoid close contact with people who have recently traveled to an area with high COVID-19 activity
- Maintain healthy habits, like eating well, getting enough sleep and managing your stress levels, in order to keep your immune system as strong as it can be.

*If you develop COVID-19 symptoms such as fever, cough, and shortness of breath, call your doctor.*

*More information at: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>*

**6 FEET** | **SOCIAL DISTANCING**

Social distancing means **staying away from close contact** in public spaces.

**AVOID**

- Group gatherings, non-essential appointments, sleep overs, playdates, concerts and theater outings, sporting events, crowded retail stores and malls, workouts in gyms, visitors in your home, non-essential workers in your home, mass transit, eating at restaurants

**OK**

- Take a walk, go for a hike, yard work, play in your yard, clean, read a good book, listen to music, cook a meal, enjoy family game and movie night, video chat family members, call to check in on friends and family

**Use caution when seeking urgent medical care and getting household essentials.**

Fond du Lac Reservation | Fond du Lac Human Services Division