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# Indigenous COVID-19 Response Social Media Toolkit

INSC 598 - Spring 2020  
Applied Indigenous Research Methods

## **Team Members / Activities:**

Nicole Kuhn (NK) - find posts for Portland Area IHB; organize “3.Harm Reduction”  
Alayna (AES) - prepare Introduction, Protocol Checklist, Needs Assessment,Resource List  
Joey (JH) - find posts for Navajo Nation, Puyallup Tribe, Tulalip Tribe, grassroots groups;  
contribute to resource list; organize and frame “6. Other Topics”  
Shawon (SS) - find posts for Navajo Nations, Suquamish Nation, Upper Skagit Nation; organize “5.  
Staying Connected”; create and migrate to Google Site  
Meaghan (MF)- find posts for Tulalip Nation; organize “4. Meeting Community Needs”  
Lauren - organize “7. Resource List” doc, align with toolkit topics

**Overview:** From a review of public social media posts, we will examine how tribal communities are communicating with community members during the 2020 global pandemic. From this work, we produced a ToolKit for Tribal nations that incorporates our findings and recommendations for utilizing social media to communicate to their tribal members and persons living on Tribal lands about reducing harm, meeting their members’ needs,staying connected to each other, and communicating issues related to non-community members.

Planning Notes:

<https://docs.google.com/document/d/1MsFAEjwpvZrCotCBrijolcaTIErNPecB48BJH6JFyhM/edit?usp=sharing>





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## **1. Introduction**

Since the first cases of COVID-19 appeared in Wuhan, China in December 2019 to when the virus hit the United States in January 2020 (WHO Timeline, 2020), Indigenous responses to the COVID-19 pandemic have been steadfast and largely grassroots led with limited resources with slow, and sometimes no help, from the government. Indigenous people have been fighting against colonial diseases since the first invasions of the settlers in the 1400's. Even so, Indigenous people continue to hold strong to many of the original instructions of their lands such as: gardening practices, protocols for harvesting traditional medicines, ceremonial lifeways, and reciprocal storytelling about how to be in good relationship with the lands and each other.

We would like to start by thanking all of the hardworking Indigenous led organizations, institutions and community led projects that we highlight in this social media toolkit for sharing their resources and offering their help to other Indigenous communities in need. The commitment from these organizations and communities to aid other Indigenous communities during this pandemic has been monumental. We hope that the examples we provide in this toolkit will help to illustrate this extensive concerted effort.

This toolkit is for Indigenous communities to use as an example of messaging, Public Service Announcement (PSA) and poster dialogue, podcast topics and a list of social media guides to organize and get movement going in your own community around the COVID-19 pandemic, while being safe and communicating online. We do not intend to tell anyone what to do or what is most needed in their communities, rather we hope to support communities in navigating their options by sharing the tools below.

Below we compiled a mixture of Indigenous social media outlets and examples for communities to reference when creating their own messaging for their communities.

This toolkit was either created by our group or found publicly online. We do not have permissions for there-use of images (unless stated on their website or online posts), but we hope these examples will help you with your social media organizing and messaging. We are also providing a Resource List for locating online resources that provide help with gathering necessary information and creating your social media posts for your own community.

We begin by providing a checklist for tribes and Indigenous communities to start addressing and asking questions around basic needs in their communities. As with any effort to address community needs, we first talk with leadership about the needs. Leadership can include (but not limited to): tribal council, Indigenous organization leaders, elders, community leaders, youth, etc. As Indigenous people who are continuously recovering from colonial trauma, communicating effectively can be a barrier, therefore, you must approach the local leadership in a good way and ask for ways you can help and begin there. Do not approach any community assuming you have all the answers. Instead, find ways to communicate, resolve conflict, and actively participate with a good heart. You must not enter an Indigenous space with a savior mentality, even if you are Indigenous yourself and you think you have great ideas or solutions. There are protocols for entering tribal community spaces, which vary from community to community. Be mindful and make sure you have the trust and respect of the community, or find someone who does, because this pandemic is reopening a lot of trauma for people in ways that we cannot see or readily recognize. Immediately below is a list of communications protocols and essential rules when working with Indigenous/tribal communities. Please take notes and use as necessary.

### **A. Study Methods**

Our methodological process aimed to analyze the use of social media as a means of educational communication and resource-sharing across different national and regional organizations, as well as across tribal communities of varying geographies and sizes. Our team reviewed Facebook posts shared during the time period before the first reported COVID-19 case in the United States (January 20th, 2020) through May 28th, 2020. In order to obtain a broad sample of posts, we followed the Navajo Nation as representative of large Southwest tribal community directly impacted by a large number of COVID-19 cases and the Tulalip, Squamish, and Puyallup nations as representative of medium-sized tribes with early exposure to COVID-19 cases in Washington state. We selected national and regional level tribal organizations and agencies based on the individual topic to assess how messaging about a specific topic (i.e. CDC recommendations, education, mental and physical health, resilience, etc.) was broadly conveyed to Indigenous communities and how that message was then refined or adapted at the specific community level. Given that national organizations are typically focused on a particular issue or category, we collected social media posts from national and regional organizations or agencies related to the specific topic (e.g. National Indian Education Association as a national organization engaged in the topic of educational community needs and the Northwest Portland Area Indian Health Board as a regional organization engaged in the topic of health and wellness) being discussed rather than drawing from broad or general national organizations.

To explore social media use of smaller tribal communities, we took a keyword-based search approach. We searched the directory of tribal nations to find names of smaller tribal communities listed on

the National Congress of American Indians (NCAI) (<http://www.ncai.org/tribal-directory>). We searched the names on Facebook and Instagram to collect public social media posts from those tribal communities. In the process, we realized that many regional tribal communities, especially smaller in sizes, do not hold a formal public social media presence. At the same time, some maintain invitation-only groups, which has resulted in an unbalanced presentation of regional tribal communities of different sizes within our narrative.

## **B. Indigenous/tribal Community Protocol Checklist**

<b>Indigenous/tribal community protocol check-list:</b>	
1. What are your motivations for wanting to help an Indigenous/tribal community? Do you have personal skills dealing with this type of crisis within an Indigenous/tribal community?	
2. Have you identified leadership to be in conversation around social media messaging and other resources?	
3. Do you have trusted resources or the proper messaging information to share with an Indigenous/tribal community around the COVID-19 pandemic?	
4. What is your follow-up plan for your community engagement with an Indigenous/tribal community? Do you have a mediation plan for communities that are triggered by this pandemic?	
5. Here is a list of example questions to ask: <ul style="list-style-type: none"> <li>a. What are the needs of your (our) community around COVID-19?               <ul style="list-style-type: none"> <li>i. Most urgent to least urgent?</li> </ul> </li> </ul>	

<ul style="list-style-type: none"><li>b. How can our organization/institution assist in your efforts?</li><li>c. Do you need help with organizing entities (building alliances) to gather within the community/area to meet on the crisis and share resources?</li><li>d. Do you need help organizing budgetary needs? Do you need help with fundraising efforts?</li><li>e. Do you need help with policy or resolution templates?</li><li>f. Do you need PSA/messaging posters or recordings or other awareness materials?</li><li>g. Do you need help organizing a task force/strike team for your Indigenous/tribal community?</li><li>h. Do you need help developing an Indigenous/tribal needs assessment to identify needs?</li><li>i. Do you need help with press-releases and other fact sheet communications?</li><li>j. Do you need help with contact tracing information/training? Do you need help with documentation of efforts?</li><li>k. Do you need help creating a crisis plan for individual families and whole community actions?</li></ul>	
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### **C. Essential Community Rules**

- Community leader's decisions are respected and upheld
- Community leaders direct the progress of the actions, plannings, etc.; they are the experts
- As an organizer you are a collaborator and not the leader
- Organizers will be kind, compassionate, loving, and understanding at all times and that the Indigenous/tribal community can change their mind at any moment
- As an organizer it is important to facilitate the needs of the Indigenous/tribal community with other entities (alliances) when asked to ensure that these communications are respectful, compassionate and understanding of the Indigenous/tribal community needs at all times
- Indigenous/tribal community approval is needed for all actions taken on their behalf (e.g. creating messaging, facilitating meetings, etc.)

Resources:

WHO Timeline - COVID-19. (2020). Retrieved from <https://www.who.int/news-room/detail/27-04-2020-who-timeline---covid-19>

## **2. Community Needs Assessment**

### [COVID-19 Community Needs Assessment \(Standing Rock Sioux Tribe version\)](#)

- No personal information is shared or revealed. This is an example of questions used for a tribal survey. The questions are public and can be used as a template for other communities wanting to implement a similar survey within their Indigenous/tribal communities.

## **3. Reducing Harm**

*In this section, we are considering how tribal organizations and nations are sharing CDC recommendations in culturally relevant ways or ways that are specific to their community and resources. In early February 2020, we see that tribal nations began re-posting information from CDC and other national or state health agencies and then subsequent posts include more culturally relevant posts. Here we share examples of posts relating to CDC guidelines first, followed by posts relating to recommendations for social distancing, face coverings, hand washing, talking with children about these topics, funerals and lockdowns.*

### **A. CDC Guidelines**

The Suquamish tribe posted their first COVID-19 related message to FaceBook early on February 26, 2020. In this post, they provided guidance for hand washing, social distancing, and virus spread and provided links to the State Department of Health, the Center for Disease Control and the World Health Organization. Soon after, the Upper Skagit Indian Tribe posted two CDC infographics to its Facebook page, and in early March the Suquamish Tribe posted an infographic from the state health department. The Navajo Nation also posted CDC tools, such as the Coronavirus Self-Checker in April, when the Portland Area Indian Health Board was also sharing information about their Covid-19 resource page and relevant hashtags (#StayHome #StaySafe #SaveLives). In May, we see Navajo Nation Department of Health creating and posting their own health guidelines for their tribal nation.

Throughout this toolkit, we organize each social media post in an individual table, including the name of the Facebook group making the post, the date of the post, and the text, hashtags and graphics from their post. Below, we begin by providing six tables to illustrate the messages posted on social media by four tribes relating to CDC guidelines and protective measures in their communities.

Suquamish Tribe

Feb. 26, 2020

*Protective measures for the COVID-19 outbreak, COVID-19 is still affecting mostly people in China with some outbreaks in other countries. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:*

*Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for a full 20 seconds. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.*

*Maintain at least 1 meter (3 feet)\* distance between yourself and anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.*

*Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.*

*Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.*

*Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections. For Additional information please refer to the WA St. Dept. of Health, the Center for Disease Control or the World Health Organization.*

[www.doh.wa.gov](http://www.doh.wa.gov), [www.cdc.gov](http://www.cdc.gov), [www.who.int](http://www.who.int)

\*Note: Since this post, the CDC has adjusted their recommendation for social distancing to 6 feet.

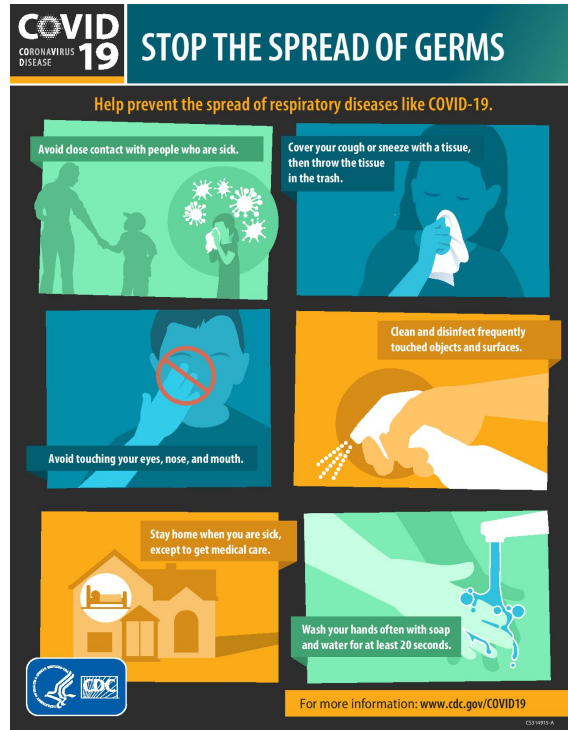


## Indigenous COVID-19 Response - Social Media Toolkit

Upper Skagit Indian Tribe

Feb. 29, 2020

[There was not much social media presence on Facebook for this tribe. The following infographics are the only current posts found on COVID-19 without other supporting information]




Suquamish Tribe

March 05, 2020

## COVID-19

What you need to know about novel coronavirus.




COVID-19 is spreading in Washington state. Everyone should take steps to protect their health and the health of people around them.


### What is COVID-19?

- COVID-19 is an illness caused by a new type of coronavirus.
- Most people who get COVID-19 experience mild symptoms similar to a cold.
- Some people, including older adults and people with other health conditions, are at higher risk for severe illness.
- Currently there is no vaccine available.


### Symptoms



Fever



Cough




Difficulty breathing

### How it spreads

Experts believe COVID-19 is most commonly spread through:

- Coughing and sneezing
- Close contact with someone who is sick
- Touching a surface or object that has the virus on it

### Be prepared at home and work




Have a plan in case children can't go to school or you can't go to work. Talk to your employer about alternative work arrangements.


Make sure you have essentials, including food, water and medications in your home.

**Masks are not recommended for use by healthy people to prevent COVID-19.**


#### STAY HEALTHY




Wash hands often with soap and warm water.




Cover your coughs and sneezes with a tissue or your elbow.




Avoid touching your eyes, nose or mouth.



Stay home when sick and avoid close contact with people who are sick.



Clean and disinfect frequently used surfaces and objects.



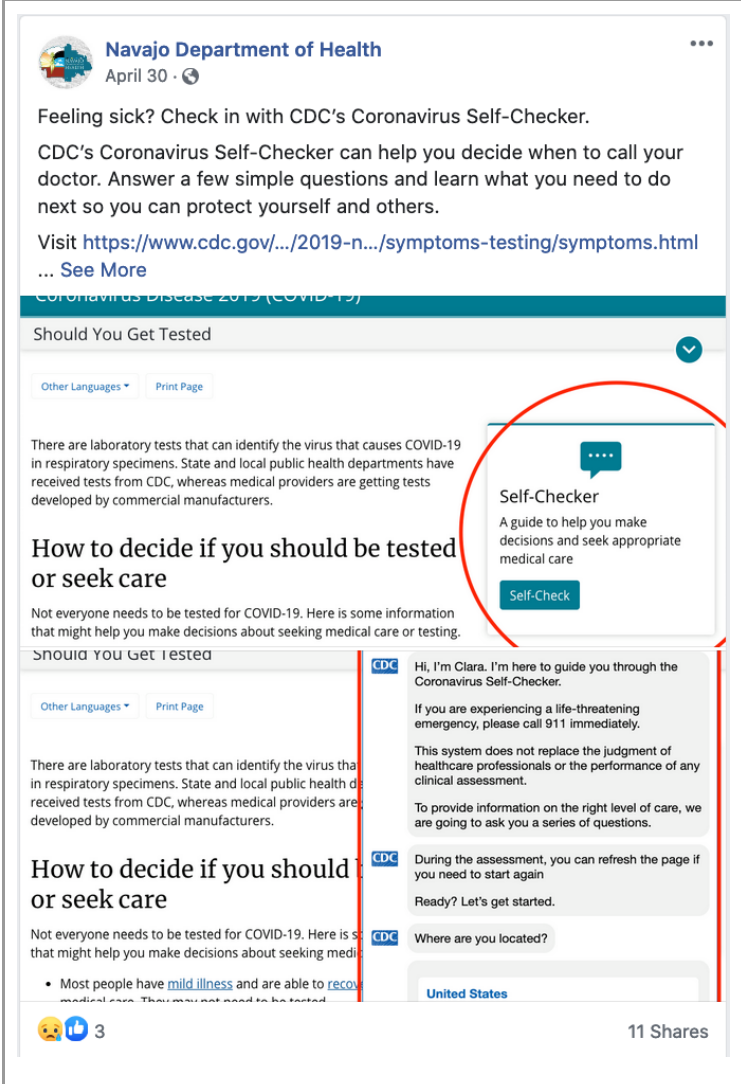
Contact your health care provider if you are severely ill or at risk of complications.

**STAY INFORMED:**  
[cdc.gov/coronavirus](https://cdc.gov/coronavirus) | [doh.wa.gov/coronavirus](https://doh.wa.gov/coronavirus) | [kitsappublichealth.org](https://kitsappublichealth.org)

Navajo Department of Health


April 30, 2020

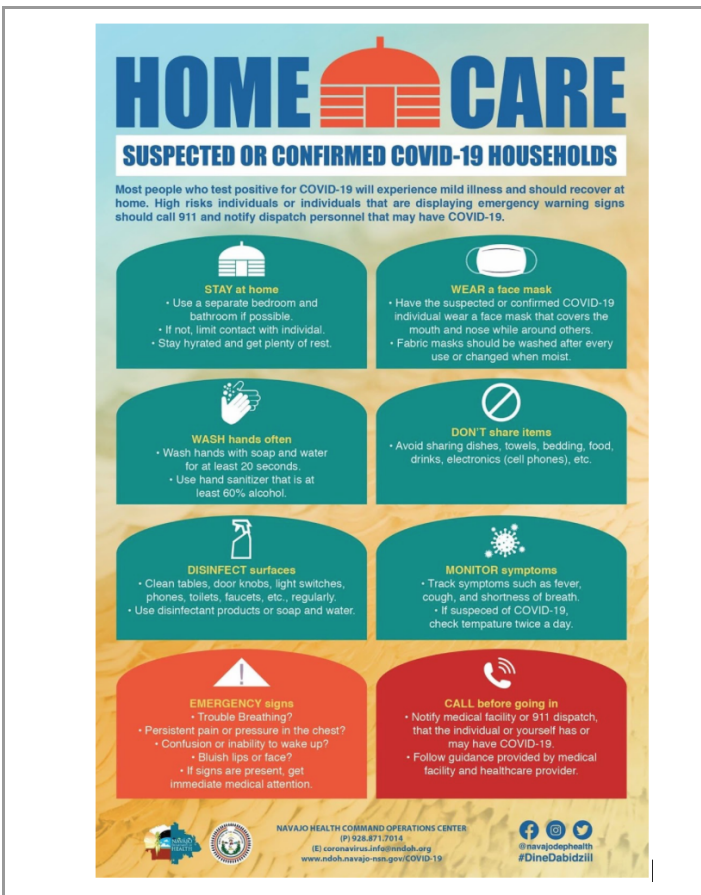
## Indigenous COVID-19 Response - Social Media Toolkit

 <p>Navajo Department of Health April 30 · 🌐</p> <p>Feeling sick? Check in with CDC's Coronavirus Self-Checker.</p> <p>CDC's Coronavirus Self-Checker can help you decide when to call your doctor. Answer a few simple questions and learn what you need to do next so you can protect yourself and others.</p> <p>Visit <a href="https://www.cdc.gov/.../2019-n.../symptoms-testing/symptoms.html">https://www.cdc.gov/.../2019-n.../symptoms-testing/symptoms.html</a> ... See More</p> <p>Coronavirus Disease 2019 (COVID-19)</p> <p>Should You Get Tested</p> <p>Other Languages ▾ Print Page</p> <p>There are laboratory tests that can identify the virus that causes COVID-19 in respiratory specimens. State and local public health departments have received tests from CDC, whereas medical providers are getting tests developed by commercial manufacturers.</p> <p><b>How to decide if you should be tested or seek care</b></p> <p>Not everyone needs to be tested for COVID-19. Here is some information that might help you make decisions about seeking medical care or testing.</p> <p><b>Self-Checker</b> A guide to help you make decisions and seek appropriate medical care <a href="#">Self-Check</a></p> <p><b>Should You Get Tested</b></p> <p>Other Languages ▾ Print Page</p> <p>There are laboratory tests that can identify the virus that causes COVID-19 in respiratory specimens. State and local public health departments have received tests from CDC, whereas medical providers are getting tests developed by commercial manufacturers.</p> <p><b>How to decide if you should be tested or seek care</b></p> <p>Not everyone needs to be tested for COVID-19. Here is some information that might help you make decisions about seeking medical care or testing.</p> <ul style="list-style-type: none"><li>• Most people have <b>mild illness</b> and are able to <b>recover</b> without medical care. They may not need to be tested.</li></ul> <p>Hi, I'm Clara. I'm here to guide you through the Coronavirus Self-Checker.</p> <p>If you are experiencing a life-threatening emergency, please call 911 immediately.</p> <p>This system does not replace the judgment of healthcare professionals or the performance of any clinical assessment.</p> <p>To provide information on the right level of care, we are going to ask you a series of questions.</p> <p>During the assessment, you can refresh the page if you need to start again</p> <p>Ready? Let's get started.</p> <p>Where are you located?</p> <p><a href="#">United States</a></p> <p>3 11 Shares</p>	<p>Feeling sick? Check in with the CDC's Coronavirus Self-Checker.</p> <p>CDC's Coronavirus Self-Checker can help you decide when to call your doctor. Answer a few simple questions and learn what you need to do next so you can protect yourself and others.</p> <p>Visit: <a href="https://www.cdc.gov/.../">https://www.cdc.gov/.../</a></p>
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Northwest Portland Area Indian Health Board

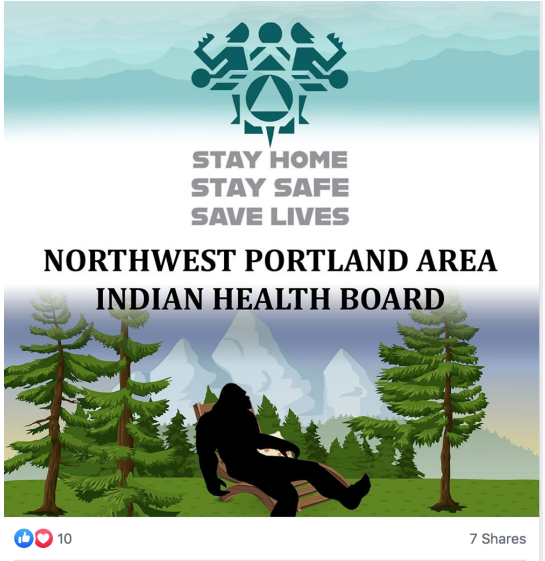

April 15, 2020

	<p>Check out the <a href="http://www.npaihb.org/covid-19/">Northwest Portland Area Indian Health Board's</a> COVID-19 resource page, with up-to-date CDC guidance, policy and legislative resources, funding opportunities, TeleECHO Learning Sessions, tribal best practices, and tips and resources for community messaging:</p> <p><a href="http://www.npaihb.org/covid-19/">http://www.npaihb.org/covid-19/</a></p> <p><a href="#">#NWTribesStayHome</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a></p>
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	<p>Navajo Department of Health</p> <p>May 11, 2020</p> <p>Reminder: Home Care: Suspected or Confirmed COVID-19 Households</p> <p>Most people who test positive for COVID-19 will experience mild illness and should recover at home. High risks individuals or individuals that are displaying emergency warning signs should call 911 and notify dispatch that you may have COVID-19.</p> <p><b>Stay at Home</b></p> <p><b>Wear a Face Mask</b></p> <p><b>Wash Hands Often</b></p> <p><b>Don't Share Items</b></p> <p><b>Disinfect Surfaces</b></p> <p><b>Monitor Symptoms</b></p> <p><b>Know Emergency Signs</b></p> <p><b>Call Before Going In</b></p> <p>The household and caregiver should practice preventive measures every day:</p> <p><b>Clean hands often</b></p> <p><b>Avoid close contact</b></p> <p><b>Avoid touching your eyes, nose, and mouth with unwashed hands</b></p> <p><b>Frequently clean and disinfect surfaces.</b></p> <p>If you are impacted by COVID-19 and need immediate essential items, such as food, water, or livestock feed, please call (928) 871- 6271. For more general COVID-19 information, visit <a href="https://www.ndoh.navajo-nsn.gov/COVID-19">https://www.ndoh.navajo-nsn.gov/COVID-19</a> or call the HCOC Hotline at (928) 871-7014.</p> <p>Take care of yourself, Take care of your family, Take care of each other.</p> <p><a href="#">#DineDabidzili</a></p>
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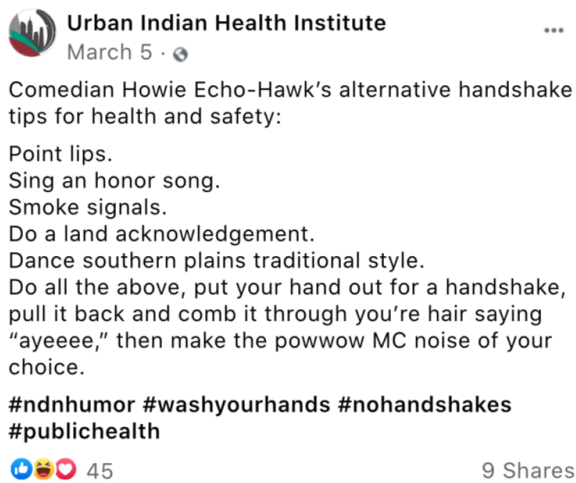
## B. Social Distancing

In the first two posts, we see that Northwest Portland Indian Health Board regularly uses BigFoot in their graphics to convey social distancing messages, along with providing internet links to CDC recommendations. The Urban Indian Health Institute's post then shows how they add indigenous humor to their messaging for health and safety tips. Finally, we see how a tribal nation has reposted a message that indigenizes the quarantine recommendations and another nation has illustrated social distancing with graphics that speak to their audiences.

	<p>Northwest Portland Area Indian Health Board</p> <p>April 15, 2020</p> <p>Bigfoot's tip - getting out in nature 🌲 You don't have to ask Bigfoot twice to get out and enjoy nature! While enjoying the outdoors though, make sure to prepare well and practice social distancing of 6 feet from others to play it safe. Read more from the CDC about staying active by following the link: <a href="https://www.cdc.gov/.../2019-.../daily-life-coping/visitors.html">https://www.cdc.gov/.../2019-.../daily-life-coping/visitors.html</a> ...</p>
	<p>Northwest Portland Area Indian Health Board</p> <p>April 21, 2020</p> <p>What is social distancing, you ask? Ask a Bigfoot! They've been staying 6 feet away from others and avoiding groups their entire lives. We're taking note and following the 6 feet rule when around other people as well. Read more from the CDC about social distancing here: <a href="https://www.cdc.gov/.../prevent-gettin.../social-distancing.html">https://www.cdc.gov/.../prevent-gettin.../social-distancing.html</a> <a href="#">#NWTribesStayHome</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a>.</p>

Urban Indian Health Institute

March 05, 2020



**Urban Indian Health Institute**  
March 5 · 🌐

Comedian Howie Echo-Hawk's alternative handshake tips for health and safety:

Point lips.  
Sing an honor song.  
Smoke signals.  
Do a land acknowledgement.  
Dance southern plains traditional style.  
Do all the above, put your hand out for a handshake, pull it back and comb it through you're hair saying "ayeeeee," then make the powwow MC noise of your choice.

**#ndnhumor #washyourhands #nohandshakes #publichealth**

👍👍👍 45 9 Shares

## SELF-QUARANTINE BUT MAKE IT INDIGENOUS

- Talk with and support elders responsibly and safely.
- Start seedlings. It's spring!
- Make traditional medicines.
- Reconnect with your traditional language, stories, and songs. What are your Peoples' stories and songs for spring time or for calling in protection and health?
- Learn a traditional craft/skill: weaving, pottery, beading, birch bark art, regalia design and sewing, tracking, bow and arrow, permaculture, etc.
- Support fellow Indigenous artists, craftspeople, entrepreneurs, and knowledge keepers whose work maybe be impacted by this pandemic.
- Learn about Indigenous rights, self-determination, and sovereignty i.e. by reading United Nation Declaration of Indigenous Peoples (UNDRIP).
- Read our "Mobilizing an Indigenous Green New Deal" on the NDN Collective website.

Tulalip News

March 19, 2020


Reposted from "Indigenous Peoples Movement (March 19, 2020)" - What Self Quarantine but make it Indigenous! Look out for the elders and children in your community. As Indigenous people we must practice our holistic ways of wellness. What is ways your making your self quarantine Indigenous??





Suquamish Tribe		
April 20, 2020	April 30, 2020	May 06, 2020
		

### C. Face Coverings

One tribal nation re-posts an article that shares a virtual exhibit of masks made by Native Artists. A regional health organization uses eye-catching graphics of BigFoot and hashtags along with links to CDC's FAQ about cloth face coverings. The Navajo Department of Health also provides brightly colored graphics and information on their tribe's public health order requirement to wear masks.

	Tulalip News
	May 02, 2020
	<p>The virtual exhibition, Masked Heroes: Facial Coverings by Native Artists, is organized by themes based on subject matter and materials. Masks in the Plant World theme either have plant imagery or showcase materials from plants, such as black ash or cedar basketry. Of course, the majority of masks in this show are made from cotton, a precontact crop from the American Southwest. Medicinal plants such as cedar/juniper and strawberries figure prominently in this category. [Reposted]</p>

<div data-bbox="193 392 769 974"></div> <div data-bbox="204 987 240 1010"> 9</div> <div data-bbox="698 991 761 1005">2 Shares</div>	<div data-bbox="831 392 1347 422">Northwest Portland Area Indian Health Board</div> <div data-bbox="831 480 987 510">May 05, 2020</div> <div data-bbox="831 569 1427 953"><p>This week's Bigfoot tip, wearing a mask 🤒 Face coverings helps curb the spread of infection for just about every group -- from the young and the old, all the way to our friend Bigfoot! Even if you don't have any symptoms, it's worth wearing a face covering. Check out the CDC's helpful FAQ by clicking the link below: <a href="https://www.cdc.gov/.../prevent-get.../cloth-face-cover-faq.html">https://www.cdc.gov/.../prevent-get.../cloth-face-cover-faq.html</a></p><p>#NWTribesStayHome #StayHome #StaySafe #SaveLives</p></div>
	<div data-bbox="906 1113 1240 1142">Navajo Department of Health</div> <div data-bbox="906 1201 1062 1228">May 02, 2020</div>




	<p><b>Let's Talk About Face Mask</b></p> <p>The Navajo Nation Public Health Emergency Order No. 2020-007 mandates all individuals (2 years and older) on the Navajo Nation to wear a mask in public to help prevent the spread of COVID-19.</p>
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The Tulalip Tribe shows photos and videos of youth wearing masks and asks members “Why do you mask up?” along with the hashtag #TulalipMaskUp. They showed youth expressing their desire to mask up for their moms, posted on Mother’s Day.

<p>Tulalip News</p> <p>May 09, 2020</p>	<p>#TulalipMaskUp</p> <p>Why do you mask up?</p>
<p>94</p> <p>2 Comments 61 Shares</p>	<p>Like Comment Share</p> <p>104 · 2 Comments</p>

## Indigenous COVID-19 Response - Social Media Toolkit


	<p>Tulalip News</p> <p>May 07, 2020</p> <p>A message from the youth of Tulalip Why do you mask up video - <a href="https://www.facebook.com/watch/?v=651457665695603">https://www.facebook.com/watch/?v=651457665695603</a></p>
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	<p>Tulalip News</p> <p>May 10, 2020</p> <p>Happy Mother's Day! Join Tulalip in the fight against COVID-19 and share your mask-up photos with us, using #TulalipMaskUp.</p>
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Posts also showcase how tribal members are creating masks for others in the community, how communities are distributing masks, and how masks are being made that incorporate traditional art forms, like we see below with masks woven from cedar bark.

	<p>Tulalip News</p> <p>April 09, 2020</p> <p>A Tulalip citizen's ingenuity and craftsmanship is giving her a critical position in a very niche, yet suddenly surging, market place. Georgina Medina, tribal member and devoted mother of five, is creating stylish, protective face masks to combat COVID-19. [Reposted]</p>
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## Indigenous COVID-19 Response - Social Media Toolkit

	<p>To'Nanees'Dizi Chapter</p> <p>June 05, 2020</p> <p>To'Nanees'Dizi Chapter is set up in front of Bashas and handing out free masks. 1 bag per person, each bag contains two mask, we have both child and adult sizes. YOU MUST BE PRESENT to pick up a bag.</p> <p>Thank you to all of those who have donated!</p>
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<p>Tulalip News</p>
<p>April 05, 2020</p>
 <p>Two 'Cedar Masks' I weaved up this past weekend. #staysafe</p> <p>16 Comments 64 Shares</p>

## D. Handwashing

Northwest Portland Area Indian Health Board continues to show BigFoot washing hands for 20 seconds, followed by consistently used hashtags, and links to CDC handwashing information. The Tulalip tribe posts a handwashing video in the Tulalip Lushootseed language. The Suquamish Tribe posts a graphic depicting Native doctors with the words “Help our Heroes, Clean Hands Save Lives”.

	<p>Northwest Portland Area Indian Health Board</p> <p>May 15, 2020</p> <p>Bigfoot tip this week - washing your hands. Every second counts! Washing hands with soap and water for at least 20 seconds is one of the best ways to protect yourself and your family from getting sick. Do it often, and do it right. Read more from the CDC by following the link:  <a href="https://www.cdc.gov/healthywa.../hygiene/hand/handwashing.html">https://www.cdc.gov/healthywa.../hygiene/hand/handwashing.html</a>  #NW TribesStayHome #StayHome #StaySafe #SaveLives</p>
 <p>VIMFO.COM  <b>Hand washing</b>  This is "Hand washing" by Tulalip Lushootseed on...</p>	<p>Tulalip News</p> <p>March 13, 2020</p> <p>Hand Washing in Tulalip Lushootseed  Link: <a href="https://vimeo.com/397355525">https://vimeo.com/397355525</a></p>

Suquamish Tribe


April 24, 2020





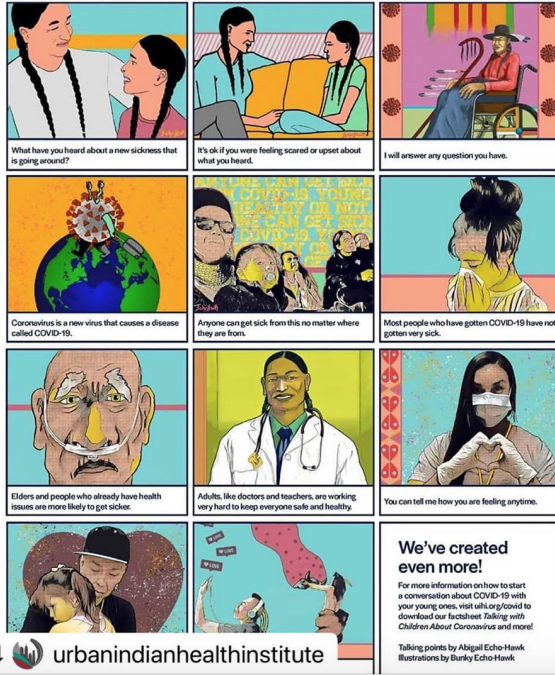
## E. Talking with Children & Families

The Northwest Portland Area Indian Health Board reposted a YouTube video by “Auntie” from Healthy Native Youth showing kids quick tips for staying healthy. They also reposted a visual resource from the Urban Indian Health Institute for talking with children about COVID-19.

 <p>YOUTUBE.COM</p> <p><b>Coronavirus - Staying Healthy</b></p> <p>Here are some quick tips for keeping yourself and...</p> <p>Learn More</p> <p>1</p>	<p>Portland Area Indian Health Board</p> <p>March 19, 2020</p> <p>I’m sure you’ve been hearing about the coronavirus nonstop. We know the virus is spread by being in close contact with someone who is infected. Here are some tips from Auntie to keep you and your family healthy. [Reposted from Healthy Native Youth] Learn more at: <a href="https://www.wernative.org/.../hey-there-im-sure-youve-been-he...">https://www.wernative.org/.../hey-there-im-sure-youve-been-he...</a></p>
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## ABOUT COVID-19

Here are some things you can say to start a conversation with your children about COVID-19.



Northwest Portland Area Indian Health Board


April 22, 2020

Talking with your children about COVID-19. Thinking about how to bring it up? Here are some visual resources and talking points from @UrbanIndianHealthInstitute

[#Repost](#) UIHI - We are excited to announce our partnership with artist Bunkyo Echo-Hawk to create this resource for caregivers to talk to kids about COVID-19. It is important to have open and honest conversations with our kids about the changing world around them. Please use these illustrated talking points and download our fact sheet that has more in-depth information on how to have these conversations. UIHI will also be hosting a question and answer session where our youngest relatives can ask all their questions about COVID-19 and the changes that are happening to be answered by Native experts. Date and time to be announced soon. Please share your children's questions in the comments or by emailing [covidquestions@uihi.org](mailto:covidquestions@uihi.org), and download this resource from [uihi.org/covid](https://uihi.org/covid). [#COVID19](#) [#WarriorUp](#) [#Resilient](#) [#COVIDinIndianCountry](#) [#Covid\\_19Indigenous\\_World](#)

## F. Funerals

The Navajo Department of Health posted their funeral COVID-19 guidelines along with CDC guidelines, their departmental guidelines and Emergency Order Numbers, funeral costs, Navajo Family Assistance Programs List of Contracted Mortuaries, and step-by-step funeral safety measures during COVID-19.



**Navajo Department of Health**  
May 8 · 🌐

Navajo Nation Funeral COVID-19 Guidelines: A Guide for Options Available upon the Death of a Loved One from COVID-19.

**Overview:**

The following are guidelines in having a funeral service to honor the death of a loved one, who was a victim of COVID-19. All funeral activities should be conducted to protect the health and wellbeing of attendees and funeral home staff.

“On behalf of the Navajo Nation Health Command Operations Center, we offer our support and condolences to the families who have lost a loved one to COVID-19. May the prayers and positive memories provide strength, hope, and comfort.”

Printable Document at <https://www.ndoh.navajo-nsn.gov/.../NN%20Funeral%20Guidelines...>

#DineDabidziil

25 Shares

**Navajo Nation Funeral COVID-19 Guidelines**

**Overview**  
The following are guidelines in having a funeral service to honor the death of a loved one, who was a victim of COVID-19. All funeral activities should be conducted to protect the health and wellbeing of attendees and funeral home staff.

**Center for Disease Control Guidelines:**  
There is currently no known risk associated with being in the same room at a funeral or visitation service with the body of someone who died due to COVID-19. People should consider not touching the body of someone who has died of COVID-19.

**Navajo Department of Health Guidelines:**  
Public Health Emergency Order No. 2020-004 states that no more than five (5) people should attend the funeral service. Furthermore, Public Health Emergency Order No. 2020-007 states that all individuals in the Navajo Nation shall wear face masks in public, including funeral services.

**Navajo Nation Division of Community Development (DCD) Guidelines:**  
Navajo Nation Chapters will continue to remain closed to the public. However, chapters can provide non-contact services via phone calls and email. Please contact your designated Chapter for further information and concerns.

**Navajo Nation Land Department Guidelines:**  
The Navajo Nation Homestead Lease Regulations states that all modern burial sites and graves are prohibited within the homestead lease premises. All burial sites should be in a community approved cemetery (See Section 17.08-J, Resolution No. RCD-74-16). Fine and fees will be issued for illegal burials in open range locations.

**Navajo Nation Division of Social Services Guidelines:**  
The Navajo Division of Social Services COVID-19 Burial Assistance assists Navajo families with the loss of a loved one due to COVID-19. The criteria for the COVID-19 Burial Assistance, the deceased must:

1. Be a member of the Navajo Nation with an enrolled census number and;
2. Expired from COVID-19, as verified by the appropriate authority.

Applications for burial assistance are available at all contracted mortuaries. For more information regarding applications, call the Navajo Nation Division of Social Services at (866) 347-2403.

**STANDARD FUNERAL**

Adult/children .....	\$2,500.00
Children .....	\$1,500.00
Still Born / Fetus Container .....	\$100.00

**NATIVE TRADITIONAL FUNERAL**

No Casket .....	\$1,000.00
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**CREMATION .....** \$1,300.00

**Navajo Family Assistance Program**  
List of Contracted Mortuaries

<b>Alameda Mortuary</b> Albuquerque, NM (505) 898-3160	<b>Rollie Mortuary</b> Gallup, NM (505) 863-4452
<b>Compassion Mortuary</b> Grants, NM (866) 292-0086	<b>Silver Creek Mortuary</b> Gallup, NM (505) 371-3690
<b>Cope Memorial Chapel</b> Gallup, NM (505) 722-6671	<b>Tee Bonito Mortuary</b> Tee Bonito, NM (505) 371-5565
<b>Cope Memorial Chapel</b> Kirtland, NM (505) 598-9636	<b>Summit Funeral Home</b> Saint Michaels, AZ (928) 871-1120
<b>Daniel's Family Funeral Services</b> Socorro, NM (575) 835-1530	<b>Valley Ridge Mortuary</b> Tuba City, AZ (928) 640-7477
<b>Desert View Funeral Home</b> Shiprock, NM (505) 368-4607	

The listed mortuaries are in an agreement with DSHS Navajo Financial Assistance Service to provide burial services to individuals who qualify for Burial Assistance and receive the right to decline requests for services. List of mortuaries are subject to change.

**Funeral Guidance During COVID-19 State Of Emergency**

**TIME OF DEATH**  
Contact your local funeral home, who should follow routine infection prevention when coming into contact with a decedent with confirmed or suspected COVID-19.

**FUNERAL HOME**  
• Embalming  
• Cremation  
Use precautions as any other decedent with a contagious disease.

**BURIAL**  
• Graveside service  
• Traditional/cultural burial  
Limit to 5 people or less in a room at a time, stay 6 ft apart, and wear a face mask.

**POST BURIAL**  
• Reception  
• Washing/  
Cleansing  
• Tain Bo'sni  
Binaach'i  
Reception is not recommended. Traditional practice should be shortened to protect personal hygiene. Communal traditional medicine cups should be cleaned after each use or limited to one person per cup.

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Navajo Nation Funeral COVID-19 Guidelines: A Guide for Options Available upon the Death of a Loved One from COVID-19.

Overview:

The following are guidelines in having a funeral service to honor the death of a loved one, who was a victim of COVID-19. All funeral activities should be conducted to protect the health and wellbeing of attendees and funeral home staff.

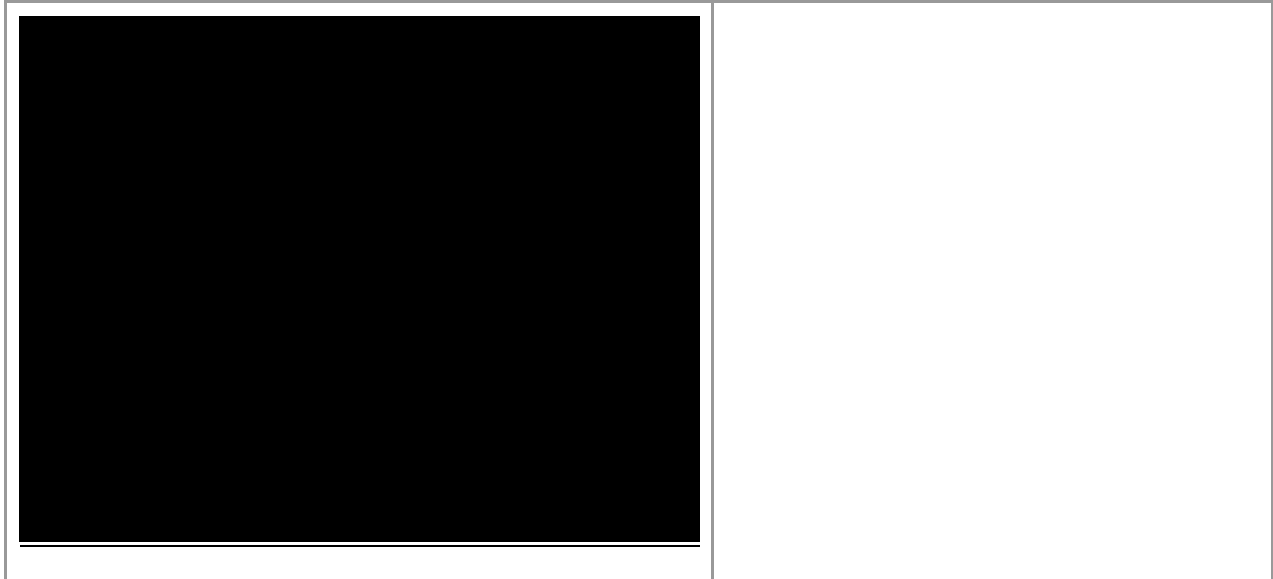
“On behalf of the Navajo Nation Health Command Operations Center, we offer our support and condolences to the families who have lost a loved one to COVID-19. May the prayers and positive memories provide strength, hope, and comfort.”

Printable Document at

<https://www.ndoh.navajo-nsn.gov/.../NN%20Funeral%20Guidelines...>


#DineDabidziil





## G. Lockdowns

Navajo Department of Health posted about their weekend lockdown to stop the spread of COVID-19 using the hashtag #StoptheSpread and information on what it means to be asymptomatic.

	<p>Navajo Department of Health</p> <p>May 22, 2020</p> <p>What does it mean to be asymptomatic?</p> <p>If you are asymptomatic, it means you do not have the symptoms of a disease. However, you might still be a carrier of the disease, which is often how COVID-19 is transmitted.</p> <p>Even if you are asymptomatic, you can help stop the spread of coronavirus in Navajo Nation.... <a href="#">See More</a></p>
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## 4. Meeting Community Needs

*The pandemic and resulting social distancing practices have had a significant impact on national, state, tribal, and local communities and have prompted innovative responses to these new community challenges. Social media has been an important and effective method of communication for tribal*

*nations to provide culturally-relevant information, resources, and support to community members for a range of social, economic, educational, and health issues threatening individual and collective well-being. In this section, we focus on social media posts that reflect an Indigenous response to some of the most pressing needs among tribal communities. We include posts about food and water access, elder care, education, health and wellness, mental health and well-being, and unemployment support.*





*Messaging delivered at the national, regional, and tribal community level consistently conveyed Native-specific or culturally adapted resources and incorporated traditional ways of knowing and cultural practices, Indigenized strategies, and community-driven programming to meet these varying community needs. Social media posts dispersed at the national and regional level were often reshared or incorporated in local tribal community level posts and tribal community-level stories or examples were also reshared or posted on national and regional pages, demonstrating how messaging within and across these agencies and communities was reciprocal and embodied values of mutuality and relationality.*

### **A. Food and Water Access:**

Below are examples of how tribal nations and tribal organizations have used social media to address food insecurity and nutrition in their communities during the pandemic. Strategies include advertising food bank and food and water distribution services available within the local community, providing funding resources for communities in support of food sovereignty projects, communicating ways local schools were continuing and supporting food services, sharing stories of collaboration to meet this community need, offering guidance on safe shopping, incorporating traditional knowledge of food to support healthy eating, and reminding the centrality of food as a cultural and relational community practice to foster wellbeing and resilience in difficult times.

	IllumiNative
	May 17, 2020

## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="203 220 787 1018"><div><b>IllumiNative</b> May 17 at 9:00 AM · 🌐</div><p>ICYMI: here's an inspiring story of how Native peoples are coming together to make sure our communities have access to healthier foods and tapping into traditional food knowledge.</p><p>Shout out to Oglala Sioux Tribe, Turtle Mountain Band of Chippewa, Navajo Nation, Alaska Natives, Oneida Nation, San Carlos Apache, Quapaw Nation, St. Regis Mohawk Tribe, and the Salt River Pima-Maricopa Indian Community.</p><div><a href="#">NYTIMES.COM</a> <b>How Native Americans Are Fighting a Food Crisis</b> As the coronavirus limits access to food, many ar...</div><div>  56</div><div>1 Comment 27 Shares</div></div>	<p>ICYMI: here's an inspiring story of how Native peoples are coming together to make sure our communities have access to healthier foods and tapping into traditional food knowledge.</p> <p>Shout out to Oglala Sioux Tribe, Turtle Mountain Band of Chippewa, Navajo Nation, Alaska Natives, Oneida Nation, San Carlos Apache, Quapaw Nation, St. Regis Mohawk Tribe, and the Salt River Pima-Maricopa Indian Community.</p>
	<div>Johns Hopkins Center for American Indian Health</div> <div>May 27, 2020</div>

 <p><b>Johns Hopkins Center for American Indian Health</b> Yesterday at 9:38 AM · 🌐</p> <p>Water 💧 distribution at Lupton, AZ Chapter House FRIDAY MAY 29 at 10 am until supplies last. 12 FREE GALLONS/FAMILY!</p> <p>We are so grateful to <b>Nestlé</b> and <b>DigDeep</b> for sponsoring this community water drive! <b>Lupton, Arizona #COVID19</b></p> <p><b>DRIVE-THRU WATER DISTRIBUTION</b> <b>FRIDAY, MAY 29</b> <b>10AM WHILE SUPPLIES LAST</b> <b>Location: LUPTON, AZ Chapter House</b> <b>12 GALLON LIMIT PER HOUSEHOLD</b></p> <p><small>JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH</small> <small>We are grateful to Nestle and DIGDEEP for making this water distribution possible.</small></p> <p>11 55 Shares</p>	<p>Water distribution at Lupton, AZ Chapter House FRIDAY MAY 29 at 10 am until supplies last. 12 FREE GALLONS/FAMILY!</p> <p>We are so grateful to <a href="#">Nestlé</a> and <a href="#">DigDeep</a> for sponsoring this community water drive! <a href="#">Lupton, Arizona #COVID19</a></p>
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	<a href="#">Portland Area Indian Health Board</a>
	April 9, 2020



Funding opportunity for NW federally recognized tribes in Idaho, Oregon, and Washington through our Food Sovereignty Project. Small awards up to \$3000 for food systems/sovereignty related projects! This funding can help with activities such as (but not limited to):

- 🌱 Garden supplies for community or home gardens in the community (such as seeds, soil, tools, plant starts, individual/home gardening kits, etc.)
- 🌱 Food preparation (value-added processing like canning or smoking/drying food)
- 🌱 Training in food systems, food safety, food procurement, etc.
- 🌱 Food distribution program support and outreach
- 🌱 Community-based assessment support (eg. Community inventory, Food Sovereignty Assessment, etc.)
- 🌱 Food Sovereignty support including signage for gardens, informational materials, media, etc.

Link to the application:

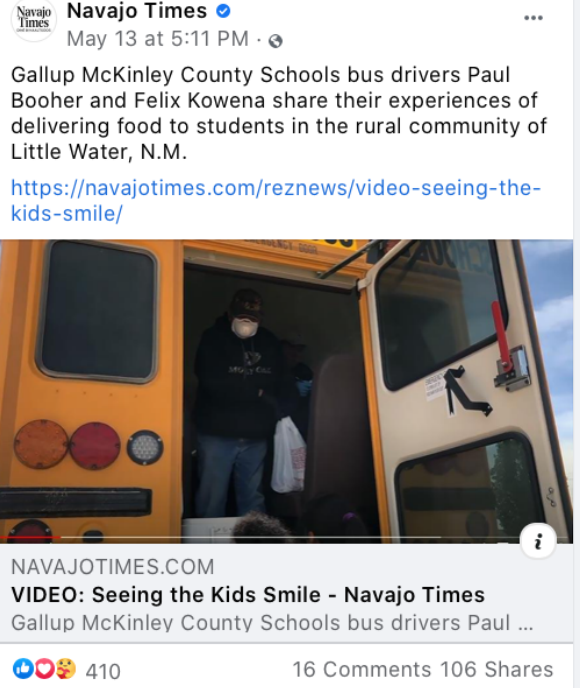
<https://files.constantcontact.com/.../a0dc489f-86e1-4714-a2cb...>

For more information or to submit your application, contact Nora Frank-Buckner at [nfrank@npaihb.org](mailto:nfrank@npaihb.org)



**Northwest Portland Area Indian Health Board**  
Valerie Segrest

	Northwest Portland Area Indian Health Board
	April 22, 2020

	<p>To our food gatherers, preparers and providers - we thank you for sustaining our communities, both rural and urban. As Native communities, our cultures teach us that we care for our families, friends, and relatives by the sharing of food.</p> <p>During this season, many are gathering traditional foods for elders and families, tribal foods banks have stayed open, commodity programs have worked hard to keep our communities fed, and school districts are delivering meals to our children who are out of school. Food is at the center of our cultures - we are grateful for your commitment. 🙏</p> <p>“Our traditional foods are a pillar of our culture, and they feed much more than our physical bodies; they feed our spirits.”</p> <p>(Valerie Segrest, Muckleshoot Tribal Member)</p> <p><a href="#">#NW Tribes Stay Home</a> <a href="#">#Stay Home</a> <a href="#">#Stay Safe</a> <a href="#">#Save Lives</a></p>
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	<p>Navajo Times</p> <p>May 13, 2020</p> <p>Gallup McKinley County Schools bus drivers Paul Booher and Felix Kowena share their experiences of delivering food to students in the rural community of Little Water, N.M.</p> <p><a href="https://navajotimes.com/reznews/video-seeing-the-kids-smile/">https://navajotimes.com/reznews/video-seeing-the-kids-smile/</a></p>
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<div data-bbox="225 268 764 352">  <b>Navajo Nation President Jonathan Nez and Vice President Myron Lizer</b> </div> <div data-bbox="280 325 513 352"> May 22 at 7:53 PM · 🌐 </div> <div data-bbox="224 359 750 415"> <b>#NAVAJOSTRONG! - 582 DINÉ FAMILIES RECEIVE FOOD, WATER, AND SUPPLIES 05.22.20</b> </div> <div data-bbox="224 422 764 602"> <p>Today, the Nez-Lizer team was out in full force distributing food, bottled water, and more supplies to 582 Navajo families in Navajo Mountain, Tonalea, Coal Mine, and Cameron in Arizona! A big thank you to all of the staff, chapter officials, and many others who came out to help others and keep our Navajo people safe.</p> </div> <div data-bbox="224 609 730 663"> <p>President Nez also took time to stop by the Tuba City fairgrounds this afternoon... <a href="#">See More</a></p> </div> <div data-bbox="209 674 790 1255">  </div> <div data-bbox="228 1266 347 1293"> 👍❤️👏 553 </div> <div data-bbox="513 1266 776 1293"> 22 Comments 47 Shares </div>	<div data-bbox="812 254 1365 325"> Navajo Nation President Jonathan Nez and Vice President Myron Lizer </div> <div data-bbox="812 373 977 407"> May 22, 2020 </div> <div data-bbox="812 462 1383 533"> <b>#NAVAJOSTRONG! - 582 DINÉ FAMILIES RECEIVE FOOD, WATER, AND SUPPLIES 05.22.20</b> </div> <div data-bbox="812 577 1424 844"> <p>Today, the Nez-Lizer team was out in full force distributing food, bottled water, and more supplies to 582 Navajo families in Navajo Mountain, Tonalea, Coal Mine, and Cameron in Arizona! A big thank you to all of the staff, chapter officials, and many others who came out to help others and keep our Navajo people safe.</p> </div> <div data-bbox="812 890 1433 1117"> <p>President Nez also took time to stop by the Tuba City fairgrounds this afternoon to thank all of the Tuba City Chapter officials, STRIKE Team, and St. Mary's Food Bank for coordinating today's food distribution in Tuba City. We appreciate your hard hard and commitment to the Navajo Nation.</p> </div> <div data-bbox="812 1123 1401 1194"> <p>Please stay home and stay safe during the 57-hour weekend lockdown! Ahe'hee'</p> </div> <div data-bbox="812 1243 1347 1274"> <b>#NavajoStrong #StayHomeStaySafeSaveLives</b> </div>
	<div data-bbox="812 1436 1157 1467"> Navajo Department of Health </div> <div data-bbox="812 1522 963 1556"> May 6, 2020 </div>

<div data-bbox="212 237 261 285"></div> <div data-bbox="266 237 587 264"><b>Navajo Department of Health</b></div> <div data-bbox="266 266 500 294">May 6 at 12:47 PM · 🌐</div> <div data-bbox="732 247 760 264">...</div> <p>Dikos Ntsaaigii-19 Essential Shopping tips</p> <p>Be patient. If you don't need essentials at the time, avoid rushing into the nearest town. It's only necessary to venture into town if it's essential.</p> <p>If you need essentials but are within the high risk population such as elderly or have underlying health issues, reach out to family member or a trusted individual to shop for you.</p> <p>If you are needing to pickup essential items, the HCOC provides the following guidelines to shop safely:</p> <ul style="list-style-type: none"> <li>- The safest guideline is to only have one (1) of the household shop. Do not take the whole family.</li> <li>- Wear a face mask or face covering, as you are required to wear one to enter most stores.</li> <li>- Prepare a healthy shopping list for essential items to save time and money</li> <li>- Sanitize your cart, be prepared and bring your own cleaning wipes</li> <li>- Limit your time inside the store by starting at one end of store and work your way to other side</li> <li>- Practice Social Distancing (6 feet or more)</li> <li>- Avoid crowded aisles or areas</li> <li>- Pickup or touch items that you are likely to buy</li> <li>- When shopping, avoid touching your mouth, nose, eyes, phone, keys, etc.</li> <li>- Wash your hands before and after putting away the items</li> <li>- if concerned, you can wipe down the items with a disinfect wipe</li> <li>- Wash fruits or vegetables with running water and scrubbing the skin</li> </ul> <p>Go to stores as little as possible, buy for approximately a week or two (2) week in advanced. Do not go shopping, if you are sick.</p> <p>For the Shop Safely Poster visit <a href="https://www.ndoh.navajo-nsn.gov/Portals/0/COVID-19/News/shop.pdf?ver=QaHn5RN3CbzkNISu747C9A%3D%3D">https://www.ndoh.navajo-nsn.gov/Portals/0/COVID-19/News/shop.pdf?ver=QaHn5RN3CbzkNISu747C9A%3D%3D</a></p> <p>For more information visit <a href="https://www.nndoh.navajo-nsn.gov/COVID-19">https://www.nndoh.navajo-nsn.gov/COVID-19</a></p> <p>HCOC Hotline: (928) 871-7014 Mental Health Helpline: (928) 810-7357 <b>#DineDabidziil</b></p>	<p>Dikos Ntsaaigii-19 Essential Shopping tips</p> <p>Be patient. If you don't need essentials at the time, avoid rushing into the nearest town. It's only necessary to venture into town if it's essential.</p> <p>If you need essentials but are within the high risk population such as elderly or have underlying health issues, reach out to family member or a trusted individual to shop for you.</p> <p>If you are needing to pickup essential items, the HCOC provides the following guidelines to shop safely:</p> <ul style="list-style-type: none"> <li>- The safest guideline is to only have one (1) of the household shop. Do not take the whole family.</li> <li>- Wear a face mask or face covering, as you are required to wear one to enter most stores.</li> <li>- Prepare a healthy shopping list for essential items to save time and money</li> <li>- Sanitize your cart, be prepared and bring your own cleaning wipes</li> <li>- Limit your time inside the store by starting at one end of store and work your way to other side</li> <li>- Practice Social Distancing (6 feet or more)</li> <li>- Avoid crowded aisles or areas</li> <li>- Pickup or touch items that you are likely to buy</li> <li>- When shopping, avoid touching your mouth, nose, eyes, phone, keys, etc.</li> <li>- Wash your hands before and after putting away the items</li> <li>- if concerned, you can wipe down the items with a disinfect wipe</li> <li>- Wash fruits or vegetables with running water and scrubbing the skin</li> </ul> <p>Go to stores as little as possible, buy for approximately a week or two (2) week in advanced. Do not go shopping, if you are sick.</p> <p>For the Shop Safely Poster visit <a href="https://www.ndoh.navajo-nsn.gov/Portals/0/COVID-19/News/shop.pdf?ver=QaHn5RN3CbzkNISu747C9A%3D%3D">https://www.ndoh.navajo-nsn.gov/Portals/0/COVID-19/News/shop.pdf?ver=QaHn5RN3CbzkNISu747C9A%3D%3D</a></p> <p>For more information visit <a href="https://www.nndoh.navajo-nsn.gov/COVID-19">https://www.nndoh.navajo-nsn.gov/COVID-19</a></p> <p>HCOC Hotline: (928) 871-7014 Mental Health Helpline: (928) 810-7357 <a href="#">#DineDabidziil</a></p>
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 <p><b>ESSENTIAL SHOPPING TIPS</b></p> <p><b>STEP 1 Be Prepared &amp; Be Safe</b></p> <ul style="list-style-type: none"> <li>• Prepare a healthy list (fruits, vegetables, meat, cleaning supplies &amp; household items).</li> <li>• Only ONE person to shop.</li> <li>• Verify local grocery store hours.</li> <li>• Take gloves, face masks, and sanitizing (wipes or liquid) in a disposable bag.</li> </ul> <p><b>STEP 2 Before You Shop</b></p> <ul style="list-style-type: none"> <li>• Exit vehicle and put on gloves and face mask.</li> <li>• Wipe down shopping cart/basket with sanitizing wipes.</li> <li>• Maintain a distance of 6 feet apart.</li> </ul> <p><b>STEP 3 While You Shop</b></p> <ul style="list-style-type: none"> <li>• Limit time in-store.</li> <li>• Buy only what you need.</li> <li>• Shop with sight not touch.</li> <li>• Avoid touching unnecessary surfaces (face, keys, phone, or other items).</li> </ul> <p><b>STEP 4 After You Shop</b></p> <ul style="list-style-type: none"> <li>• Before entering vehicle: remove gloves, place in bag and dispose.</li> <li>• Use hand sanitizer immediately after.</li> <li>• When home, properly wash hands.</li> <li>• Rinse all produce. Wipe down food items with soap and water or sanitizing wipes.</li> </ul> <p>Navajo Health Command Operation Center Phone: 866.251.7914 Info Email: <a href="mailto:information@navajohs.org">information@navajohs.org</a> <a href="http://www.navajohs.org/COVID-19">www.navajohs.org/COVID-19</a> #DineDabidziil</p> <p>16 53 Shares</p>	
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	Navajo Times
	May 21, 2020

<div data-bbox="207 264 250 300"> </div> <div data-bbox="258 262 375 285"> <b>Navajo Times</b> </div> <div data-bbox="258 287 417 306"> May 21 at 7:48 PM · 🌐 </div> <div data-bbox="199 319 774 413"> <p>"Our one-year-old nálii, Elizabeth Nihaaníbaa', influences me even more these days to share our language with our people," she said. "I am doing this new project for her and for all my grandchildren (sisters' and brothers' grandchildren)."</p> </div> <div data-bbox="199 417 716 443"> <a href="https://navajotimes.com/.../former-miss-navajo-spends-curfew-.../">https://navajotimes.com/.../former-miss-navajo-spends-curfew-.../</a> </div> <div data-bbox="193 453 792 772"> </div> <div data-bbox="199 777 345 798"> NAVAJOTIMES.COM </div> <div data-bbox="199 800 742 850"> <p><b>Former Miss Navajo spends curfew making recipe videos - Navajo Times</b></p> </div> <div data-bbox="199 873 308 898"> 👍❤️👏 1.3K </div> <div data-bbox="581 875 781 896"> 20 Comments 301 Shares </div>	<p>"Our one-year-old nálii, Elizabeth Nihaaníbaa', influences me even more these days to share our language with our people," she said. "I am doing this new project for her and for all my grandchildren (sisters' and brothers' grandchildren)."</p> <p><a href="https://navajotimes.com/ae/people/former-miss-navajo-spends-curfew-making-recipe-videos/">https://navajotimes.com/ae/people/former-miss-navajo-spends-curfew-making-recipe-videos/</a></p>
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<div data-bbox="240 1115 282 1150"> </div> <div data-bbox="282 1113 389 1136"> <b>Tulalip News</b> </div> <div data-bbox="282 1138 384 1159"> March 12 · 🌐 </div> <div data-bbox="237 1165 638 1228"> <p>"If I feed one person, I'm good. If I feed a bunch of people, I'm better." - Tamara 'Tami' Morden, food bank organizer</p> </div> <div data-bbox="237 1232 649 1341"> <p>The Tulalip Food Bank is open to all. Their doors are open every-other-week on Tuesdays between the hours of 10:30 a.m. and 4:30 p.m., with the next event occurring on March 17. As always, volunteers and donations are graciously welcome.</p> </div> <div data-bbox="232 1350 675 1581"> </div> <div data-bbox="237 1585 401 1604"> TULALIPNEWS.COM </div> <div data-bbox="237 1604 638 1640"> <p><b>Tulalip Food Bank: A mission to feed everybody - Tulalip News</b></p> </div> <div data-bbox="237 1654 302 1677"> 👍❤️👏 62 </div> <div data-bbox="474 1654 665 1677"> 4 Comments 22 Shares </div>	<div data-bbox="813 1064 967 1096"> <b>Tulalip News</b> </div> <div data-bbox="813 1152 1002 1184"> <b>March 12, 2020</b> </div> <div data-bbox="813 1239 1401 1350"> <p>"If I feed one person, I'm good. If I feed a bunch of people, I'm better." - Tamara 'Tami' Morden, food bank organizer</p> </div> <div data-bbox="813 1390 1416 1558"> <p>The Tulalip Food Bank is open to all. Their doors are open every-other-week on TUESdays between the hours of 10:30am and 4:30pm, with the next event occurring on March 17. As always, volunteers and donations are graciously welcome.</p> </div>
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## Indigenous COVID-19 Response - Social Media Toolkit

 <p><b>Puyallup Tribe of Indians</b>  May 22, the drive-thru food banks at EQC Event Tent will be open from 10 a.m. to 3 p.m. Use the link below for more information.</p> <p><a href="#">Puyallup Tribe of Indians - Drive-thru food banks scheduled at EQC Event Tent</a></p> <p>4 Comments 33 Shares</p>	<p>Puyallup Tribe of Indians</p> <p>May 20, 2020</p> <p>Tomorrow, May 22, the drive-thru food banks at EQC Event Tent will be open from 10am to 3pm. Use the link below for more information.</p>
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 <p><b>Puyallup Tribe of Indians</b>  May 18 at 2:00 PM · 🌐</p> <p>The <a href="#">Chief Leschi Schools</a> Food Service Program has made and delivered over 26,000 meals!</p> <p><b>Chief Leschi Schools</b>  May 15 at 1:53 PM · 🌐</p> <p>Our Food Service Program has made and delivered over 26,000 meals! Give a standing ovation for our Food and Nutritional Service team, our Transportation staff, and our para educators! 🙌🙌🙌 #WeAreLeschiWarriors #CLSExcellence</p> <p>4 Comments 14 Shares</p>	<p>Puyallup Tribe of Indians</p> <p>May 18, 2020</p> <p>The <a href="#">Chief Leschi Schools</a> Food Service Program has made and delivered over 26,000 meals!</p>
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## B. Elder Care

Given the increased vulnerability of elders during this pandemic, tribal communities and Native organizations used social media to advocate broadly for the protection of elders and offer specific recommendations for ways of supporting and serving elders within the community. National organizations provided messages and “hashtags” emphasizing the importance of protecting elders by following social distancing guidelines, many of which were later reshared on Facebook pages of specific tribal communities. Both national organizations and specific tribal communities encouraged checking in on elders in the community, offered guidance and resources on how to care for the physical health and wellness of elders, provided strategies to support elder mental health during the stress of the pandemic and challenges of social distancing, and disseminated community-specific information and resources for caregivers to promote food and healthcare access.

	<p>IllumiNative</p> <p>May 17, 2020</p> <p>Indigenous Peoples are no stranger to protecting what we hold near and dear to our hearts. Wear a mask, wash your hands, or wear gloves and help those who can not help themselves with grace. It's time to <a href="#">#WarriorUp</a>! @InspiredArtbyMTaylor <a href="#">#stayawaytogether</a></p>
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## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="224 254 277 306"></div> <div data-bbox="277 254 662 306"><b>Johns Hopkins Center for American Indian Health</b></div> <div data-bbox="735 264 760 279">...</div> <div data-bbox="277 308 498 336">May 4 at 4:32 PM · 🌐</div> <div data-bbox="224 344 735 422"><p>Our Center is on the frontlines working to provide vital resources for tribal nations to address <b>#COVID19</b> in their communities.</p></div> <div data-bbox="224 430 750 510"><p>Learn how we are helping to <b>#ProtectOurRelatives</b> and how you can support Tribes during <b>#COVID19</b>: <a href="https://bit.ly/2VPwoIA">https://bit.ly/2VPwoIA</a></p></div> <div data-bbox="209 520 789 1100"></div> <div data-bbox="224 1108 310 1140">  63</div> <div data-bbox="540 1108 773 1138">1 Comment 18 Shares</div>	<div data-bbox="812 254 1380 285">Johns Hopkins Center for American Indian Health</div> <div data-bbox="812 340 963 373">May 4, 2020</div> <div data-bbox="812 428 1433 527"><p>Our Center is on the frontlines working to provide vital resources for tribal nations to address <b>#COVID19</b> in their communities.</p></div> <div data-bbox="812 562 1403 663"><p>Learn how we are helping to <b>#ProtectOurRelatives</b> and how you can support Tribes during <b>#COVID19</b>: <a href="https://bit.ly/2VPwoIA">https://bit.ly/2VPwoIA</a></p></div>
	<div data-bbox="812 1276 1380 1308">Johns Hopkins Center for American Indian Health</div> <div data-bbox="812 1362 980 1396">April 23, 2020</div>



**Johns Hopkins Center for American Indian Health**

April 23 · 🌐

Keep our precious and revered Elders safe during COVID-19. More tribal COVID-19 resources available at <http://caih.jhu.edu/news/covid19> 🐦 #coronavirus #COVID2019 #COVID #COVID19 #FlattenTheCurve #IndianCountry #nativeamerican

**Tips for Elders and Their Caregivers About COVID-19 (Coronavirus)**

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it's harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

**How to keep Elders and others safe**  
(see other side of this page)

**Stay at home.** "Social distancing" is recommended. This means keeping your family at home and away from others as much as possible.

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

**Activities to do with elders while staying safe**

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.

**What else should caregivers do?**

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder. Watch for symptoms (fever, cough, trouble breathing) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. If can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

**If you have concerns, get help**

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

**For more information:**  
**CDC.gov/coronavirus**

Effective March 25, 2020  
Source: CDC

Keep our precious and revered Elders safe during COVID-19. More tribal COVID-19 resources available at <http://caih.jhu.edu/news/covid19>

[#coronavirus](#) [#COVID2019](#) [#COVID](#) [#COVID19](#)

[#FlattenTheCurve](#) [#IndianCountry](#) [#nativeamerican](#)

33


64 Shares


Northwest Portland Area Indian Health Board

April 29, 2020



## Indigenous COVID-19 Response - Social Media Toolkit

 <p>16,340 Views</p> <p><b>Yellowhawk Tribal Health Center</b> March 23 · 🌐</p> <p>Like Page</p> <p>Listen to your grandmothers and grandfathers. They want to be healthy, and they want you to be healthy. Make the phone calls and skip the in-person visits for now. It's all out of love. ❤️ Atowishumash</p> <p>13 4 Shares</p>	<p>A beautiful message from Tribal elder Tessie Williams.</p> <p>#NWTribesStayHome #StayHome #StaySafe #SaveLives</p> <p><b>Yellowhawk Tribal Health Center</b> "Listen to your grandmothers and grandfathers. They want to be healthy, and they want you to be healthy. Make the phone calls and skip the in-person visits for now. It's all out of love. ❤️ Atowishumash"</p>
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 <p>16 1 Comment 4 Shares</p>	<p>Northwest Portland Area Indian Health Board</p>
	<p>April 28, 2020</p> <p>This week's tip from Bigfoot, checking in on Elders. Checking up on those who are at higher risk could save a life - this includes our elders and anyone with underlying medical conditions. Take it from Bigfoot though, and avoid close contact with at least 6 feet of distance. Read more about higher risk groups here: <a href="https://www.cdc.gov/.../need-extra.../people-at-higher-risk.html...">https://www.cdc.gov/.../need-extra.../people-at-higher-risk.html...</a></p> <p><a href="#">See More</a></p>

	<p>Navajo Department of Health</p>
	<p>April 30, 2020</p>



Navajo Department of Health

April 30 at 9:45 AM · 🌐

Be Prepared & Safe: Essential Shopping Tip. Before you shop, verify the local grocery stores hours.

Tomorrow, May 1, 2020 from 6:00AM to 10:00AM all Bashas' Dine Markets will offer Elderly Shopping Hours for individuals age 60 and older to purchase essential items to help reduce the risk of COVID-19.

For more information regarding the First of the Month Shopping, please contact the Division of Economic Development at (928) 979-5208 or the Office of the President and Vice President at (928) 871-7000.

For the Shop Safely Poster visit

<https://www.ndoh.navajo-nsn.gov/Portals/0/COVID-19/News/shop.pdf?ver=QaHn5RN3CbzkNISu747C9A%3d%3d>

For more information visit

<https://www.nndoh.navajo-nsn.gov/COVID-19>

HCOC Hotline: (928) 871-7014

Mental Health Helpline: (928) 810-7357

#DineDabidziil

**ELDERLY SHOPPING  
HOURS AT BASHAS' DINÉ MARKETS**

**FOR FIRST OF THE MONTH SHOPPING  
MAY 1, 2020 | 6:00 A.M. - 10:00 A.M.  
AGE 60 & OLDER**

This event is to keep our elders local, home & safe during this time due to issues related to COVID-19.

The less travel that occurs, the better for their health & overall well-being of the entire Navajo Nation.

In this time it is our responsibility to assist our elders.

**ARIZONA BASHAS' DINÉ MARKETS**  
Chinle / Ch'iniłj  
Dilkon / Tsézhin Dilkogoh  
Kayenta / Tó Dinéeshzhee'  
Piñon / Be'ek'id Baa Ahoodzání  
Sanders / Lichil' Deez'áhi  
Tuba City / Tó Naneesdizí  
Window Rock / Tségháhoodzání

**NEW MEXICO BASHAS' DINÉ MARKET**  
Crownpoint / T'iists'óóz Ndeeshgizh

PUBLIC SAFETY STAFF WILL BE PRESENT FOR THE SAFETY OF ALL.

ADDITIONAL SERVICES OFFERED BY:  
Division of Social Services & Division of Health

FOR MORE INFORMATION CONTACT:  
The Division of Economic Development at (928) 979-5208 OR  
The Office of the President & Vice President at (928) 871-7000

NAVJO DIVISION OF HEALTH COVID-19 INFORMATION:  
928-871-7014 | [ndoh@navajo-nsn.gov](mailto:ndoh@navajo-nsn.gov) | [www.ndoh.navajo-nsn.gov/COVID-19](http://www.ndoh.navajo-nsn.gov/COVID-19)

Pursuant to: NNDOH Public Health Emergency Order No. 2020-003.

Navajo Nation President Jonathan Nez and Vice President Myron Lizer

April 29 at 7:58 PM · 🌐

Nez-Lizer set to lead "Operation First of the Month" to help protect elders from COVID-19

Be Prepared & Safe: Essential Shopping Tip. Before you shop, verify the local grocery stores hours.

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<https://www.nndoh.navajo-nsn.gov/COVID-19>


HCOC Hotline: (928) 871-7014

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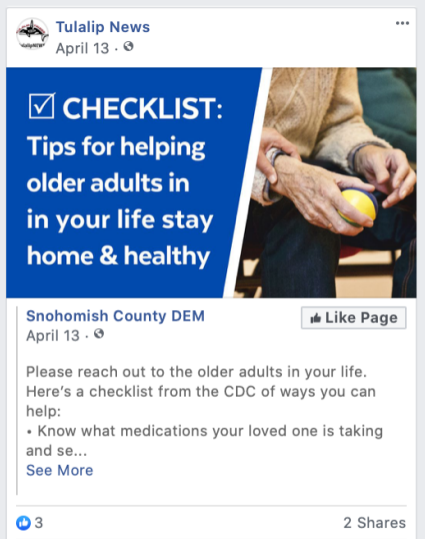
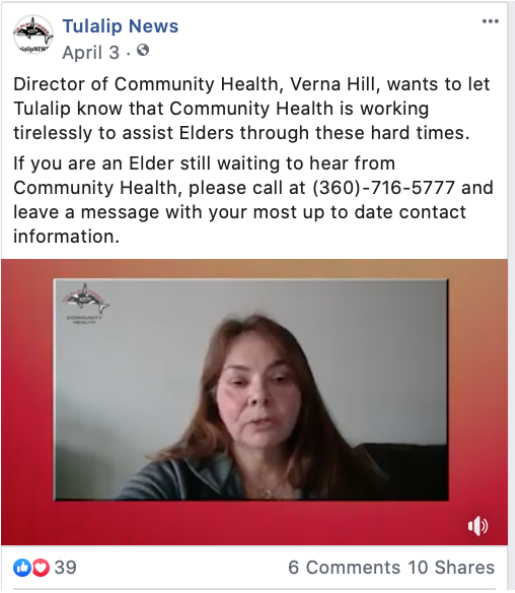
#DineDabidziil









<div data-bbox="207 212 261 262"></div> <div data-bbox="261 212 563 239"><b>Navajo Department of Health</b></div> <div data-bbox="261 239 493 266">May 26 at 12:56 PM · 🌐</div> <div data-bbox="207 273 633 300">It's Older Americans <b>#MentalHealth</b> Week.</div> <div data-bbox="207 306 735 386">One of the best ways to support Cheii and Masani (elders) during the COVID-19 crisis is to consider the mental and physical health of our entire community.</div> <div data-bbox="207 392 709 470">Here are some tips to caring for your mental and physical wellness, so you are more able to support others during the pandemic:</div> <div data-bbox="207 476 703 575">Stay connected: Even when sheltering at home, reach out to family and friends via phone or video chat, especially our elders. Offer support or share how you are feeling.</div> <div data-bbox="207 573 725 646">Take care of your mind: Make time to relax and clear your mind of stress. Take deep breaths, stretch, or meditate.</div> <div data-bbox="207 646 709 722">Take care of your body: Exercise by working out or by doing household chores with a high level of activity. Avoid alcohol or drugs.</div> <div data-bbox="207 720 693 816">Seek help: Do not hesitate to contact your healthcare provider or a crisis helpline if you are experiencing stress or anxiety that is higher than usual.</div> <div data-bbox="207 825 680 900">For mental health support, contact the Disaster Distress Helpline, 1-800-985-5990, or text 'TalkWithUs' to 66746.</div> <div data-bbox="207 907 721 984">For more information on COVID-19 and other health resources, visit <a href="https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources">https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources</a></div> <div data-bbox="203 993 747 1757"> <p><b>IT'S OLDER AMERICANS #MENTALHEALTH WEEK</b></p> <p>One of the best ways to support <b>Cheii and Masani</b> (elders) during the COVID-19 crisis is to consider the mental and physical health of our entire community.</p> <p>Here are some tips to caring for your mental and physical wellness, so you are more able to support others during the pandemic:</p> <p><b>STAY CONNECTED:</b> Even when sheltering at home, reach out to family and friends via phone or video chat, especially our elders. Offer support or share how you are feeling.</p> <p><b>TAKE CARE OF YOUR MIND:</b> Make time to relax and clear your mind of stress. Take deep breaths, stretch, or meditate.</p> <p><b>TAKE CARE OF YOUR BODY:</b> Exercise by working out or by doing household chores with a high level of activity. Avoid alcohol or drugs.</p> <p><b>SEEK HELP:</b> Do not hesitate to contact your healthcare provider or a crisis helpline if you are experiencing stress or anxiety that is higher than usual.</p> <p>For mental health support, contact the Disaster Distress Helpline, 1-800-985-5990, or text 'TalkWithUs' to 66746.</p> <p>For more information on COVID-19 and other health resources, visit <a href="https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources">https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources</a></p> <p><b>DIKOS NTSAAGII-19</b> CORONAVIRUS</p> <p>Navajo Health Command Operations Center (302) 671-7914 coronavirus@navahoh.org www.ndoh.navajo-nsn.gov/COVID-19</p> </div>	<div data-bbox="812 212 1157 239">Navajo Department of Health</div> <div data-bbox="812 296 976 327">May 26, 2020</div> <div data-bbox="812 384 1310 413">It's Older Americans <b>#MentalHealth</b> Week.</div> <div data-bbox="812 451 1424 550">One of the best ways to support Cheii and Masani (elders) during the COVID-19 crisis is to consider the mental and physical health of our entire community.</div> <div data-bbox="812 585 1401 684">Here are some tips to caring for your mental and physical wellness, so you are more able to support others during the pandemic:</div> <div data-bbox="812 722 1440 854">Stay connected: Even when sheltering at home, reach out to family and friends via phone or video chat, especially our elders. Offer support or share how you are feeling.</div> <div data-bbox="812 856 1429 955">Take care of your mind: Make time to relax and clear your mind of stress. Take deep breaths, stretch, or meditate.</div> <div data-bbox="812 993 1438 1194">Take care of your body: Exercise by working out or by doing household chores with a high level of activity. Avoid alcohol or drugs. Seek help: Do not hesitate to contact your healthcare provider or a crisis helpline if you are experiencing stress or anxiety that is higher than usual.</div> <div data-bbox="812 1230 1364 1329">For mental health support, contact the Disaster Distress Helpline, 1-800-985-5990, or text 'TalkWithUs' to 66746.</div> <div data-bbox="812 1365 1424 1465">For more information on COVID-19 and other health resources, visit <a href="https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources">https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources</a></div>
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<div data-bbox="214 218 269 268"></div> <div data-bbox="269 218 584 249">Navajo Department of Health</div> <div data-bbox="269 249 500 279">May 24 at 6:13 PM · 🌐</div> <p>Today, we kick off Older Americans Mental Health Week</p> <p>Being <b>#DineDabiziiil</b> includes taking care of the mental health of our entire community, especially our elders</p> <p>Call our Mental Health Helpline for support – 928-810-7357</p> <p>Resources: <a href="https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources">https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources</a></p>  <div data-bbox="214 1155 321 1182">👍❤️👏 54</div> <div data-bbox="535 1155 763 1182">1 Comment 71 Shares</div>	<div data-bbox="812 210 1157 241">Navajo Department of Health</div> <div data-bbox="812 296 977 327">May 24, 2020</div> <p>Today, we kick off Older Americans Mental Health Week</p> <p>Being <b>#DineDabiziiil</b> includes taking care of the mental health of our entire community, especially our elders</p> <p>Call our Mental Health Helpline for support – 928-810-7357</p> <p>Resources: <a href="https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources">https://www.ndoh.navajo-nsn.gov/COVID-19/COVID-19-Resources</a></p>
	<div data-bbox="812 1281 967 1312">Tulalip News</div> <div data-bbox="812 1367 980 1398">April 13, 2020</div>

## Indigenous COVID-19 Response - Social Media Toolkit


	
	<p>Tulalip News</p> <p>April 3, 2020</p> <p>Director of Community Health, Verna Hill, wants to let Tulalip know that Community Health is working tirelessly to assist Elders through these hard times.</p> <p>If you are an Elder still waiting to hear from Community Health, please call at (360)-716-5777 and leave a message with your most up to date contact information.</p> <p>Video Link:  <a href="https://www.facebook.com/TulalipNews/videos/3015688131815744/">https://www.facebook.com/TulalipNews/videos/3015688131815744/</a></p>
	<p>Tulalip News</p> <p>May 17, 2020</p>


## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="246 210 734 1123"><div><b>Tulalip News</b><div>May 17 at 10:03 AM · 🌐</div></div><div><div><b>Amplifier</b><div>May 16 at 6:26 PM · 🌐</div></div><div><div>Like Page</div></div></div><p>PROTECT OUR ELDERS by <a href="#">Gregg Deal</a> installed this afternoon on 2nd and Yesler in Pioneer Square, Seattle. Photo by <a href="#">WISEKNAVE</a> 💎💎💎</p><div><div></div><div>181</div></div><div><div>1 Comment</div><div>46 Shares</div></div></div>
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	<div>Suquamish Tribe</div> <div>March 31, 2020 and April 1, 2020</div>
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## Indigenous COVID-19 Response - Social Media Toolkit


	<p>[Reposted]</p>
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	<p>Puyallup Tribe of Indians</p> <p>May 26, 2020</p> <p>Helpers allowed during elders spring fishing season</p> <p><a href="#">#fishing</a> <a href="#">#treatyrights</a> <a href="#">#elders</a> <a href="#">#springrun</a> <a href="#">#springfishing</a> <a href="#">#springfishingseason2020#puyalluptribeofindians</a></p>
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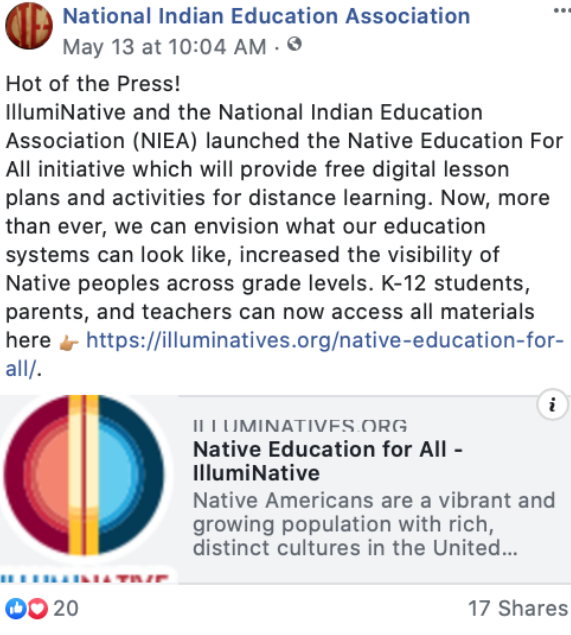
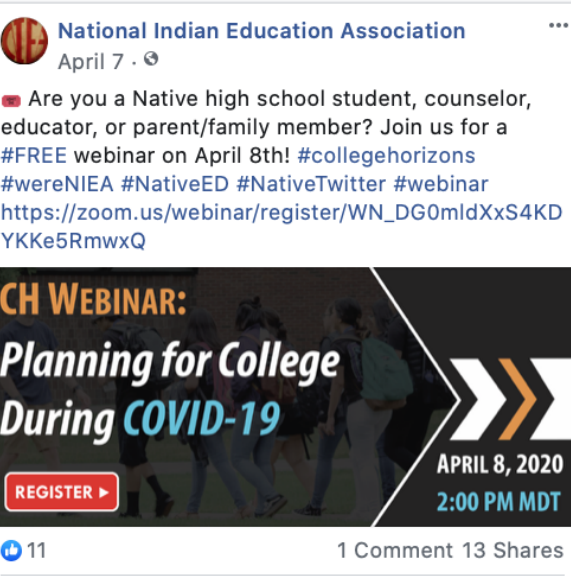


### C. Education:

Social distancing forced radical disruption of educational services and learning communities for Native youth in elementary, middle, secondary, and post-secondary settings. Social media was employed as an important platform for national, regional, and tribal communities to support and implement on-line learning structures and maintain a sense of community addressing the holistic needs of students. National Native education organizations, such as the National Indian Education Association and IllumiNative, used social media posts to connect teachers and families with innovative and culturally-relevant “digital learning lessons” and activities while simultaneously advocating for greater Indigenous representation in mainstream school curriculums. National and regional organizations further used social media to provide information and resources for parents and families in supporting their child’s distance learning, schools and families engaging in college planning, and college students in need of technology and/or financial assistance to continue their studies. Beyond academic learning, social media posts were used by national and regional organizations and tribal communities to celebrate academic milestones with virtual ceremonies, honor teachers and graduates, establish healthy and productive routines, strengthen teacher-student and school-community relationships, and center culture and language as an opportunity for strength, connection, and learning.







 <p>The image shows a Facebook post from the National Indian Education Association. The post is dated May 19 at 10:12 AM. The text of the post reads: "Families Learning from Families Virtual Roundtable Series Region III Midwest and Plains Equity Assistance Center's discussion and learning forum for families learning with and from each other to support their children and loved ones during the COVID-19 pandemic. #COVID19 #equity #wereNIEA #families #nativeamerican #alaskanative #nativehawaiian REGISTER: <a href='\"http://www.eventbrite.com/e/region-iii-midwest-and-plains-equity-a-...\"'>www.eventbrite.com/e/region-iii-midwest-and-plains-equity-a-...</a>". Below the text is a graphic for the "REGION III MIDWEST AND PLAINS EQUITY ASSISTANCE CENTER'S FAMILIES LEARNING FROM FAMILIES JUNE VIRTUAL ROUNDTABLE SERIES". The graphic features the "EQUITY ASSISTANCE CENTER" logo and the text "REGION III MIDWEST AND PLAINS EQUITY ASSISTANCE CENTER'S FAMILIES LEARNING FROM FAMILIES JUNE VIRTUAL ROUNDTABLE SERIES". At the bottom of the post, there is a thumbs up icon and the number 8.</p>	<p>National Indian Education Association</p> <p>May 19, 2020</p> <p>Families Learning from Families Virtual Roundtable Series</p> <p>Region III Midwest and Plains Equity Assistance Center’s discussion and learning forum for families learning with and from each other to support their children and loved ones during the COVID-19 pandemic. #COVID19 #equity #wereNIEA #families #nativeamerican #alaskanative #nativehawaiian</p> <p>REGISTER: <a href="http://www.eventbrite.com/e/region-iii-midwest-and-plains-equity-assistance-center-families-balancing-tickets-105537629892">www.eventbrite.com/e/region-iii-midwest-and-plains-equity-assistance-center-families-balancing-tickets-105537629892</a></p>
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## Indigenous COVID-19 Response - Social Media Toolkit


 <p><b>National Indian Education Association</b> May 13 at 10:04 AM · 🌐</p> <p>Hot of the Press! IllumiNative and the National Indian Education Association (NIEA) launched the Native Education For All initiative which will provide free digital lesson plans and activities for distance learning. Now, more than ever, we can envision what our education systems can look like, increased the visibility of Native peoples across grade levels. K-12 students, parents, and teachers can now access all materials here 🖱️ <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a>.</p> <p><b>ILLUMINATIVES.ORG</b> <b>Native Education for All - IllumiNative</b> Native Americans are a vibrant and growing population with rich, distinct cultures in the United...</p> <p>👍❤️ 20      17 Shares</p>	<p>... National Indian Education Association</p> <p>May 13, 2020</p> <p>Hot of the Press! IllumiNative and the National Indian Education Association (NIEA) launched the Native Education For All initiative which will provide free digital lesson plans and activities for distance learning. Now, more than ever, we can envision what our education systems can look like, increased the visibility of Native peoples across grade levels. K-12 students, parents, and teachers can now access all materials here 🖱️ <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a>.</p>
 <p><b>National Indian Education Association</b> April 7 · 🌐</p> <p>📺 Are you a Native high school student, counselor, educator, or parent/family member? Join us for a #FREE webinar on April 8th! #collegehorizons #wereNIEA #NativeED #NativeTwitter #webinar <a href="https://zoom.us/webinar/register/WN_DG0mldXxS4KDYKKe5RmwXQ">https://zoom.us/webinar/register/WN_DG0mldXxS4KDYKKe5RmwXQ</a></p> <p><b>CH WEBINAR:</b> <b>Planning for College During COVID-19</b></p> <p><b>REGISTER ▶</b></p> <p><b>APRIL 8, 2020</b> <b>2:00 PM MDT</b></p> <p>👍 11      1 Comment 13 Shares</p>	<p>National Indian Education Association</p> <p>April 7, 2020</p> <p>📺 Are you a Native high school student, counselor, educator, or parent/family member? Join us for a #FREE webinar on April 8th! #collegehorizons #wereNIEA #NativeED #NativeTwitter #webinar <a href="https://zoom.us/webinar/register/WN_DG0mldXxS4KDYKKe5RmwXQ">https://zoom.us/webinar/register/WN_DG0mldXxS4KDYKKe5RmwXQ</a></p>
	<p>IllumiNative</p>



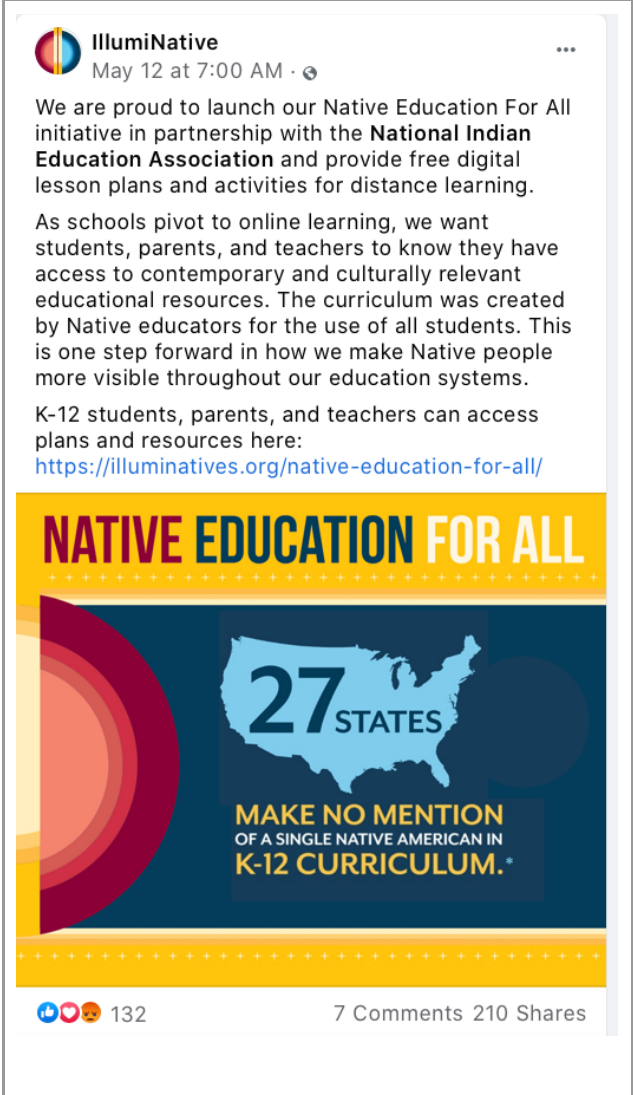
## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="235 220 747 283"> <b>IllumiNative</b> May 16 at 9:00 AM · 🌐</div> <p>U.S. schools and state curricula should include more Native American education and content in state standards. We can help. We have online lesson plans and resources to help all students learn more about Native peoples while also building new skills.</p>  <div data-bbox="235 724 747 798"><b>INDIANCOUNTRYTODAY.COM</b> <b>IllumiNative and partners launch new Native American Education for All initiative in response...</b></div> <div data-bbox="235 808 747 850"> 65 <span>13 Shares</span></div>	<div data-bbox="820 210 1429 273">May 16, 2020</div> <div data-bbox="820 294 1429 472">U.S. schools and state curricula should include more Native American education and content in state standards. We can help. We have online lesson plans and resources to help all students learn more about Native peoples while also building new skills.</div>
<div data-bbox="235 955 747 1018"> <b>IllumiNative</b> May 19 at 10:24 AM · 🌐</div> <p>Research shows that children learn from their parents by watching and copying what they do. This summer, we are encouraging all parents and their kiddos to learn more about Native peoples and cultures. We have free downloadable K-8 activities available now.</p> <p>Browse our Native Education for All lesson plans and activities here: <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a></p>  <div data-bbox="235 1711 747 1753"> 36 <span>25 Shares</span></div>	<div data-bbox="820 934 1429 997">IllumiNative</div> <div data-bbox="820 1018 1429 1081">May 19, 2020</div> <div data-bbox="820 1102 1429 1312">Research shows that children learn from their parents by watching and copying what they do. This summer, we are encouraging all parents and their kiddos to learn more about Native peoples and cultures. We have free downloadable K-8 activities available now.</div> <div data-bbox="820 1344 1429 1459">Browse our Native Education for All lesson plans and activities here: <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a></div>





## Indigenous COVID-19 Response - Social Media Toolkit

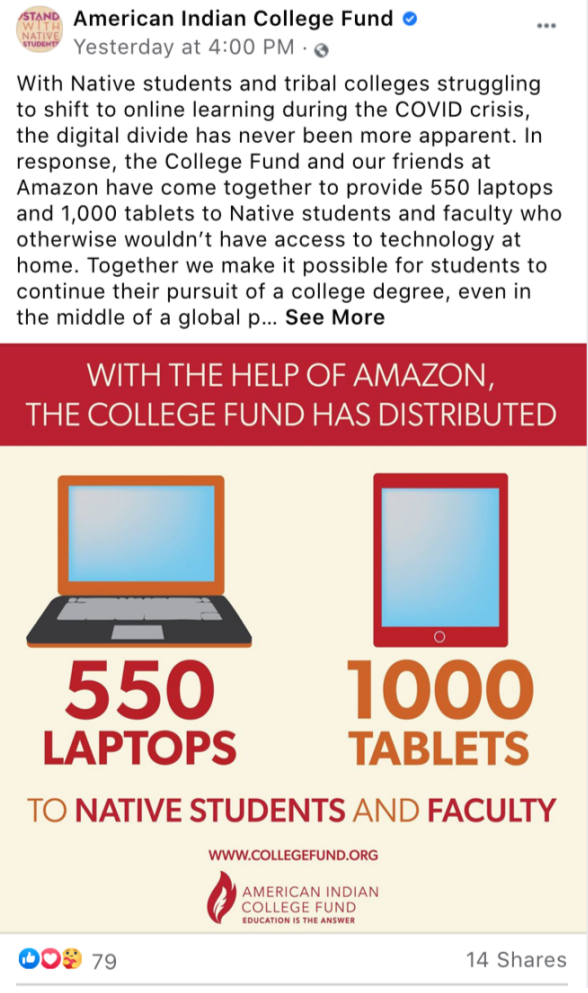
	<p>IllumiNative</p> <p>May 12, 2020</p> <p>As Indigenous youth face significant challenges while education systems are disrupted and inequities abound, their relatives and community have responded with a message:</p> <p>We are here for you. Your languages and culture are here for you. In times of crisis, your identity matters and can be a sustaining force.</p> <p><a href="#">#NativeEducationForAll</a></p>
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	<p>IllumiNative</p> <p>May 12, 2020</p>
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 <p>The image shows a Facebook post from the page 'IllumiNative', dated May 12 at 7:00 AM. The post text reads: 'We are proud to launch our Native Education For All initiative in partnership with the <b>National Indian Education Association</b> and provide free digital lesson plans and activities for distance learning. As schools pivot to online learning, we want students, parents, and teachers to know they have access to contemporary and culturally relevant educational resources. The curriculum was created by Native educators for the use of all students. This is one step forward in how we make Native people more visible throughout our education systems. K-12 students, parents, and teachers can access plans and resources here: <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a>'. Below the text is a graphic with a yellow header 'NATIVE EDUCATION FOR ALL', a blue map of the United States with '27 STATES' written on it, and the text 'MAKE NO MENTION OF A SINGLE NATIVE AMERICAN IN K-12 CURRICULUM.*'. At the bottom of the post, it shows 132 likes, 7 comments, and 210 shares.</p>	<p>We are proud to launch our Native Education For All initiative in partnership with the <a href="#">National Indian Education Association</a> and provide free digital lesson plans and activities for distance learning.</p> <p>As schools pivot to online learning, we want students, parents, and teachers to know they have access to contemporary and culturally relevant educational resources. The curriculum was created by Native educators for the use of all students. This is one step forward in how we make Native people more visible throughout our education systems.</p> <p>K-12 students, parents, and teachers can access plans and resources here: <a href="https://illuminatives.org/native-education-for-all/">https://illuminatives.org/native-education-for-all/</a></p>
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	<p>IllumiNative</p> <p>May 12, 2020</p>
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 <p><b>IllumiNative</b> May 1 at 8:00 AM · 🌐</p> <p>📣 Congratulations Class of 2020! Native Graduates, know you are brilliant, resilient, and made up of your ancestor's wildest dreams.</p> <p>Join Virtual Indigenous Commencement - a digital platform created to celebrate Indigenous students around the world who graduate from high school, college, vocational programs, graduate programs, and beyond. While it may not be physically possible to celebrate together, we are so proud of all our Indigenous graduates.</p> <p>Please use this virtual space  <a href="https://www.facebook.com/groups/789975061494796">https://www.facebook.com/groups/789975061494796</a> to help celebrate and congratulate Indigenous graduates. Feel free to share photos or videos of graduate(s). Watch the Virtual Indigenous Commencement group for more information.  <b>#2020NativeGrad #dearNativeGraduates #Class2020IndigenousStrong</b></p>  <p>44 1 Comment 11 Shares</p>	<p>Congratulations Class of 2020! Native Graduates, know you are brilliant, resilient, and made up of your ancestor's wildest dreams.</p> <p>Join Virtual Indigenous Commencement - a digital platform created to celebrate Indigenous students around the world who graduate from high school, college, vocational programs, graduate programs, and beyond. While it may not be physically possible to celebrate together, we are so proud of all our Indigenous graduates.</p> <p>Please use this virtual space  <a href="https://www.facebook.com/groups/789975061494796">https://www.facebook.com/groups/789975061494796</a> to help celebrate and congratulate Indigenous graduates. Feel free to share photos or videos of graduate(s). Watch the Virtual Indigenous Commencement group for more information.  <b>#2020NativeGrad#dearNativeGraduates #Class2020IndigenousStrong</b></p>
 <p><b>Native Wellness Institute</b> April 12 · 🌐</p>  <p>PUBLIC GROUP • 7,262 MEMBERS  <b>Virtual Indigenous Commencement</b></p> <p>3</p> <p>Like Comment Share</p>	<p>Native Wellness Institute</p> <p>April 12, 2020</p>

	<p>American Indian College Fund</p> <p>May 27, 2020</p> <p>With Native students and tribal colleges struggling to shift to online learning during the COVID crisis, the digital divide has never been more apparent. In response, the College Fund and our friends at Amazon have come together to provide 550 laptops and 1,000 tablets to Native students and faculty who otherwise wouldn't have access to technology at home. Together we make it possible for students to continue their pursuit of a college degree, even in the middle of a global pandemic. Thank you <a href="https://bit.ly/3cfjUAo">Amazon.com</a> for Standing With Native Students!</p> <p><a href="https://bit.ly/3cfjUAo">https://bit.ly/3cfjUAo</a></p>
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	<p>American Indian College Fund</p>
	<p>April 20, 2020</p>


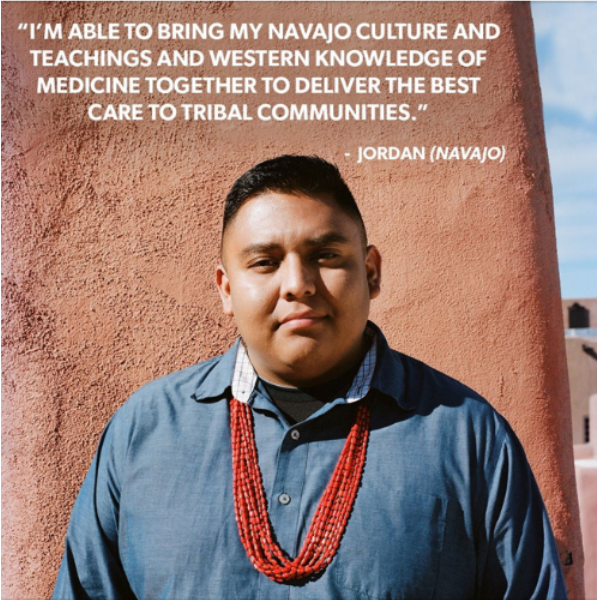


## Indigenous COVID-19 Response - Social Media Toolkit

 <p>A screenshot of a Facebook post from the American Indian College Fund, dated April 20. The post features a circular logo with the text 'STAND WITH NATIVE VOICES'. The text of the post reads: 'More than 50% of Native students are the primary source of income for their families, but the COVID crisis is causing many students to lose their jobs and their ability to provide for their families. They want to stay in school and obtain their degrees and you can make that possible. Make a donation to our Emergency Relief Fundraiser today. <a href="https://bit.ly/3463fws">https://bit.ly/3463fws</a>'. Below the text is a banner that says 'DONATE TO AMERICAN INDIAN COLLEGE FUND' and 'EMERGENCY RELIEF FUND' in bold red letters. Underneath the banner is a portrait of a smiling woman with long dark hair. At the bottom of the post, it shows 21 likes and 3 comments, 5 shares.</p>	<p>More than 50% of Native students are the primary source of income for their families, but the COVID crisis is causing many students to lose their jobs and their ability to provide for their families. They want to stay in school and obtain their degrees and you can make that possible. Make a donation to our Emergency Relief Fundraiser today.  <a href="https://bit.ly/3463fws">https://bit.ly/3463fws</a></p>
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	American Indian College Fund
	April 9, 2020

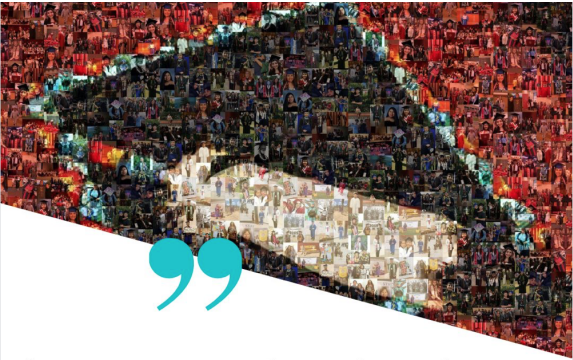


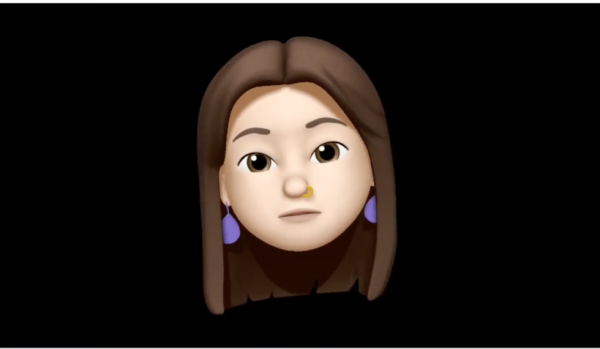
## Indigenous COVID-19 Response - Social Media Toolkit

<div><div><div><div><div></div><div>American Indian College Fund</div></div><div>April 9 · 🌐</div></div><div><p>44% of College Fund scholars are pursuing degrees in the medical, STEM and education fields - and they are passionate about launching careers to transform their communities. Students like Jordan demonstrate the potential for a bright and promising future. The skills students will bring with them to the workforce are exactly what we need right now! Will you help keep students' focus on continuing their education so they can strengthen and uplift their communities? The need has never been more strongly demonstrated than right now, as we respond to the COVID-19 crisis. Donate to our Emergency Relief Fund today to secure the future for our Native scholars and the future of Native communities.</p><p><a href="https://bit.ly/2vUf0JW">https://bit.ly/2vUf0JW</a></p></div></div><div><div><p>"I'M ABLE TO BRING MY NAVAJO CULTURE AND TEACHINGS AND WESTERN KNOWLEDGE OF MEDICINE TOGETHER TO DELIVER THE BEST CARE TO TRIBAL COMMUNITIES."</p><p>- JORDAN (NAVAJO)</p></div><div><div> 25</div><div>5 Shares</div></div></div></div>	<p>44% of College Fund scholars are pursuing degrees in the medical, STEM and education fields - and they are passionate about launching careers to transform their communities. Students like Jordan demonstrate the potential for a bright and promising future. The skills students will bring with them to the workforce are exactly what we need right now! Will you help keep students' focus on continuing their education so they can strengthen and uplift their communities? The need has never been more strongly demonstrated than right now, as we respond to the COVID-19 crisis. Donate to our Emergency Relief Fund today to secure the future for our Native scholars and the future of Native communities.</p> <p><a href="https://bit.ly/2vUf0JW">https://bit.ly/2vUf0JW</a></p>
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	Northwest Portland Area Indian Health Board
	April 24, 2020



 <p>“Let us put our minds together and see what life we can make for our children.”</p> <p>CHIEF SITTING BULL, HUNKPAPA LAKOTA LEADER</p> <p>#NWtribesstayhome</p> <p>10</p> <p>Like Comment Share</p>	<p>Happy Friday throughout the Northwest and beyond! Today, we want to celebrate all of the teachers working behind the scenes to continue on in delivering knowledge virtually and all means necessary to reach students - to the students who are doing your best to further build your knowledge as well as parents/guardians who are supporting those students and yourselves. We lift up a special congrats to the current and upcoming graduates from pre-school to high school, college and beyond! Opening ourselves to other perspectives allows us to understand more for our Native communities and all peoples - thank you for dedication and appreciation of learning. Keep learning, keep trying, keep accomplishing!</p> <p><a href="#">#NW Tribes Stay Home</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a></p>
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 <p>481 Views</p> <p><b>We R Native</b> April 3 · 🌐</p> <p>Like Page</p> <p>Are you taking online classes, how did this week go for you? 🧑🏽🧑🏽 Our friend Lael at We R Native has some helpful tips if you're still trying to find your rhythm 📖 Good sleep, nutrition, self-care, activities outside of screen time and good hygiene are all part of having a good class session or a great term. Also, don't forget to take advantage of your schools health and wellness services via online. 🧑🏽 They also have resources that can be helpful. As Lael mentioned, "remember it's important to put your physical and mental health first."</p> <p>To give help or get help, text TALK to the Crisis Text line at 741741 or call the National Suicide Prevention Lifeline at 1-800-273-8255.</p> <p>2</p> <p>Like Comment Share</p>	<p>Northwest Portland Area Indian Health Board</p> <p>April 4, 2020</p> <p>[Reposted from We R Native]</p>
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## Indigenous COVID-19 Response - Social Media Toolkit

	<p>Tulalip News</p> <p>May 8, 2020</p> <p>Friday storytelling! Lushootseed language teacher Maria Martin offers a reading of “Mother Goose” as told by Raymond Moses. Book illustrations by Michelle Myles. “Happy teacher appreciation week! For all my teachers, in and out of the classroom, thank you for everything. I hope you enjoy.” - Miss Maria Video Link: <a href="https://www.facebook.com/TulalipNews/videos/169575367740463/">https://www.facebook.com/TulalipNews/videos/169575367740463/</a></p>
	<p>Tulalip News</p> <p>April 29, 2020</p> <p>Teachers and Staff from Quil Ceda Elementary formed a caravan and paraded through the Tulalip Reservation, to let students and parents know how much they are missed in the classroom. #WeAreQCT Video Link: <a href="https://www.facebook.com/TulalipNews/videos/1700699476749250/">https://www.facebook.com/TulalipNews/videos/1700699476749250/</a></p>
	<p>Puyallup Tribe of Indians</p>

<p> <b>Puyallup Tribe of Indians</b> updated their cover photo. May 19 at 11:33 AM · 🌐</p> <p>If you have a grad in your life (preschool, high school, trade school, college, etc.), submit their photo and a congratulatory message to <a href="https://bit.ly/3dUYWYy">https://bit.ly/3dUYWYy</a>. The Communications Department plans to share graduates' photos and messages on the Tribe's website, <a href="http://www.PuyallupTribe-nsn.gov">www.PuyallupTribe-nsn.gov</a>, on social media, digital newsletters and in the Puyallup Tribal News.</p>  <p><b>Submit photos for PTOT's Grad Spotlight</b></p> <p>1 Like 2 Comments 1 Share</p> <p>Like Comment Share</p>	<p>May 19, 2020</p> <p>If you have a grad in your life (preschool, high school, trade school, college, etc.), submit their photo and a congratulatory message to <a href="https://bit.ly/3dUYWYy">https://bit.ly/3dUYWYy</a>. The Communications Department plans to share graduates' photos and messages on the Tribe's website, <a href="http://www.PuyallupTribe-nsn.gov">www.PuyallupTribe-nsn.gov</a>, on social media, digital newsletters and in the Puyallup Tribal News.</p>
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## D. Health and Wellness

Several tribes also used social media posts to promote and provide prevention-focused information to encourage healthy habits and lifestyle choices as well as advertise community health services. National Native health organizations and agencies used their different pages to disseminate a common PSA promoting culturally-relevant safe exercise activities that integrated ceremony, traditions, and physical fitness. National Native advocacy organizations used social media as a means of generating meaningful collaborative discussion around necessary changes within the healthcare system and structures showcased by the inequities of the pandemic impact. Tribal nations with community health more immediately impacted by COVID-19, such as the Navajo Nation, used posts to provide information about nutrition and vitamins targeting ways to boost healthy immunity for infection prevention. Similarly, during the initial rapid rise of Washington state cases, the Tulalip Nation posted instructional videos from their community to encourage breathing exercises to strengthen respiratory systems as a method of prevention. Across tribal communities, Facebook was used as a tool to disperse culturally-relevant and community-specific information and recommendations on exercise, healthy eating, and healthy habits to build and maintain physical health among community members. Tribal communities demonstrated use of social media to communicate changes in local health care services and promote telehealth care and curbside pharmacy services.

## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="203 220 256 277"> </div> <div data-bbox="256 220 764 277"> <b>National Congress of American Indians</b> </div> <div data-bbox="256 254 501 281"> May 19 at 8:03 AM · 🌐 </div> <div data-bbox="203 289 704 344"> During the <b>#COVID19</b> pandemic, exercise safe sweats. </div> <div data-bbox="191 359 792 674"> </div> <div data-bbox="203 682 375 709"> YOUTUBE.COM </div> <div data-bbox="203 709 446 739"> <b>Exercise Safe Sweats</b> </div> <div data-bbox="203 739 758 768"> We are partnering together with Northwest Native... </div> <div data-bbox="203 787 315 819"> 👍❤️👏 47 </div> <div data-bbox="660 787 776 816"> 14 Shares </div>	<div data-bbox="812 207 1263 241"> National Congress of American Indians </div> <div data-bbox="812 296 979 329"> May 19, 2020 </div> <div data-bbox="812 384 1346 453"> During the <a href="#">#COVID19</a> pandemic, exercise safe sweats. </div>
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	IllumiNative
	May 15, 2020

## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="207 222 261 279"> </div> <div data-bbox="261 226 493 283"> <b>IllumiNative</b>  May 15 at 8:41 AM · 🌐 </div> <p>Practicing our ceremonies and keeping active are healthy ways to keep balanced. But during this health crisis, we also have to keep our distance. So, how do we do both?</p> <p>Watch this video to learn more:  <a href="https://www.facebook.com/nativehealthohsu/videos/178963676658903/">https://www.facebook.com/nativehealthohsu/videos/178963676658903/</a></p> <p>Thanks to Northwest Native American Center of Excellence, We R Native, We Are Healers, and Northwest Portland Area Indian Health Board for encouraging folks to #ExerciseSafeSweats to keep our traditions strong... See More</p> <div data-bbox="191 636 779 968"> </div> <div data-bbox="224 982 722 1176"> <p>Northwest Native American Center of Excellence  May 12 at 11:35 AM · 🌐</p> <p>Join the movement by #ExercisingSafeSweats. COVID-19 poses a unique threat to our communities, our cultures, and our traditions. ASK your Elders to share WISDOM... See More</p> </div> <div data-bbox="211 1203 295 1228"> 👍❤️ 25 </div> <div data-bbox="665 1203 763 1228"> 4 Shares </div>	<p>Practicing our ceremonies and keeping active are healthy ways to keep balanced. But during this health crisis, we also have to keep our distance. So, how do we do both?</p> <p>Watch this video to learn more:  <a href="https://www.facebook.com/nativehealthohsu/videos/178963676658903/">https://www.facebook.com/nativehealthohsu/videos/178963676658903/</a></p> <p>Thanks to  <a href="#">Northwest Native American Center of Excellence</a>,  <a href="#">We R Native</a>, <a href="#">We Are Healers</a>, and <a href="#">Northwest Portland Area Indian Health Board</a> for encouraging folks to <a href="#">#ExerciseSafeSweats</a> to keep our traditions strong.</p>
	<div data-bbox="812 1451 959 1480">IllumiNative</div> <div data-bbox="812 1539 977 1570">May 22, 2020</div>

## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="207 226 261 285"></div> <div data-bbox="263 231 401 258">IllumiNative</div> <div data-bbox="263 262 506 287">May 22 at 3:00 PM · 🌐</div> <div data-bbox="738 241 764 262">...</div> <p>This health crisis has exposed vulnerabilities that need attention. Dr. Warne hopes we can use this as an opportunity to improve our health systems and public health infrastructure. Hear an update from Healthcare workers here:  <a href="https://bit.ly/NativeTownHall">https://bit.ly/NativeTownHall</a></p> <div data-bbox="191 472 794 808"> </div> <div data-bbox="211 819 271 844">👍 10</div> <div data-bbox="548 819 774 844">1 Comment 3 Shares</div>	<p>This health crisis has exposed vulnerabilities that need attention. Dr. Warne hopes we can use this as an opportunity to improve our health systems and public health infrastructure. Hear an update from Healthcare workers here:  <a href="https://bit.ly/NativeTownHall">https://bit.ly/NativeTownHall</a></p>
<div data-bbox="228 1035 272 1073"></div> <div data-bbox="272 1037 581 1058">Northwest Portland Area Indian Health Board</div> <div data-bbox="272 1060 336 1077">14 hrs · 🌐</div> <div data-bbox="662 1039 686 1056">...</div> <p>Join the movement by <a href="#">#ExercisingSafeSweats</a>. COVID-19 poses a unique threat to our communities, our cultures, and our traditions. ASK your Elders to share WISDOM on how to ADAPT your ceremonies to practice your ways AT HOME. PROTECT the ones you LOVE. PRACTICE your ways AT HOME.      TOGETHER... WE WILL... GROW STRONGER.</p> <p>In partnership with the <a href="#">Northwest Native American Center of Excellence</a>, <a href="#">We R Native</a>, <a href="#">We Are Healers</a>, and the <a href="#">Northwest Portland Area Indian Health Board</a>... See More</p> <div data-bbox="215 1276 691 1547"> </div> <div data-bbox="225 1556 282 1579">👍❤️ 11</div> <div data-bbox="617 1556 680 1575">11 Shares</div>	<div data-bbox="813 984 1338 1012">Northwest Portland Area Indian Health Board</div> <div data-bbox="813 1073 976 1102">May 13, 2020</div> <p>Join the movement by <a href="#">#ExercisingSafeSweats</a>. COVID-19 poses a unique threat to our communities, our cultures, and our traditions. ASK your Elders to share WISDOM on how to ADAPT your ceremonies to practice your ways AT HOME. PROTECT the ones you LOVE. PRACTICE your ways AT HOME.      TOGETHER... WE WILL... GROW STRONGER.</p>
	<div data-bbox="813 1761 1156 1791">Navajo Department of Health</div>



<div data-bbox="212 220 261 268"> </div> <div data-bbox="267 222 591 249"> <b>Navajo Department of Health</b> </div> <div data-bbox="267 254 503 281"> May 12 at 3:24 PM · 🌐 </div> <div data-bbox="211 289 714 342"> <p>Nutrition advice for adults during the COVID-19 outbreak.</p> </div> <div data-bbox="211 352 756 459"> <p>Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.</p> </div> <div data-bbox="211 468 734 573"> <p>For more information please visit COVID-19 resources available on: <a href="https://www.ndoh.navajonnsn.gov/COVID-19">https://www.ndoh.navajonnsn.gov/COVID-19</a> #DineDabidziil</p> </div> <div data-bbox="196 585 787 1079"> </div> <div data-bbox="212 1092 297 1119"> 👍👎 21 </div> <div data-bbox="535 1092 774 1119"> 1 Comment 52 Shares </div> <div data-bbox="267 1140 349 1169"> 👍 Like </div> <div data-bbox="427 1140 566 1169"> 💬 Comment </div> <div data-bbox="630 1140 727 1169"> ➦ Share </div>	<div data-bbox="812 210 976 239"> May 12, 2020 </div> <div data-bbox="812 296 1362 365"> <p>Nutrition advice for adults during the COVID-19 outbreak.</p> </div> <div data-bbox="812 373 1424 522"> <p>Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.</p> </div> <div data-bbox="812 531 1398 638"> <p>For more information please visit COVID-19 resources available on: <a href="https://www.ndoh.navajonnsn.gov/COVID-19">https://www.ndoh.navajonnsn.gov/COVID-19</a></p> </div> <div data-bbox="812 680 984 711"> #DineDabidziil </div>
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 <p><b>LET'S TALK ABOUT NUTRITION ADVICE</b></p> <p><b>FOR ADULTS DURING THE COVID-19 OUTBREAK</b></p> <p>People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk chronic illnesses and infectious diseases. So we recommend you eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein, and antioxidants your body needs.</p> <p><b>Eat Fresh Fruits And Vegetables Daily</b></p> <ul style="list-style-type: none"> <li>• Eat at least 2-4 cups of fruits and 3-4 cups of vegetables daily.</li> <li>• Overcooking vegetables and fruits can lead to a loss of important vitamins.</li> <li>• Choose canned or dried vegetables and fruits without added salt or sugar.</li> </ul> <p><b>Drink Enough Water Daily</b></p> <ul style="list-style-type: none"> <li>• Drink 8-10 cups of water every day.</li> <li>• Water is essential as it transports nutrients in the blood, regulates body temperature, gets rid of waste, and lubricates and cushions joints.</li> <li>• Fruit and vegetables that contain water or coffee and tea are ok in moderation. Be careful to not consume too much caffeine though.</li> <li>• Avoid sweetened fruit juices, syrups, juice concentrates, and fizzy and still drinks as they all contain sugar.</li> </ul> <p><b>Eat Whole Grains and Healthy Proteins</b></p> <ul style="list-style-type: none"> <li>• Eat whole grain such as: unprocessed maize, millet, oats, brown rice, and root potatoes such as yam, taro or cassava.</li> <li>• Choose white meat like fish and poultry, which can be eaten 2-3 times a week.</li> <li>• Beans and lentils are also a great, healthy source of protein.</li> <li>• Red meats should only be eaten 1-2 times a week.</li> </ul> <p><b>Eat Less Salt And Sugar</b></p> <ul style="list-style-type: none"> <li>• Use iodized salt and limit your daily salt intake to less than 5g (approximately 1tsp).</li> <li>• When cooking and preparing food, limit your use of salt and high sodium condiments such as soy and fish sauce.</li> <li>• Limit your intake of soft drinks or sodas and other drinks high in sugar.</li> <li>• Choose to snack on fresh fruits and raw vegetables instead of cookies, cakes and chocolate.</li> </ul> <p><b>Eat Moderate Amounts of Fat And Oil</b></p> <ul style="list-style-type: none"> <li>• Consume unsaturated fats found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils.</li> <li>• Avoid saturated fats found in fatty meat, butter, palm and coconut oils, cheese, cream, ghee and lard.</li> <li>• If possible, opt for low-fat or reduced fat versions of milk and dairy products.</li> <li>• Avoid processed meats because they're high in fat and salt.</li> <li>• Avoid trans fats often found in processed food, fast food, fried food, frozen pizza, pies, cookies, margarines and spreads.</li> </ul> <p><b>Limit Eating Out</b></p> <ul style="list-style-type: none"> <li>• Make a daily, scheduled meal plan which is more predictable for you and your household.</li> <li>• Use video chats around meal times to keep you connected with friends and family members.</li> <li>• Plan and enjoy one cheat day once a week to enjoy whatever you want.</li> <li>• Manage keeping only healthy snacks in your cupboards.</li> </ul> <p>Cited: #COVID19 #CORONAVIRUS www.who.int/nutrition</p> <p>Navajo Health Command Operation Center Phone: 866.871.7614 Info Email: coronavirus.info@nhs.org www.ndoh.navajo-nan.gov/COVID-19</p> <p><b>#DineDabidziil</b></p>	
	<p>Navajo Department of Health</p> <p>April 16, 2020</p>



Navajo Department of Health

April 16 · 🌐

...

### Lets Talk About Minerals/Vitamins & COVID-19

There is no evidence to support the idea that taking over the counter minerals/vitamins prevents COVID-19. However a healthy diet rich in fruits and vegetables can provide an adequate amount of essential mineral/vitamins to boost your immune system.

Avoid any supplements promoting wild health claims. At this time, the U.S. Food and Drug Administration has been monitoring and warning companies offering fraudulent products claiming to prevent, diagnose, treat, or cure COVID-19. Nutritional supplements should not be considered to be substitutes for a good diet, because no supplements contain all the benefits provided by healthy foods.

source:

<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

HCOC Hotline: (928) 871-7014

Mental Health Helpline: (928) 810-7357

Email: [coronavirus.info@nndoh.org](mailto:coronavirus.info@nndoh.org)

#DineDabidziil



The following mineral/vitamins can be found in:



- Red Meat
- Beans
- Seeds
- Nuts
- Eggs
- Sweet Potatoes
- Broccoli
- Tofu



- Chili Peppers
- Broccoli
- Citrus Fruits (Oranges, Lemon, Limes & Grapefruit)
- Strawberries
- Bellpeppers



- Sardines
- Canned Tuna
- Mushrooms
- Milk
- Fruit Juices
- 15-25 minutes of sunlight

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Source: <https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>



Navajo Health Command Operation Center  
(928) 871-7014  
[www.ndoh.navajo-nsn.gov/COVID-19](http://www.ndoh.navajo-nsn.gov/COVID-19)  
[coronavirus.info@nndoh.org](mailto:coronavirus.info@nndoh.org)



28

1 Comment 35 Shares

### Lets Talk About Minerals/Vitamins & COVID-19

There is no evidence to support the idea that taking over the counter minerals/vitamins prevents COVID-19. However a healthy diet rich in fruits and vegetables can provide an adequate amount of essential mineral/vitamins to boost your immune system.

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source:


<https://www.hsph.harvard.edu/nutritionsource/2020/04/01/ask-the-expert-the-role-of-diet-and-nutritional-supplements-during-covid-19/>

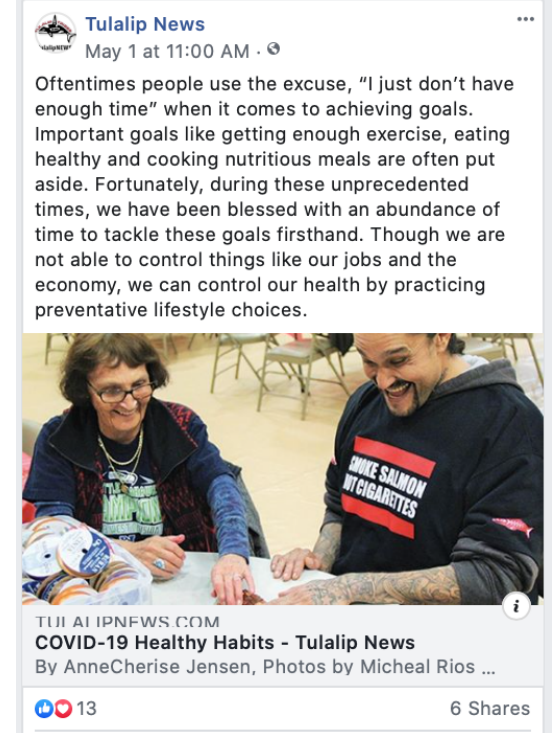
HCOC Hotline: (928) 871-7014

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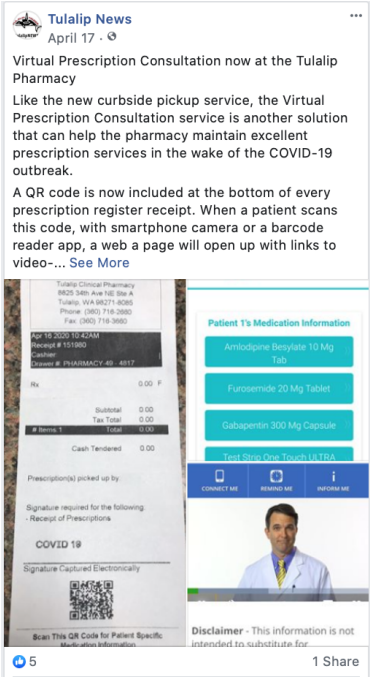
Email: [coronavirus.info@nndoh.org](mailto:coronavirus.info@nndoh.org)

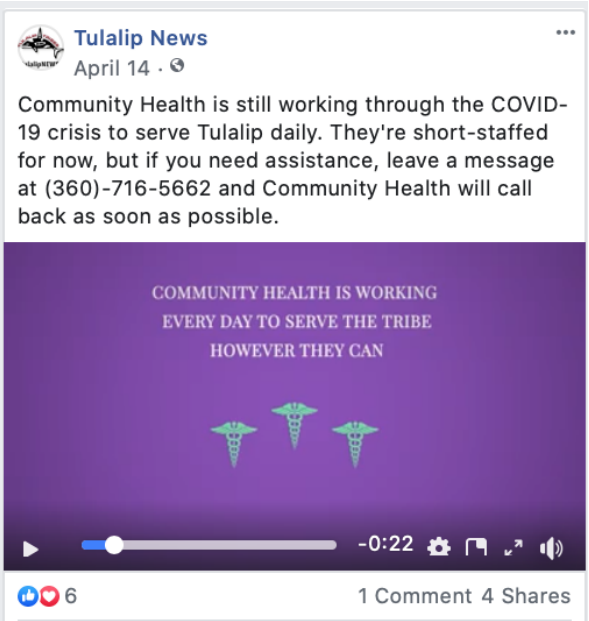
#DineDabidziil

	<p>Tulip News</p> <hr/> <p>April 24, 2020</p> <hr/> <p>Dr. David Morris of the Tulip Health Clinic along with Tulip Tribal member Maria Martin, demonstrate some respiratory exercises that can keep your lungs and airways healthy and combat the Covid-19 virus.</p> <p><i>Video Link:</i>  <a href="https://www.facebook.com/TulipNews/videos/366000554342368/">https://www.facebook.com/TulipNews/videos/366000554342368/</a></p>
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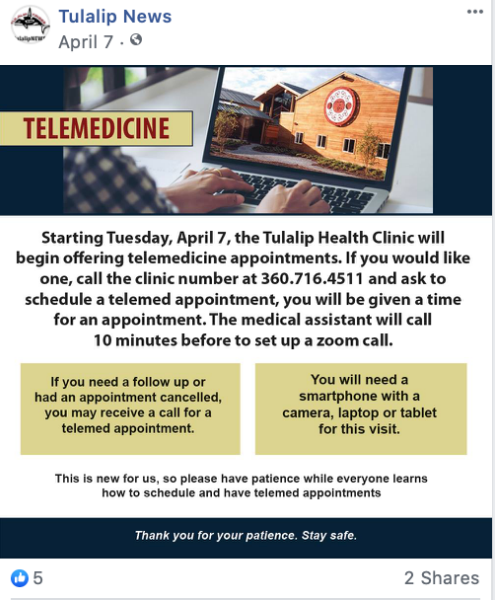
	<p>Tulip News</p> <hr/> <p>May 1, 2020</p> <hr/> <p>Oftentimes people use the excuse, “I just don’t have enough time” when it comes to achieving goals. Important goals like getting enough exercise, eating healthy and cooking nutritious meals are often put aside. Fortunately, during these unprecedented times, we have been blessed with an abundance of time to tackle these goals firsthand. Though we are not able to control things like our jobs and the economy, we can control our health by practicing preventative lifestyle choices.</p>
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## Indigenous COVID-19 Response - Social Media Toolkit

	<p>Tulalip News</p> <p>April 17, 2020</p> <p>Virtual Prescription Consultation now at the Tulalip Pharmacy</p> <p>Like the new curbside pickup service, the Virtual Prescription Consultation service is another solution that can help the pharmacy maintain excellent prescription services in the wake of the COVID-19 outbreak.</p> <p>A QR code is now included at the bottom of every prescription register receipt. When a patient scans this code, with smartphone camera or a barcode reader app, a webpage will open up with links to video.</p>
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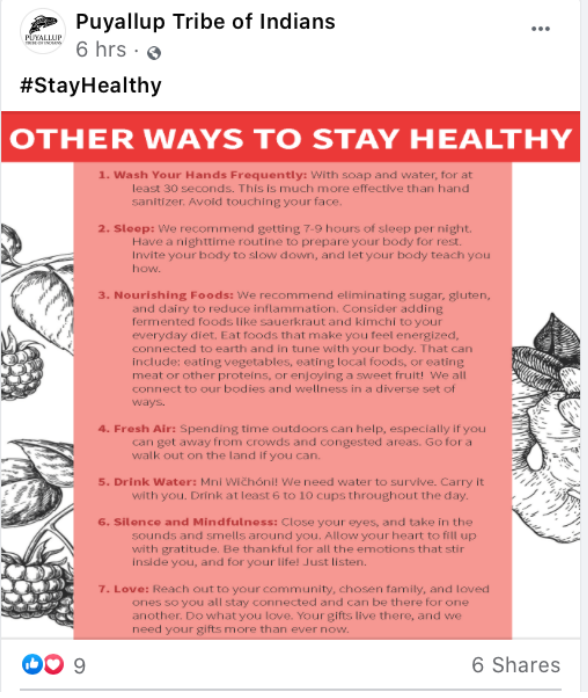
	<p>Tulalip News</p> <p>April 14, 2020</p> <p>Community Health is still working through the COVID-19 crisis to serve Tulalip daily. They're short-staffed for now, but if you need assistance, leave a message at (360)-716-5662 and Community Health will call back as soon as possible.</p>
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	Tulalip News
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	<p>April 7, 2020</p>
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	<p>Tribe of Indians</p> <p>2020</p>
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 <p>The image shows a Facebook post from the Puyallup Tribe of Indians. The post is titled "#StayHealthy" and features a red banner with the text "OTHER WAYS TO STAY HEALTHY". Below the banner, there are seven numbered tips for staying healthy, each accompanied by a small illustration. The tips are: 1. Wash Your Hands Frequently, 2. Sleep, 3. Nourishing Foods, 4. Fresh Air, 5. Drink Water, 6. Silence and Mindfulness, and 7. Love. The post has 6 shares and 9 likes.</p>	<p>Puyallup Tribe of Indians</p> <p>May 28, 2020</p> <p>#StayHealthy</p>
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## E. Mental Health and Well-Being

Communities have faced an increase in complex mental health needs stemming from the stress, fear, and anxiety associated with the pandemic and the resulting uncertainty, the sense of social disconnection and isolation created by social distancing practices and policies, and the grief and loss experienced in the face of the significant loss of lives, important milestones, and ways of living. Additionally, tribal communities face painful reminders of the ongoing historical trauma of colonial systems of oppression, health inequities, and weaponization of pandemics to dispossess and erase Indigenous communities. National, regional, and tribal communities have used social media to share both culturally-adapted mental health resources and traditional healing practices to preventatively promote mental wellbeing and offer strategies for reducing stress and anxiety. National and regional organizations also used Facebook to create live collaborative digital spaces for sharing stories and knowledge and building relationships and community as a way to encourage healing, wellbeing, and resilience in challenging times.

	National Indian Health Board
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## Indigenous COVID-19 Response - Social Media Toolkit

 <p>The image shows a Facebook post from the account 'nihb1'. The post features a yellow background with a green textured box at the top containing the text 'National Indian Health Board' and 'DOMESTIC &amp; PARTNER VIOLENCE DURING COVID-19'. Below this, the text 'Tips for Taking Care of Yourself &amp; Your Loved Ones' is displayed. A speech bubble icon is shown with the text 'Share your feelings and concerns with a trusted friend or family member. Or, call the Strong Hearts Native Helpline at 1-844-NATIVE.' The post has 22 likes and a caption that repeats the information in the graphic, including the helpline number and website. It was posted 14 hours ago.</p>	<p>May 21, 2020</p> <p>The pandemic carries a lot of uncertainty and stress which can lead to an increase in domestic and intimate partner violence. NIHB offers some tips to help care for yourself and loved ones who may be experiencing violence during this difficult time. For help, call the Strong Hearts Native Helpline at 844-NATIVE. Visit the NIHB website, <a href="http://www.nihb.org/covid-19">www.nihb.org/covid-19</a> to see the full graphic and for more resources. <a href="#">#COVID19</a> <a href="#">#NativeHealth</a> <a href="#">#IndianCountry</a></p>
	<p>Johns Hopkins Center for American Indian Health</p> <p>May 21, 2020</p>

## Indigenous COVID-19 Response - Social Media Toolkit







<div data-bbox="219 220 267 273"></div> <div data-bbox="267 220 662 273"><b>Johns Hopkins Center for American Indian Health</b></div> <div data-bbox="738 231 763 247">...</div> <div data-bbox="267 275 500 302">May 21 at 7:12 AM · 🌐</div> <div data-bbox="212 310 688 392"><p>Storytelling is an important tradition that has supported the well-being and resilience of Indigenous peoples since time immemorial.</p></div> <div data-bbox="212 399 751 558"><p>Check out our new children's storybook "Our Smallest Warriors, Our Strongest Medicine: Overcoming #COVID19" here: <a href="https://bit.ly/NativeStrongMedicine">https://bit.ly/NativeStrongMedicine</a> Johns Hopkins Alliance for a Healthier World #SmallWarriorsStrongMedicine</p></div> <div data-bbox="214 653 774 1075"></div> <div data-bbox="219 1171 321 1199"></div> <div data-bbox="289 1173 321 1197">77</div> <div data-bbox="532 1169 774 1197">1 Comment 48 Shares</div>	<p>Storytelling is an important tradition that has supported the well-being and resilience of Indigenous peoples since time immemorial. Check out our new children's storybook "Our Smallest Warriors, Our Strongest Medicine: Overcoming #COVID19" here: <a href="https://bit.ly/NativeStrongMedicine">https://bit.ly/NativeStrongMedicine</a> <a href="#">Johns Hopkins Alliance for a Healthier World</a> <a href="#">#SmallWarriorsStrongMedicine</a></p>
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	<div data-bbox="820 1419 1442 1493">Johns Hopkins Center for American Indian Health</div> <div data-bbox="820 1493 1442 1575">April 5, 2020</div>
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<p> <b>Johns Hopkins Center for American Indian Health</b> ...</p> <p>April 5 · 🌐</p> <p>Exercise helps kids (and adults) to de-stress when we're stuck at home. Let your child choose the music and have a 10-minute dance! You might even impress them with your moves...</p> <p>Useful resources: <a href="https://bit.ly/COVID19parenting">bit.ly/COVID19parenting</a></p> <p>#COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate_hub</p>  <p>👍 5 12 Shares</p>	<p>Exercise helps kids (and adults) to de-stress when we're stuck at home. Let your child choose the music and have a 10-minute dance! You might even impress them with your moves...</p> <p>Useful resources: <a href="https://bit.ly/COVID19parenting">bit.ly/COVID19parenting</a></p> <p>#COVID19PARENTING @WHO @UNICEF @USAID @CDCgov @ParentingLH @GPtoEndViolence #COVID19 #Coronavirus @accelerate_hub</p>
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	<p>Johns Hopkins Center for American Indian Health</p> <p>April 30, 2020</p>
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<div data-bbox="214 226 263 283"> </div> <div data-bbox="267 226 656 281"> <p><b>Johns Hopkins Center for American Indian Health</b></p> </div> <div data-bbox="267 283 509 310"> <p>April 30 at 6:00 AM · 🌐</p> </div> <div data-bbox="211 317 763 554"> <p>Stress and anxiety during COVID-19 is taking its toll on providers and first-responders. Know the signs and take care of yourself so that you can continue to care for others. Other COVID-19 materials are available for tribal use at <a href="http://caih.jhu.edu/news/covid19">http://caih.jhu.edu/news/covid19</a> <a href="http://caih.jhu.edu/news/covid19">http://caih.jhu.edu/news/covid19</a> 🐼 #coronavirus 🌱 #COVID2019 #COVID #COVID19 #FlattenTheCurve #IndianCountry #nativeamerican</p> </div> <div data-bbox="198 564 784 1377"> </div>	<p>Stress and anxiety during COVID-19 is taking its toll on providers and first-responders. Know the signs and take care of yourself so that you can continue to care for others. Other COVID-19 materials are available for tribal use at <a href="http://caih.jhu.edu/news/covid19">http://caih.jhu.edu/news/covid19</a> <a href="http://caih.jhu.edu/news/covid19">http://caih.jhu.edu/news/covid19</a> 🐼 #coronavirus 🌱 #COVID2019 #COVID #COVID19 #FlattenTheCurve #IndianCountry #nativeamerican</p>
	<p>IllumiNative</p> <p>May 20, 2020</p>

<div><div><b>IllumiNative</b></div><div>May 20 at 6:00 PM · 🌐</div><div>...</div></div> <p>Storytelling is an important tradition and teaching tool that can influence behavior and support well-being. For Native peoples, storytelling is in our bone and blood.</p> <p>A new children's storybook, "Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19" is providing education and coping strategies here: <a href="https://bit.ly/NativeStrongMedicine">https://bit.ly/NativeStrongMedicine</a></p> <p><b>#SmallWarriorsStrongMedicine</b></p> <div></div> <div><div></div>121</div> <div>58 Shares</div>	<p>Storytelling is an important tradition and teaching tool that can influence behavior and support well-being. For Native peoples, storytelling is in our bone and blood.</p> <p>A new children's storybook, "Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19" is providing education and coping strategies here: <a href="https://bit.ly/NativeStrongMedicine">https://bit.ly/NativeStrongMedicine</a></p> <p><a href="#">#SmallWarriorsStrongMedicine</a></p>
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	Native Wellness Institute
	April 23, 2020

## Indigenous COVID-19 Response - Social Media Toolkit



**Native Wellness Institute**  
 April 23 · 🌐

For the past 5 weeks the Native Wellness Institute has offered daily "Native Wellness Power Hours" as part of our response to the pandemic. These are hour long sessions filled with music, storytelling, songs, workshops, teachings and more.

Did you miss some? You can still watch them and can find them here on Facebook, on our website ([nativewellness.com](http://nativewellness.com)) or are on our You Tube channel.

Please feel welcome to use them in your programming, share with family and friends or watch them over and over!


Enjoy!




**NATIVE WELLNESS POWER HOUR**  
 FACEBOOK LIVE  
 Daily at Noon Pacific Time - 1:00 PM Mountain Time  
 2:00 PM Central Time - 3:00 PM Eastern Time

**Did you miss a Native Wellness Power Hour? You can still tune in!**

WEEK ONE	WEEK TWO
Traditional Storytelling with Gene Tagaban Words of Encouragement: Young People in the Age of the Virus with the Indigenous 20 Something Project Kindness to Ourselves and Self Care with Theda New Breast Healthy Cooking Demo with Thosh & Chelsey Collins Power of Positive Thinking with Robert Johnston Words of Encouragement: Resiliency Through the Eyes of Kids with Lovina Louise and the Kids Healing Through Laughter Comedy Show with Kasey Nicholson	Poetry Slam Native Style with Renee Roman Nose, Alanna OneSpot, and Marie Knight Teachings from Mother Earth with Josh Cocker The Power of Letting Go with Jilene Joseph A Live Concert: Healing Through Song with Calina Lawrence, Jordan Cocker, and Kahara Hodges The Power of Positive Thinking with Robert Johnston Honoring the Medicine Moving Forward: The Power of Being Present with Lori New Breast Men's Wellness and Healthy Relationships with Marcus Red Thunder
WEEK THREE	WEEK FOUR
Healing Through Laughter - A Comedy Show with Kasey Nicholson Substance Abuse Recovery in Indian Country with Dr. John Spence Storytelling by One Crazy Raven with Gene Tagaban Mental Health in the Time of the Virus with LOSTP Living Room Movement with the Family or Solo with Thosh & Chelsey Poverty Thinking and Behaviors & Tips for Grief and Loss in the Time of the Pandemic with Theda New Breast Let's Stay Well Together with Lovina Louise and Robert Johnston	My Story - Sobriety, MARIJUANA, and Healing with Leroy Bear interviewed by Theda New Breast Prayer Songs from Many Nations with Lovina Louise, Bobby Mercer & Family, Blue Eagle Vigil, Kaseem Swamp, and Kevin Kicking Woman The Power of Letting Go - Part II with Jilene Joseph Healing Through Song with Calina Lawrence, Jordan Cocker, and Kahara Hodges Old School in the New School - Healthy Relationships for Young People with Marcus Guinn aka Emcee One Story Time for the Kids with Renee Roman Nose Let's Talk About Sex - Approaches to Help Adults Talk to Their Children with Nona Main interviewed by Jilene Joseph

 Check out our YouTube channel or [www.NativeWellness.com](http://www.NativeWellness.com) to view past weeks videos.



 44

28 Shares

For the past 5 weeks the Native Wellness Institute has offered daily "Native Wellness Power Hours" as part of our response to the pandemic. These are hour long sessions filled with music, storytelling, songs, workshops, teachings and more.

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Please feel welcome to use them in your programming, share with family and friends or watch them over and over!


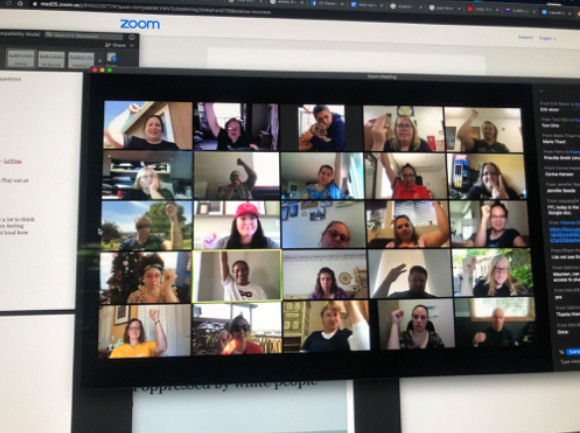


Enjoy!

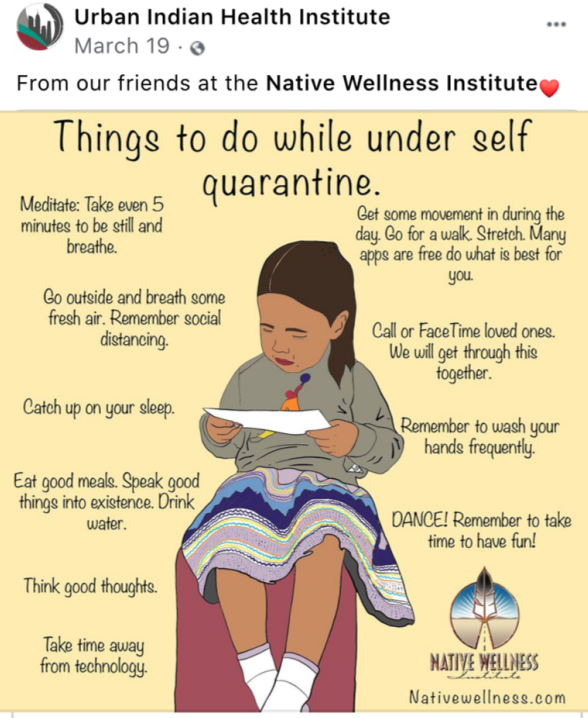
Native Wellness Institute

May 28, 2020



## Indigenous COVID-19 Response - Social Media Toolkit

<div data-bbox="203 220 787 1312"><div><b>Native Wellness Institute</b><div>18 hrs · 🌐</div></div><p>For the last several months, NWI has taken our training online! We have morphed into Zoom Wellness Warriors! We have worked with Heritage High School and Quil Ceda School on the Tulalip Reservation, American Indian College Fund, Seattle Indian Health Board, Native American Youth and Family Center, Future Generations Collaborative, Youth Move and more!</p><p>"This didn't seem like work."</p><p>"I felt like we were all together in the same space."</p><p>"The time went by fast."</p><p>We make it engaging, responsive to the needs of participants, we encourage people to sit, stand, lay down, craft, cook, etc while listening, we take a lot of breaks, we extend a one or two training over several days.</p><p>We are like water and ebb and flow during times of change. We hope to see you online soon!</p><div><div></div><div>33</div><div>4 Shares</div></div></div>	<p>For the last several months, NWI has taken our training online! We have morphed into Zoom Wellness Warriors! We have worked with Heritage High School and Quil Ceda School on the Tulalip Reservation, American Indian College Fund, Seattle Indian Health Board, Native American Youth and Family Center, Future Generations Collaborative, Youth Move and more!</p> <p>"This didn't seem like work."</p> <p>"I felt like we were all together in the same space."</p> <p>"The time went by fast."</p> <p>We make it engaging, responsive to the needs of participants, we encourage people to sit, stand, lay down, craft, cook, etc while listening, we take a lot of breaks, we extend a one or two training over several days.</p> <p>We are like water and ebb and flow during times of change. We hope to see you online soon!</p>
	<div>Urban Indian Health Institute</div> <div>March 19, 2020</div>

 <p><b>Urban Indian Health Institute</b> March 19 · 🌐</p> <p>From our friends at the <b>Native Wellness Institute</b> ❤️</p> <p><b>Things to do while under self quarantine.</b></p> <p>Meditate: Take even 5 minutes to be still and breathe.</p> <p>Go outside and breath some fresh air. Remember social distancing.</p> <p>Catch up on your sleep.</p> <p>Eat good meals. Speak good things into existence. Drink water.</p> <p>Think good thoughts.</p> <p>Take time away from technology.</p> <p>Get some movement in during the day. Go for a walk. Stretch. Many apps are free do what is best for you.</p> <p>Call or FaceTime loved ones. We will get through this together.</p> <p>Remember to wash your hands frequently.</p> <p><b>DANCE!</b> Remember to take time to have fun!</p> <p><b>NATIVE WELLNESS</b> NativeWellness.com</p> <p><b>Native Wellness Institute is with Jules Cooke and Chris Traversie.</b> March 18 · 🌐</p> <p>👍❤️ 34      20 Shares</p>	<p>From our friends at the Native Wellness Institute ❤️</p>
	<p>Northwest Portland Area Indian Health Board</p> <p>May 6, 2020</p>

## Indigenous COVID-19 Response - Social Media Toolkit



YOUTUBE.COM

### Mountain Meditation with Acosia Red Elk

Using the mountain stillness and calmness, to bring into our body to hel...



2 Shares

Feeling anxious? Stressed? Or overwhelmed? Try meditation to relieve stress during the COVID-19 outbreak.

"Sit tall with a long spine and your head erect to allow your shoulders to fully relax. Close your eyes and bring your attention to the flow of your breathing. Feel each in-breath and each out-breath. Observe your breathing without trying to change or regulate it. Allow your body to be still. Sit with a sense of dignity, resolve, a sense of wholeness in this very moment....

[See More](#)



### Navajo Department of Health

April 17 · 🌐

Healthcare Workers and First Responders, if you are feeling stressed and need to talk? Call our confidential Helpline at (928) 810-7357.

#DineDibidziil

**We are here for you! We are here for you!**

HCOC Mental Health Helpline: 8:00am to 5:00pm - Daily  
(928) 810-7357  
National Suicide Prevention Lifeline 24/7  
1(800) 273-8255  
Disaster Distress Helpline 24/7  
1(800) 985-5990  
Colorado Crisis Hotline 24/7  
1(844) 493-8255  
New Mexico Crisis Hotline  
1(855) 662-7474

Navajo Health Command Operation Center  
www.nhdc.navajonain.gov/COVID-19  
Email: coronavirus.info@nhdh.org  
Facebook: navajodepthhealth  
Twitter: navajodepth  
Instagram: navajodepth\_dh



29 Shares

### Navajo Department of Health


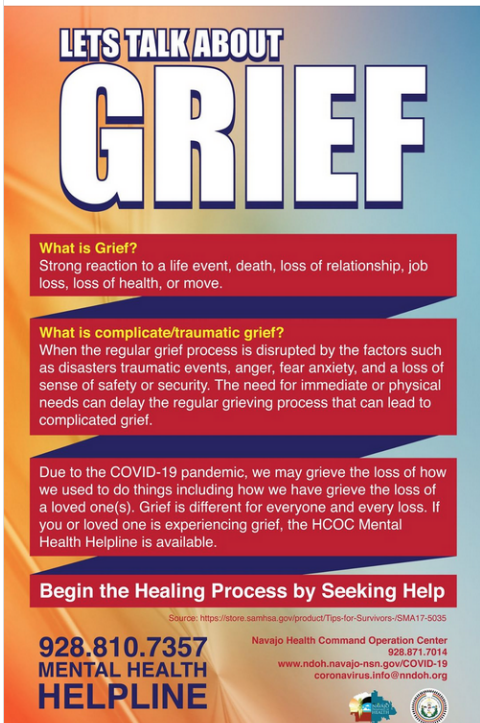
April 17, 2020

Healthcare Workers and First Responders, if you are feeling stressed and need to talk? Call our confidential Helpline at (928) 810-7357.




[#DineDibidziil](#)

### Navajo Department of Health

## Indigenous COVID-19 Response - Social Media Toolkit

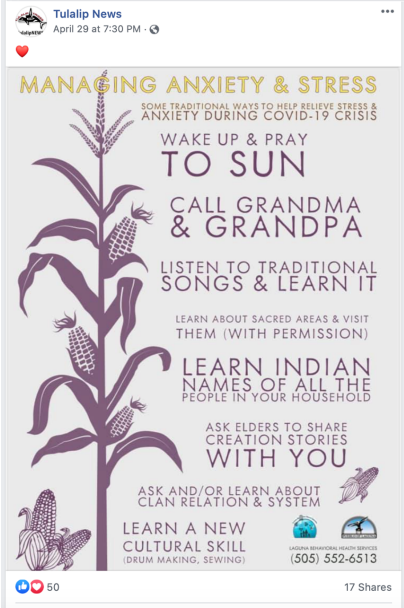

<div data-bbox="264 216 503 258">  <b>Navajo Department of Health</b>  May 2 at 2:00 PM · 🌐 </div> <div data-bbox="264 262 399 281"> <p>Lets Talk About Grief</p> </div> <div data-bbox="264 287 357 306"> <p>What is Grief?</p> </div> <div data-bbox="264 304 721 344"> <p>Strong reaction to a life event, death, loss of relationship, job loss, loss of health, or move.</p> </div> <div data-bbox="264 348 417 369"> <p>How to Cope with Grief:</p> </div> <div data-bbox="264 367 716 571"> <ul style="list-style-type: none"> <li>- Grieve your own way and your own pace</li> <li>- Take care of "self" by exercising regularly, eating healthy food, and getting enough sleep</li> <li>- Talk with caring friends - let others know if you need to talk</li> <li>- Try not to make changes right away</li> <li>- Join a grief support group online or in person later</li> <li>- Consider professional support. Sometimes talking to counselor about your grief can help</li> <li>- Talk to your healthcare provider if you are having trouble with everyday activities</li> <li>- Be patient with yourself</li> </ul> </div> <div data-bbox="264 573 722 613"> <p>HCOC Helpline: If you need to talk, we are here to listen. You are stronger than you think and we are all in this together.</p> </div> <div data-bbox="264 615 540 653"> <p>Helpline: (928) 810-8573 8AM to 5PM Daily  #DineBabidzii</p> </div> <div data-bbox="254 659 730 1377">  </div> <div data-bbox="264 1386 339 1407"> <p>👍❤️👍 27</p> </div> <div data-bbox="657 1386 722 1407"> <p>45 Shares</p> </div>	<div data-bbox="813 210 963 241"> <p>May 2, 2020</p> </div> <div data-bbox="813 296 1066 327"> <p>Let's Talk About Grief</p> </div> <div data-bbox="813 373 984 405"> <p>What is Grief?</p> </div> <div data-bbox="813 413 1338 485"> <p>Strong reaction to a life event, death, loss of relationship, job loss, loss of health, or move.</p> </div> <div data-bbox="813 531 1096 562"> <p>How to Cope with Grief:</p> </div> <div data-bbox="813 569 1438 1146"> <ul style="list-style-type: none"> <li>- Grieve your own way and your own pace</li> <li>- Take care of "self" by exercising regularly, eating healthy food, and getting enough sleep</li> <li>- Talk with caring friends - let others know if you need to talk</li> <li>- Try not to make changes right away</li> <li>- Join a grief support group online or in person later</li> <li>- Consider professional support group online or in person later</li> <li>- Consider professional support. Sometimes talking to counselor about your grief can help</li> <li>- Talk to your healthcare provider if you are having trouble with everyday activities</li> <li>- Be patient with yourself</li> </ul> </div> <div data-bbox="813 1155 1443 1264"> <p>HCOC Helpline: If you need to talk, we are here to liste. You are stronger than you think and we are all in this together.</p> </div> <div data-bbox="813 1310 1317 1379"> <p>Helpline: (928) 610-8573 8AM to 5PM Daily  #DineBabidzii</p> </div>
	<div data-bbox="813 1541 1157 1575"> <p>Navajo Department of Health</p> </div> <div data-bbox="813 1627 980 1661"> <p>April 23, 2020</p> </div>

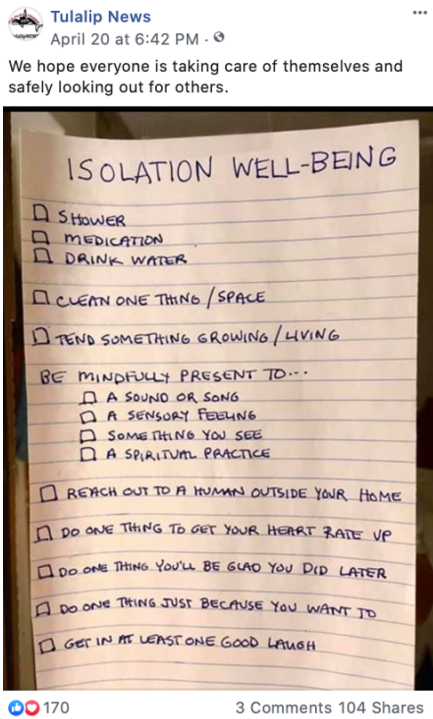
## Indigenous COVID-19 Response - Social Media Toolkit

<div><div><div><div><div></div><div>Navajo Department of Health</div></div><div><div>April 23 · 🌐</div><div>Courtesy Share: Navajo Nation Council</div><div>Mental Health Helpline: (928) 810-7357</div><div>#DineDabidziil</div></div></div></div><div></div><div><div><div>Navajo Nation Council</div><div>April 23 · 🌐</div><div>MENTAL HEALTH, DOMESTIC VIOLENCE SERVICES ADVOCACY BY DELEGATE CROTTY CONTINUES DURING PANDEMIC (4/23/20)</div><div>WINDOW ROCK, Ariz. — Council Delegate Amber Kanazbah C...</div><div>See More</div></div><div><div> 2</div><div>3 Shares</div></div></div></div>	<p>Courtesy Share: Navajo Nation Council</p> <p>Mental Health Helpline: (928) 810-7357</p> <p><a href="#">#DineBabidziil</a></p> <p>[Reposted]</p>
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	Tulalip News
	April 29, 2020

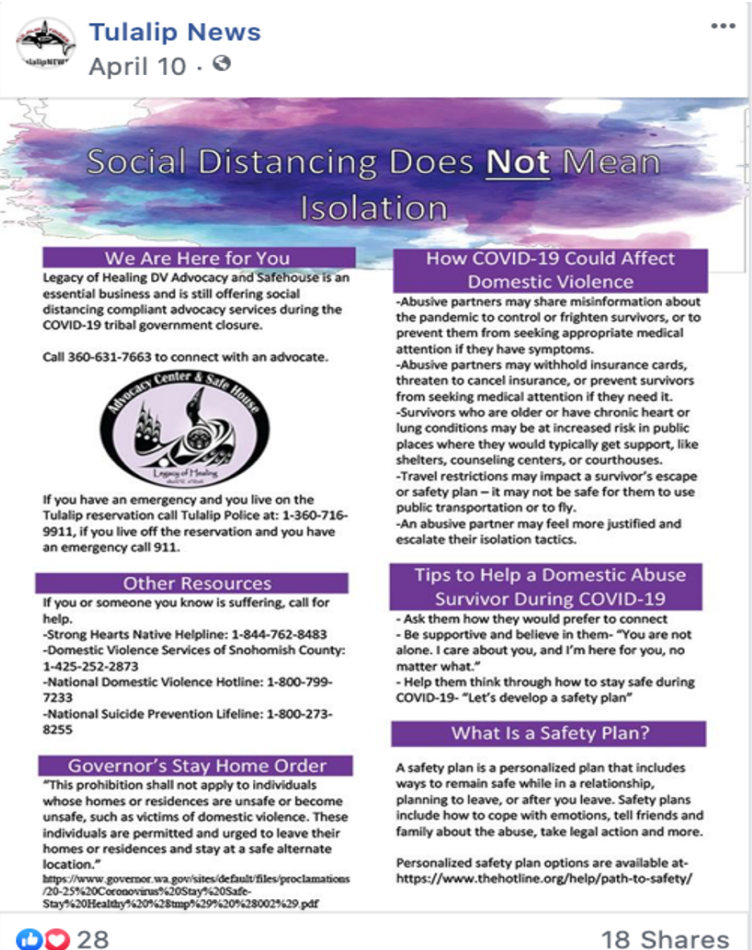
## Indigenous COVID-19 Response - Social Media Toolkit

	
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	<p>Tulalip News</p> <p>April 20, 2020</p> <p>We hope everyone is taking care of themselves and safely looking out for others.</p>
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	Tulalip News
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**Tulalip News**  
April 10 · 🌐

## Social Distancing Does Not Mean Isolation

**We Are Here for You**  
Legacy of Healing DV Advocacy and Safehouse is an essential business and is still offering social distancing compliant advocacy services during the COVID-19 tribal government closure.  
Call 360-631-7663 to connect with an advocate.



If you have an emergency and you live on the Tulalip reservation call Tulalip Police at: 1-360-716-9911, if you live off the reservation and you have an emergency call 911.

**Other Resources**  
If you or someone you know is suffering, call for help.  
-Strong Hearts Native Helpline: 1-844-762-8483  
-Domestic Violence Services of Snohomish County: 1-425-252-2873  
-National Domestic Violence Hotline: 1-800-799-7233  
-National Suicide Prevention Lifeline: 1-800-273-8255

**Governor's Stay Home Order**  
"This prohibition shall not apply to individuals whose homes or residences are unsafe or become unsafe, such as victims of domestic violence. These individuals are permitted and urged to leave their homes or residences and stay at a safe alternate location."  
<https://www.governor.wa.gov/sites/default/files/proclamations/20-25%20Coronavirus%20Stay%20Safe-Stay%20Healthy%20%28tup%29%20%28002%29.pdf>

**How COVID-19 Could Affect Domestic Violence**  
-Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.  
-Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.  
-Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.  
-Travel restrictions may impact a survivor's escape or safety plan – it may not be safe for them to use public transportation or to fly.  
-An abusive partner may feel more justified and escalate their isolation tactics.

**Tips to Help a Domestic Abuse Survivor During COVID-19**  
- Ask them how they would prefer to connect  
- Be supportive and believe in them- "You are not alone. I care about you, and I'm here for you, no matter what."  
- Help them think through how to stay safe during COVID-19- "Let's develop a safety plan"

**What Is a Safety Plan?**  
A safety plan is a personalized plan that includes ways to remain safe while in a relationship, planning to leave, or after you leave. Safety plans include how to cope with emotions, tell friends and family about the abuse, take legal action and more.  
Personalized safety plan options are available at-  
<https://www.thehotline.org/help/path-to-safety/>

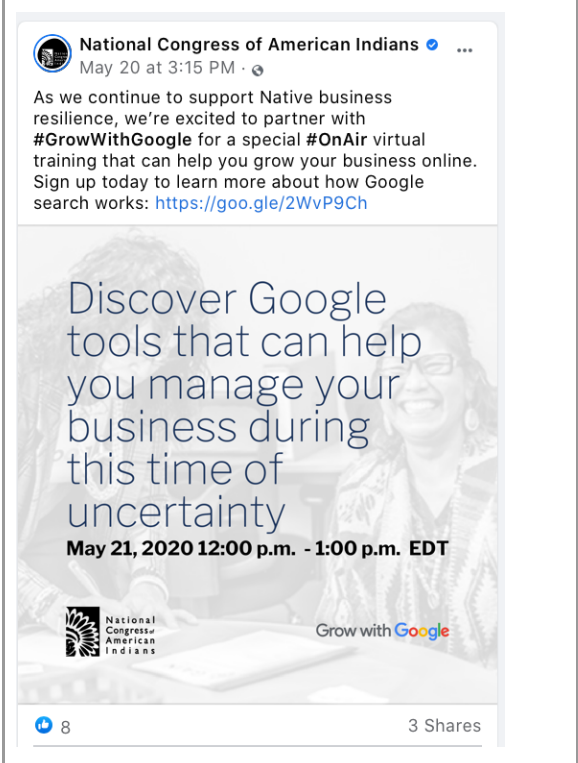
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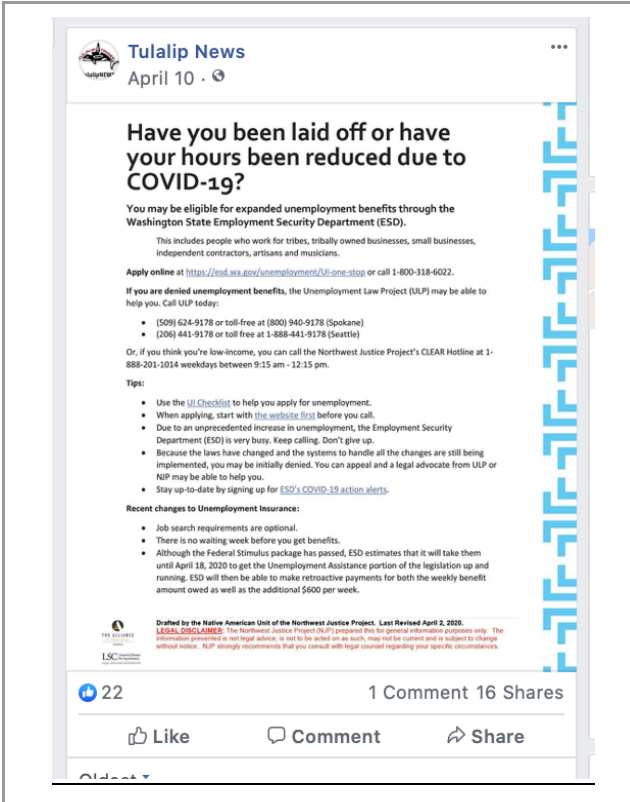
April 10, 2020

## F. Unemployment Support

The closure of non-essential services and businesses within and outside tribal communities has had significant economic impact on communities, families, and individuals as people face the pause or loss of jobs during the pandemic. National organizations used social media to provide informational support and webinar training to Native businesses around expanding online services and modes of continuing operations. On the community level, tribal nations have used social media as a platform for providing information and strategies for accessing unemployment benefits and state-funded resources and as a means of advertising web-based opportunities for practical support and training around the process of applying for and securing unemployment benefits.

## Indigenous COVID-19 Response - Social Media Toolkit

 <p><b>National Congress of American Indians</b> • May 20 at 3:15 PM •</p> <p>As we continue to support Native business resilience, we're excited to partner with <b>#GrowWithGoogle</b> for a special <b>#OnAir</b> virtual training that can help you grow your business online. Sign up today to learn more about how Google search works: <a href="https://goo.gle/2WvP9Ch">https://goo.gle/2WvP9Ch</a></p> <p>Discover Google tools that can help you manage your business during this time of uncertainty</p> <p><b>May 21, 2020 12:00 p.m. - 1:00 p.m. EDT</b></p> <p>8 • 3 Shares</p>	<p>National Congress of American Indians</p> <p>May 20, 2020</p> <p>As we continue to support Native business resilience, we're excited to partner with <b>#GrowWithGoogle</b> for a special <b>#OnAir</b> virtual training that can help you grow your business online. Sign up today to learn more about how Google search works: <a href="https://goo.gle/2WvP9Ch">https://goo.gle/2WvP9Ch</a></p>
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 <p><b>Tulalip News</b> • April 10 •</p> <p><b>Have you been laid off or have your hours been reduced due to COVID-19?</b></p> <p>You may be eligible for expanded unemployment benefits through the Washington State Employment Security Department (ESD).</p> <p>This includes people who work for tribes, tribally owned businesses, small businesses, independent contractors, artists and musicians.</p> <p>Apply online at <a href="https://esd.wa.gov/unemployment/ul-one-stop">https://esd.wa.gov/unemployment/ul-one-stop</a> or call 1-800-318-6022.</p> <p>If you are denied unemployment benefits, the Unemployment Law Project (ULP) may be able to help you. Call ULP today:</p> <ul style="list-style-type: none"> <li>• (509) 624-9178 or toll-free at (800) 940-9178 (Spokane)</li> <li>• (206) 441-9178 or toll-free at 1-888-441-9178 (Seattle)</li> </ul> <p>Or, if you think you're low-income, you can call the Northwest Justice Project's CLEAR Hotline at 1-888-201-1014 weekdays between 9:15 am - 12:15 pm.</p> <p><b>Tips:</b></p> <ul style="list-style-type: none"> <li>• Use the <a href="#">UL Checklist</a> to help you apply for unemployment.</li> <li>• When applying, start with <a href="#">the website first</a> before you call.</li> <li>• Due to an unprecedented increase in unemployment, the Employment Security Department (ESD) is very busy. Keep calling. Don't give up.</li> <li>• Because the laws have changed and the systems to handle all the changes are still being implemented, you may be initially denied. You can appeal and a legal advocate from ULP or NJP may be able to help you.</li> <li>• Stay up-to-date by signing up for <a href="#">ESD's COVID-19 action alerts</a>.</li> </ul> <p><b>Recent changes to Unemployment Insurance:</b></p> <ul style="list-style-type: none"> <li>• Job search requirements are optional.</li> <li>• There is no waiting week before you get benefits.</li> <li>• Although the Federal Stimulus package has passed, ESD estimates that it will take them until April 18, 2020 to get the Unemployment Assistance portion of the legislation up and running. ESD will then be able to make retroactive payments for both the weekly benefit amount owed as well as the additional \$600 per week.</li> </ul> <p><small>Drafted by the Native American Unit of the Northwest Justice Project. Last Revised April 2, 2020. <b>LEGAL DISCLAIMER:</b> The Northwest Justice Project (NJP) prepared this for general information purposes only. The information presented is not legal advice, is not to be relied on as such, may not be current and is subject to change without notice. NJP strongly recommends that you consult with legal counsel regarding your specific circumstances.</small></p> <p>22 • 1 Comment 16 Shares</p> <p>Like • Comment • Share</p>	<p>Tulalip News</p> <p>April 10, 2020</p>
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Puyallup Tribe of Indians

April 23 · 🌐

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## FINANCIAL RESOURCES ARE AVAILABLE

Have you or someone you know been financially impacted by the COVID-19 crisis? The Washington Department of Financial Institutions has developed a list of financial resources for Washington families, including: unemployment assistance, mortgage and rent assistance, paying for credit cards, utilities assistance, paying for student loans and more.

### Chief Leschi Schools

April 23 · 🌐

Have you or someone you know been financially impacted by the COVID-19 crisis? The Washington Department of Financial Institutions has developed a list of finan... **See More**

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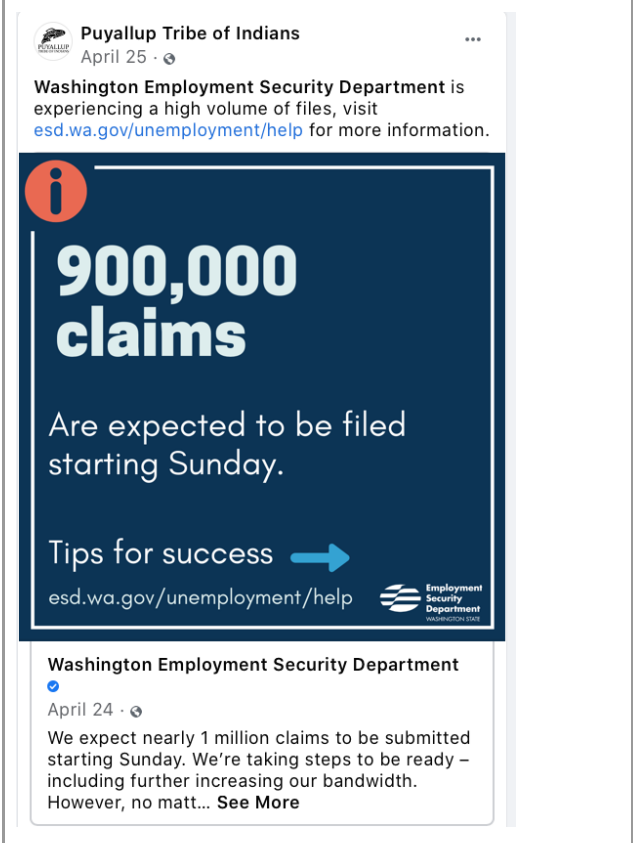
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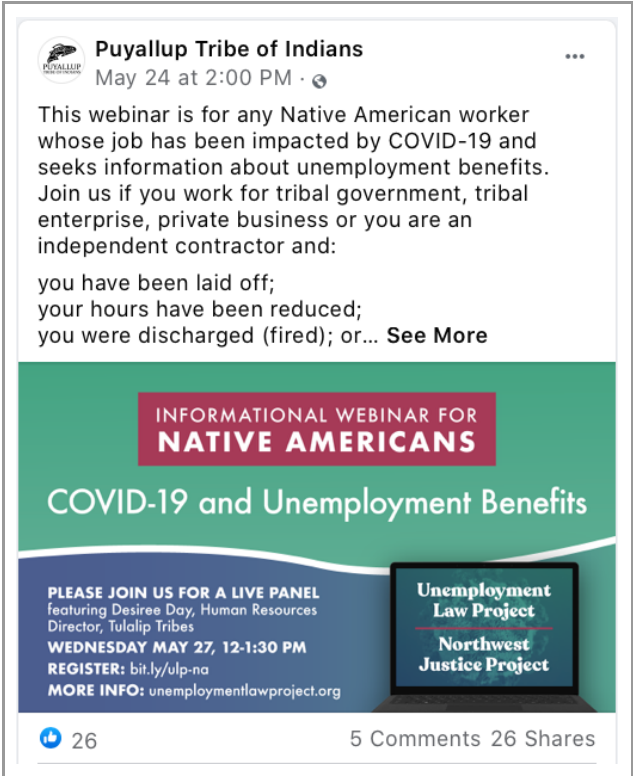
Puyallup Tribe of Indians

April 23, 2020

[Reposted]

	Puyallup Tribe of Indians
	April 25, 2020

	<p>Washington Employment Security Department is experiencing a high volume of files, visit <a href="https://esd.wa.gov/unemployment/help">esd.wa.gov/unemployment/help</a> for more information. [Reposted]</p>
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	<p>Puyallup Tribe of Indians</p> <p>May 24, 2020</p> <p>This webinar is for any Native American worker whose job has been impacted by COVID-19 and seeks information about unemployment benefits. Join us if you work for tribal government, tribal enterprise, private business or you are an independent contractor and:</p> <p>You have been laid off; your hours have been reduced; you were discharged (fired); or you quit your job.</p> <p>Speakers from the Unemployment Law Project and Northwest Justice Project will answer questions about eligibility for state unemployment insurance benefits, expanded eligibility under the CARES Act, how to navigate common application problems, and</p>
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	<p>what to do if your application has been denied. The webinar features Desiree Day, the Tulalip Tribes' Human Resources Director. Desiree will share her experiences assisting the Tulalip community, including Tulalip tribal fishers, with unemployment benefits.</p> <p>We will be answering your questions live! Please register here:</p> <p><a href="https://us02web.zoom.us/webinar/register/WN_31F9lwz8Td2YXphHuY-aMQ">https://us02web.zoom.us/webinar/register/WN_31F9lwz8Td2YXphHuY-aMQ</a></p>
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## **5. Staying Connected**

*Indigenous unity is a testament to the power to overcome any obstacles; it also signifies that some connections cannot be broken. Maintaining relationships within and outside communities meant face-to-face meetings or communicating through other methods. The recent pandemic situation creates a barrier to in-person communications; therefore, social networking sites become one of the primary communication means for staying connected and disseminating information.*

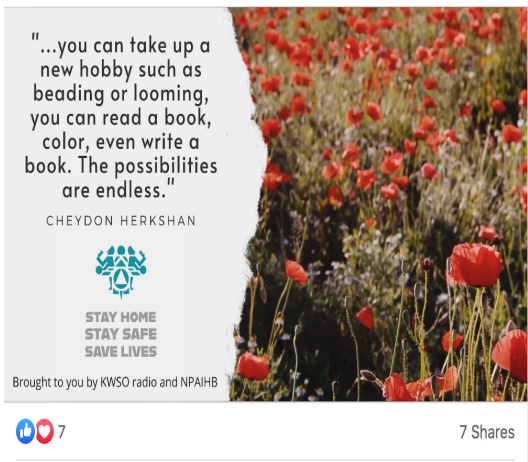

*Many tribal communities are connected on social media. This trend is particularly apparent in the larger communities. In this section, we explore social media posts from some of the tribal communities. We include posts about cultural activities, COVID-19 guidance for elders, presence of COVID in the communities, community safety, and administrative instructions from tribal governments. At the end of this section, we also include some sample social media message templates for COVID response.*

### **A. Cultural Activities**

The posts on cultural activities reflect how tribal communities remain connected within and across the communities by organizing virtual events such as live chat shows, home cooking videos, and sharing them on social media.

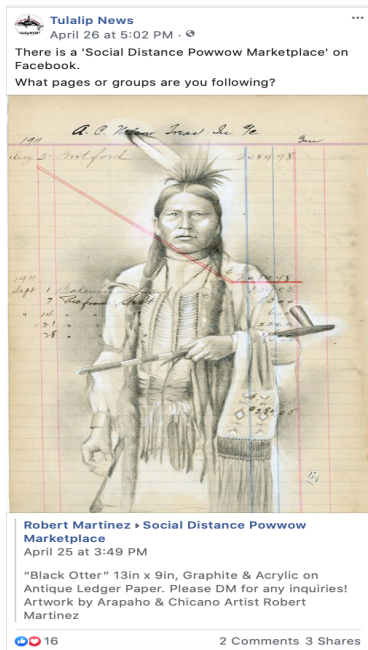
	Northwest Portland Area Indian Health Board
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## Indigenous COVID-19 Response - Social Media Toolkit

 <p>Facebook post by Cheydon Herkshan. The post features a quote: "...you can take up a new hobby such as beading or looming, you can read a book, color, even write a book. The possibilities are endless." Below the quote is the name CHEYDON HERKSHAN and a logo with the text "STAY HOME STAY SAFE SAVE LIVES". The post is attributed to "Brought to you by KWSO radio and NPAIHB". It shows 7 shares and a like icon.</p>	<p>May 7, 2020</p> <p>NPA IHB youth delegate, Cheydon Herkshan enrolled member of the Confederated Tribes of Warm Springs suggests some activities you can do at home. Remember, the possibilities are endless. This message is brought to you by <a href="#">KWSO</a> radio and the <a href="#">Northwest Portland Area Indian Health Board</a>. <a href="#">#NWTribesStayHome</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a></p>
 <p>Facebook post from Northwest Portland Area Indian Health Board. The post is titled "THURSDAY EVENING CRAFT CIRCLE" and features an image of two moccasins. The text says: "PLEASE JOIN US THURSDAY, 4.23 6PM-7PM (PST)". Below this is a logo with three stylized figures. The post text continues: "The NPAIHB will host a live crafting circle via ZOOM on Thursday 4.23. Our goal is to engage with you all, both near and far during this challenging time while practicing social distancing. We will share with one another our current crafting activity, conversations and laughter! You do not need a crafting activity to join." It also includes an email address: "Please email <a href="mailto:bwerm@npaihb.org">bwerm@npaihb.org</a> to be added, an email will be sent out Thursday morning." The post shows 2 likes and 1 share.</p>	<p>Northwest Portland Area Indian Health Board</p> <p>April 22, 2020</p> <p><i>NPAIHB is hosting its 2nd evening LIVE craft circle via Zoom on Thursday 4.23 - contact Birdie at <a href="mailto:bwerm@npaihb.org">bwerm@npaihb.org</a> to be added to the list ✓ join us for some seriously awesome crafting fun during the quarantine ❤️</i></p>
	<p>Tulalip News</p> <p>April 26, 2020</p>



## Indigenous COVID-19 Response - Social Media Toolkit



There is a "Social Distance Powwow Marketplace" on Facebook.

What pages or groups are you following?

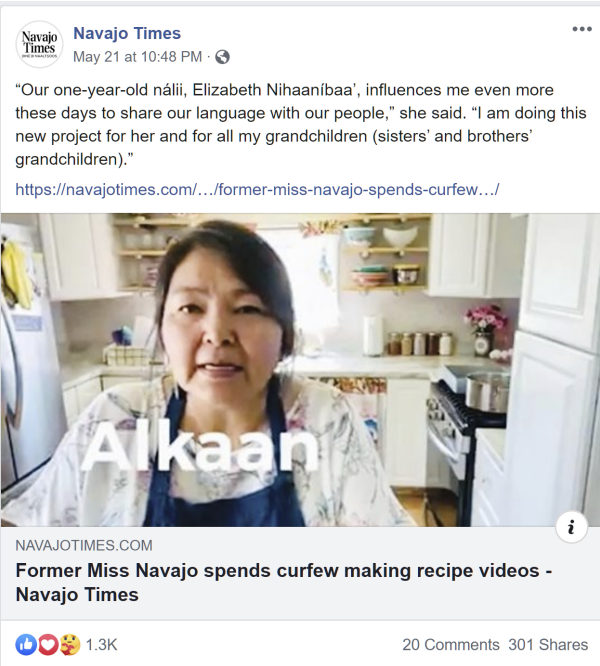


Tulalip News

March 31, 2020

Tribal Journeys 2020: Paddle to Snuneymuxw is officially postponed.

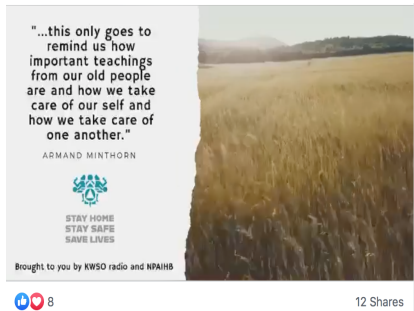
"Tribal Journeys is a celebration of our identity, culture and unifies our Nations all around the Pacific Northwest. We know how important it is for us at all times like this to continue to pass our culture, practices and traditions, but it is also our tradition to protect our people and ensure everyone is safe when a threat like this pandemic faces us," said Snuneymuxw First Nation Chief Mike Wyse in a press release. "Elders who guide and lead the Journey are especially at risk and we need to focus on supporting and protecting their health and well-being."

 <p>Navajo Times May 21 at 10:48 PM · 🌐</p> <p>"Our one-year-old nálii, Elizabeth Nihaaníbaa', influences me even more these days to share our language with our people," she said. "I am doing this new project for her and for all my grandchildren (sisters' and brothers' grandchildren)."</p> <p><a href="https://navajotimes.com/.../former-miss-navajo-spends-curfew.../">https://navajotimes.com/.../former-miss-navajo-spends-curfew.../</a></p> <p>NAVAJOTIMES.COM <b>Former Miss Navajo spends curfew making recipe videos - Navajo Times</b></p> <p>1.3K 20 Comments 301 Shares</p>	<p>Navajo Times</p> <p>May 21, 2020</p> <p>"Our one-year-old nálii, Elizabeth Nihaaníbaa', influences me even more these days to share our language with our people," she said. "I am doing this new project for her and for all my grandchildren (sisters' and brothers' grandchildren)."</p> <p>Video Link: <a href="https://navajotimes.com/.../former-miss-navajo-spends-curfew.../">https://navajotimes.com/.../former-miss-navajo-spends-curfew.../</a></p>
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## I. Teaching of our Elders

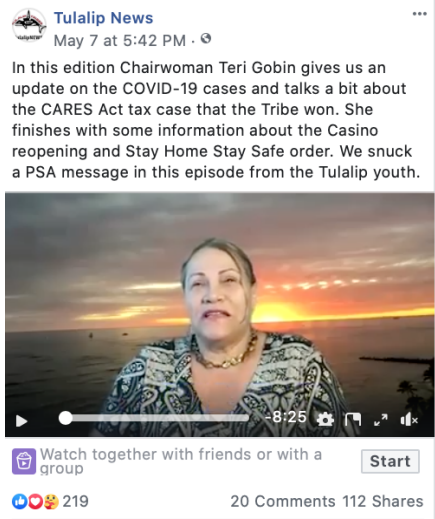
These educational posts provide training on how the elders of the communities take care of themselves.

	<p>Northwest Portland Area Indian Health Board</p> <p>May 07, 2020</p>
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	<p>Armand Minthorn reminds us to call on the teaching of our elders to take care of one another and each other. These words of wisdom are brought you by <a href="#">KWSO</a> and the <a href="#">Northwest Portland Area Indian Health Board</a>.</p> <p><a href="#">#NWTribesStayHome</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a></p>
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## B. Tribal Government

In this pandemic situation, social media is helping the tribal government by spreading vital information. Important news such as where the necessary supplies for COVID will be distributed, where and when the road will be closed, what precautions to take to be safe, or how many people have been affected in the community, these are being quickly shared with everyone through social media.

	<p>Tulalip News</p> <p>May 7, 2020</p> <p>In this edition Chairwoman Teri Gobin gives us an update on the COVID-19 cases and talks a bit about the CARES Act tax case that the Tribe won. She finishes with some information about the Casino reopening and Stay Home Stay Safe order. We snuck a PSA message in the episode from the Tulalip youth.</p>
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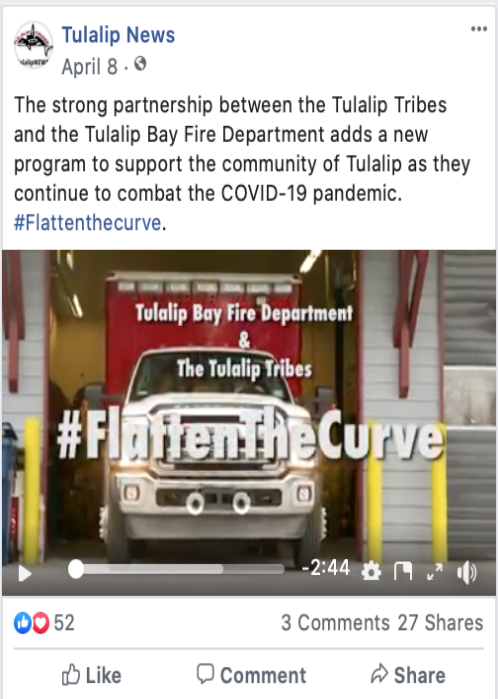

## I. Community Safety

Community protection is now the most significant task of the tribal governments. Therefore, various government entities like fire, police, and hospitals are spreading useful information through social media so that everyone can know these things and protect themselves and the community from this epidemic.

	<div>Tulalip News</div> <div>April 17, 2020</div> <div>Chief Sutter updates the Tulalip community on how the police department is opening during the COVID-19 pandemic.</div>
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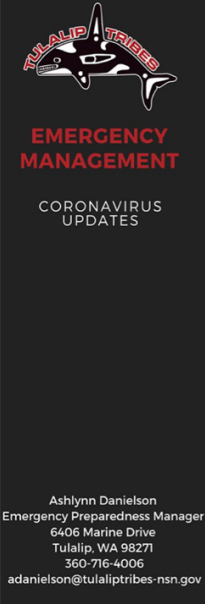
	Tulalip News
	April 8, 2020

## Indigenous COVID-19 Response - Social Media Toolkit

	<p>The strong partnership between the Tulalip Tribes and the Tulalip Bay Fire Department adds a new program to support the community of Tulalip as they continue to combat the COVID-19 pandemic. #Flattenthecurve</p>
	<p>Tulalip News</p> <p>April 7, 2020</p> <p>Sam Davis gives an update on how the Public Works Department will be operating during the COVID-19 pandemic.</p> <p>Video Link: <a href="https://www.facebook.com/TulalipNews/videos/2884225651667507/">https://www.facebook.com/TulalipNews/videos/2884225651667507/</a></p>

## II. Presence of COVID In the Community

The Tulalip Tribe offers one example of how tribal leaders monitored COVID-19 cases within their community on a daily to weekly basis and then communicated changes in cases to the community. The Emergency Management department provided regular community updates on Facebook using this templated format to portray the changes of COVID-19 presence in the community.

 <p>May 5, 2020</p> <p>Tulalip's cases are dropping again as patients recover from the virus. We currently have five active cases. That said, we expect to see another spike after this weekend. With Mother's Day on Sunday and summer-like weather predicted, we anticipate people will come together to enjoy both family and the outdoors.</p> <table border="1"> <thead> <tr> <th>Current status</th> <th>Last Updated: 8:15 a.m. 5/1/20</th> </tr> </thead> <tbody> <tr> <td>Active cases</td> <td>5</td> </tr> <tr> <td>Deceased</td> <td>1</td> </tr> <tr> <td>Home isolation</td> <td>32</td> </tr> <tr> <td>Hospitalized</td> <td>1</td> </tr> <tr> <td>Recovered</td> <td>16</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• 1 - 0-18, TULALIP</li> <li>• 1 - A 30-39, TULALIP</li> <li>• 1 - 40-49, TULALIP</li> <li>• 1 - 50-59, TULALIP</li> <li>• 1 - 60-69, TULALIP</li> </ul> <p>As a reminder, the Stay Home, Stay Safe order is still in effect until May 13, that means that Tulalip's public parks and beaches are still closed. Tulalip Tribal Police will be actively patrolling, and asking groups gathered in public spaces to go home.</p> <p>We know this goes against our traditions and upbringings. It's challenging to stay motivated when we all miss our families and recreation. Normally at this time of year, we would start camping, gathering, fishing, and generally hanging out with friends and family. If we are going to beat this thing, we can't do things the way we usually do. Take the time to look at pictures of your families, get inspired, and remember that we each have the power to stop this COVID-19 from infecting Tulalip.</p> <p>Please stay strong and stay home this week and weekend. There will be time to gather after the virus has run its course.</p> <p>Ashlynn Danielson Emergency Preparedness Manager 6406 Marine Drive Tulalip, WA 98271 360-716-4006 adanielson@tulaliptribes-nsn.gov</p> <p>60 2 Comments 18 Shares</p>	Current status	Last Updated: 8:15 a.m. 5/1/20	Active cases	5	Deceased	1	Home isolation	32	Hospitalized	1	Recovered	16	<p>Tulalip News</p> <p>May 05, 2020</p> <p>Tulalip's cases are dropping again as patients recover from the virus. We currently have five active cases. That said, we expect to see another spike after this weekend. With Mother's Day on Sunday and summer-like weather predicted we anticipate people will come together to enjoy both family and the outdoors.</p>
Current status	Last Updated: 8:15 a.m. 5/1/20												
Active cases	5												
Deceased	1												
Home isolation	32												
Hospitalized	1												
Recovered	16												


### C. COVID-response - Templates for


Centers for Disease Control and Prevention (CDC) provides communication resources for example, templates and infographics for Twitter, Facebook and Instagram messages for tribal communities (<https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html#tribal-communities>). Furthermore, Johns Hopkins University Center for American Indian Health (<https://caih.jhu.edu/news/covid19>) also provides audio-visual materials to share information in both digital and offline formats.

	CDC Protect and Prepares Communities
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## Indigenous COVID-19 Response - Social Media Toolkit

 <p><b>CDC PROTECTS AND PREPARES COMMUNITIES</b></p> <p>CDC is aggressively responding to the global outbreak of COVID-19 and community spread in the U.S.</p> <ul style="list-style-type: none"> <li><b>Travel</b> <ul style="list-style-type: none"> <li>Conducts outreach to travelers</li> <li>Issues travel notices</li> </ul> </li> <li><b>Laboratory and diagnostics</b> <ul style="list-style-type: none"> <li>Develops diagnostic tests</li> <li>Confirms all positive test results submitted by states</li> </ul> </li> <li><b>Schools</b> <ul style="list-style-type: none"> <li>Provides guidance for schools including school closures and online education options</li> </ul> </li> <li><b>Businesses</b> <ul style="list-style-type: none"> <li>Provides business guidance including recommendations for sick leave policies and continuity of operations</li> </ul> </li> <li><b>Community members</b> <ul style="list-style-type: none"> <li>Shares information on symptoms and prevention</li> <li>Provides information on home care</li> <li>Encourages social distancing</li> </ul> </li> <li><b>Healthcare professionals</b> <ul style="list-style-type: none"> <li>Develops guidance for healthcare professionals</li> <li>Conducts clinical outreach and education</li> </ul> </li> <li><b>Healthcare systems</b> <ul style="list-style-type: none"> <li>Develops preparedness checklists for health systems</li> <li>Provides guidance for PPE supply planning, healthcare system screening, and infection control</li> <li>Leverages existing telehealth tools to redirect persons to the right level of care</li> </ul> </li> <li><b>Health departments</b> <ul style="list-style-type: none"> <li>Assesses state and local readiness to implement community mitigation measures</li> <li>Links public health agencies and healthcare systems</li> </ul> </li> </ul> <p><b>cdc.gov/COVID19</b></p>	<p>Link: <a href="https://www.cdc.gov/coronavirus/2019-ncov/downloads/infographic-cdc-protects-508.pdf">https://www.cdc.gov/coronavirus/2019-ncov/downloads/infographic-cdc-protects-508.pdf</a></p>
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 <p><b>PRACTICE SOCIAL DISTANCING</b></p> <p>Distancing yourself by <b>six feet</b> from others can help <b>slow</b> the spread of the new coronavirus and <b>keep high-risk populations safe!</b></p> <p>Six feet apart is just a little less than the length of an <b>adult buffalo</b> (about 9 feet long)!</p> <p><b>6 feet</b></p> <p>JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH</p>	<p>Johns Hopkins Center for American Indian Health</p> <p>COVID-19 Materials Developed for Tribal Use</p> <p>Link: <a href="https://caih.jhu.edu/assets/documents/Practice_Social_Distancing_-_Buffalo_final.pdf">https://caih.jhu.edu/assets/documents/Practice_Social_Distancing_-_Buffalo_final.pdf</a></p>
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## 6. Other Topics

*Tribal communities and Indigenous activist groups have used social media to communicate several other vital topics as well. Pine Ridge Indian Reservation and Navajo Nation used social media to announce border closures and lockdowns to tribal members and outsiders. Grassroots groups used Instagram to organize mutual aid efforts within Indigenous and activist communities and coordinate donation drives from within and outside tribal communities. The Navajo Nation posted political efforts to hold the US federal government accountable to promises of aid and for decisions that risked community safety. Both grassroots groups and tribal nations, such as the Puyallup Tribe, shared reminders of Indigenous strength and a history of resilience in the face of pandemics.*

### A. Border Closures and Lockdowns




Some tribal communities used social media to broadcast announcements and remind residents and potential travelers of border closures and tribal curfews. They shared images of both official tribal orders announcing closures and graphics produced for the community, along with contextual information to help with planning.



	<div>Navajo Nation President Jonathan Nez</div> <div>April 4, 2020</div> <div>[repost] "Tourists, there's nothing to see here on Navajo because all our tourist destinations are closed. Our points of interest are closed. Please abide by the laws of the Navajo Nation," Nez said.</div> <div>News article about closure of Navajo Nation borders.</div>
	<div>Navajo Department of Health</div> <div>April 11, 2020</div>

 <p>Navajo Department of Health April 24 · 🌐</p> <p>REMINDER: 57-Hour Curfew currently in effect.</p> <p><b>REMINDER</b> <b>NAVAJO NATION</b> <b>57-HOUR WEEKEND</b> <b>CURFEW</b></p> <p><b>STAY HOME</b></p> <p>Navajo Department of Health Public Health Emergency Order No. 2020-006 Starts: Friday, April 24, 2020 at 8:00pm Ends: Monday, April 27, 2020 at 5:00am</p> <p>For more information: Health Command Operations Center (P) 928.871.7014 (E) coronavirus.info@ndoh.org Website: www.ndoh.navajo-nsn.gov/COVID-19</p> <p>👍❤️😂 28      3 Comments 19 Shares</p>	<p>REMINDER: Navajo Nation 57-hour Curfew currently in effect.</p>
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	<p>Discover Navajo / Navajo Nation Department of Tourism</p> <p>April 10, 2020</p>
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## Indigenous COVID-19 Response - Social Media Toolkit

 <p><b>Discover Navajo</b> April 10 · 🌐</p> <p>Stay safe out there everyone!</p> <div> <div>  <p><b>PUBLIC HEALTH ORDER</b> Navajo Dept. of Health/Navajo Off. of Environmental Health &amp; Protection Program</p> <p><b>PUBLIC HEALTH EMERGENCY ORDER NO. 2020-005</b></p> <p><b>WEEKEND CURFEW</b> <b>EFFECTIVE: Friday, April 10–Monday, April 13, 2020</b></p> <p><b>BEGINNING FRIDAY, APRIL 10 @ 8 PM THROUGH MONDAY, APRIL 13 @ 5 AM – NAVAJO NATION WIDE</b></p> <p>Applicable to all individuals. During curfew hours, all individuals shall remain at home, except in cases of emergency. <b>Does not apply to "Essential Employees."</b></p> </div> <div>  <p>The Navajo Nation Legislation Branch / Navajo Nation Council <b>Navajo Nation Council Legislation No. 0072-20</b></p> <p><b>VISITORS &amp; TOURISTS</b> <b>SIGNED INTO TRIBAL LAW: MARCH 20, 2020</b></p> <p><b>STATE OF EMERGENCY AND DECLARATION: ROAD CLOSURES AND EXCEPTIONS</b></p> <p><b>A.</b> The Navajo Nation hereby declares that all Navajo Nation-owned and maintained roads shall be closed to all visitors and tourists. The intent of this action is to restrict travel onto the Navajo Nation by all visitors and tourists.</p> <p><b>B.</b> Until this emergency declaration and measures are lifted, the Navajo Nation hereby requests the surrounding federal, state, and county governments and governmental subdivisions to work with applicable Navajo Nation public health safety, and transportation authorities to ensure that visitors and tourists are restricted from traveling onto Navajo Nation owned and maintained roads. The Navajo Nation Department of Transportation shall assist all law enforcement agencies in identifying roads maintained by the Navajo Nation.</p> </div> </div> <p>👍❤️ 11</p> <p>3 Shares</p>	<p>Stay safe out there everyone!</p>
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 <p><b>Discover Navajo</b> May 1 at 8:23 AM · 🌐</p> <p>Parks remain closed. Be blessed during this time &amp; stay safe!</p>  <p>135</p> <p>1 Comment 80 Shares</p>	<p>Discover Navajo / Navajo Nation Department of Tourism</p> <p>May 1, 2020</p> <p>Parks remain closed. Be blessed during this time &amp; stay safe!</p> <p>Also reposted by Navajo Nation Department of Health</p>
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	<p>Navajo Department of Health</p> <p>May 7, 2020</p>
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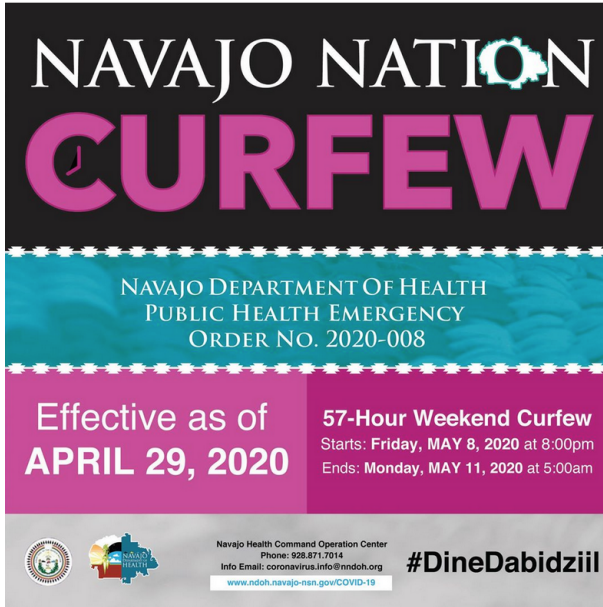
## Indigenous COVID-19 Response - Social Media Toolkit

**Navajo Department of Health**  
May 7 at 3:00 PM · 🌐

REMINDER: 57-Hour Curfew Starts Tomorrow, May 8, 2020 at 8:00PM to Monday, May 11, 2020 at 5:00AM

There is one day left to plan and get essentials if needed before the curfew goes into effect. Planning and preparation is key to keep you and your family safe. Stay Home, Protect Your Family.

Public Health Emergency Order No. 2020-008: <https://www.ndoh.navajo-nsn.gov/.../NDOH%20Public%20Health%20.....> See More



11 8 Shares

REMINDER: 57-hour Curfew Starts Tomorrow, May 8, 2020 at 8:00PM to Monday May 11, 2020 at 5:00AM

There is one day left to plan and get essentials if needed before the curfew goes into effect. Planning and preparation is key to keep you and your family safe. Stay Home, Protect Your Family.

Public Health Emergency Order No. 2020-008.

Link (PDF): [https://www.ndoh.navajo-nsn.gov/Portals/0/PDF/NDOH%20Public%20Health%20Emergency%20Order%202020-003%20Dikos%20Ntsaigii-19.pdf?ver=DEDwzxkz\\_B5B60B22EmK\\_Q%3d%3d](https://www.ndoh.navajo-nsn.gov/Portals/0/PDF/NDOH%20Public%20Health%20Emergency%20Order%202020-003%20Dikos%20Ntsaigii-19.pdf?ver=DEDwzxkz_B5B60B22EmK_Q%3d%3d)

**Navajo Nation President Jonathan Nez @NNPrezNez · May 22**

95 new cases of COVID-19, two more deaths, and 1,235 recoveries reported as 57-hour weekend lockdown set to take effect




4 35 79

Navajo Nation President Jonathan Nez

May 22, 2020



95 new cases of COVID-19, two more deaths, and 1,235 recoveries reported as 57-hour weekend lockdown set to take effect

## Indigenous COVID-19 Response - Social Media Toolkit

 <p><b>Oglala Sioux Tribe</b> P.O. Box 2679 Pine Ridge, S.D. 57779 Fax: 605-867-2609 Direct: 605-867-8468 E-mail: j.spottedbear@oglala.org</p> <p>Office of the Secretary Jennifer L. Spotted Bear</p> <p>May 11, 2020</p> <p>TO: JULIAN R. BEAR RUNNER OST President</p> <p>FR: JENNIFER SPOTTED BEAR, <i>Jennifer Spotted Bear/osh</i> OST Secretary</p> <p>RE: EMERGENCY 72 HOUR LOCKDOWN</p> <p>On May 11, 2020 the OST Executive Committee met during a Special Session and approved the following action: <u>MOTION NO. 20-49XB</u></p> <p>MOTION MADE BY JENNIFER SPOTTED BEAR, SECONDED BY MASON BIG CROW THROUGH EXECUTIVE ORDER TO HAVE AN EMERGENCY 72 HOUR LOCKDOWN FOR ENTIRE PINE RIDGE RESERVATION EFFECTIVE IMMEDIATELY AND TO HAVE ALL LAW ENFORCEMENT ON 12 HOUR SHIFTS AND AN AT LEAST ONE OFFICER AT EVERY CHECKPOINT. ALSO INCLUDE PARKS AND REC OFFICERS ON 12 HOUR SHIFTS. AND TO FORWARD ONTO TRIBAL COUNCIL.</p> <p>MOTION CARRIED UNANIMOUSLY (3) YES.</p> <p>If you have questions please feel free to contact my office at (605) 867-8468</p> <p>Thank you.</p>	<p>Pine Ridge Indian Reservation Weather Updates &amp; Alerts Page</p> <p>May 11, 2020</p> <p>Breaking News: 72 hour lockdown on the Pine Ridge Indian Reservation. Please share and stay safe!</p>
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## B. US Federal Government Accountability

The Navajo Nation President used Twitter to advocate for promised financial support and express opposition to the US federal government's plans to reopen Grand Canyon, which would expose the Navajo Nation to risk from travellers.

 <p><b>Navajo Nation President Jonathan Nez</b> @NNPrezNez · Apr 22</p>  <p>Navajo Nation, other tribes file lawsuit for fair share of COVID-19 fun... The Nation claims that the Secretary of the Treasury plans to use this money to fund more than 230 Alaska Native Corporations that are ... <a href="https://www.azfamily.com">azfamily.com</a></p> <p>30 76</p>	<p>Navajo Nation President Jonathan Nez</p> <p>April 22, 2020</p> <p>[repost]</p> <p>News article about Navajo Nation and other tribes filing a lawsuit against the US federal government for promised COVID-19 funding</p>
	<p>Navajo Nation President Jonathan Nez</p>

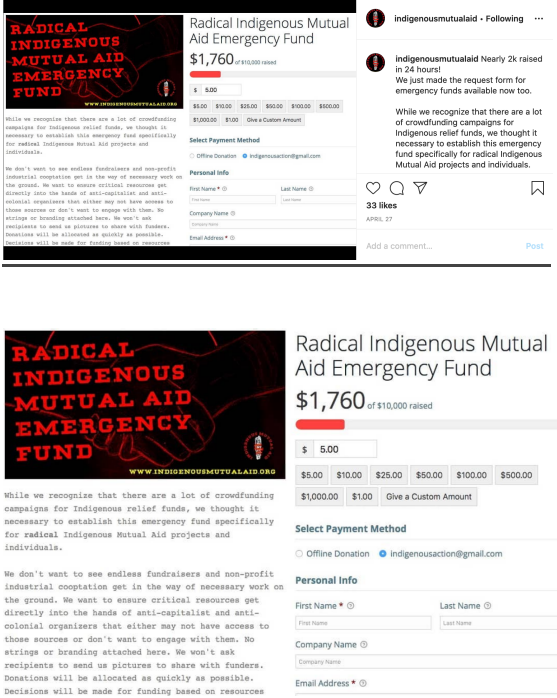


## Indigenous COVID-19 Response - Social Media Toolkit

	<p>May 23, 2020</p> <p>President Nez advocates for CARES Act funding extension and reaffirms opposition to reopening of Grand Canyon with Secretary of the Interior</p>
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### C. Grassroots Mutual Aid and Donation Coordination

Indigenous Mutual Aid used Instagram to share graphics promoting mutual aid initiatives, solicit donations, and raise awareness about needs.

	<p>Indigenous Mutual Aid</p> <p>April 28, 2020</p> <p>Nearly 2k raised in 24 hours! We just made the request form for emergency funds available now too.</p> <p>While we recognize that there are a lot of crowdfunding campaigns for Indigenous relief funds, we thought it necessary to establish this emergency fund specifically for radical Indigenous Mutual Aid projects and individuals.</p> <p>We don't want to see endless fundraisers and non-profit industrial cooptation get in the way of necessary work on the ground. We want to ensure critical resources get directly into the hands of anti-capitalist and anti-colonial organizers that either may not have access to those sources or don't want to engage with them. No strings or branding attached</p>
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## Indigenous COVID-19 Response - Social Media Toolkit


	<p>here. We won't ask recipients to send us pictures to share with funders.</p> <p>Donations will be allocated as quickly as possible. Decisions will be made for funding based on resources available and critical needs.</p> <p>If you don't want to use the form to donate please paypal to: indigenousaction@gmail.com.</p> <p>Please put a note that it is for the "Indigenous Mutual Aid Emergency Fund" if you do not use the form below.</p> <p>Fuck the non-profit industrial complex.</p> <p><a href="http://www.indigenousmutualaid.org">www.indigenousmutualaid.org</a></p> <p><a href="#">#indigenousmutualaid</a>  <a href="#">#solidarityandceremonynotcharity</a> <a href="#">#MutualAid</a>  <a href="#">#solidaritynotcharity</a></p>
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 <p><b>Donations Needed</b></p> <p><b>Face Masks Needed for Pueblo of Acoma Community</b></p> <p>We are asking all those who are able to sew face masks to please consider donating. Face masks will be given to community elders and POA essential employees whose supplies are running low. Please MAIL ONLY donations to: PO BOX 328 Acoma Pueblo, 87034</p> <p>If questions please email <a href="mailto:rriley@poamail.org">rriley@poamail.org</a></p> <p>29 likes APRIL 28</p> <p>Add a comment... Post</p>	indigenousmutualaid · Following ...	Indigenous Mutual Aid
	indigenousmutualaid Call for support from Acoma: Masks needed. Mail: Box 328, Acoma Pueblo, 87034 Email: <a href="mailto:rriley@poamail.org">rriley@poamail.org</a> #indigenousmutualaid #MutualAid #solidarityandceremonynotcharity #solidaritynotcharity	April 28, 2020
		<p>Call for support from Acoma:</p> <p>Masks needed. Mail: Box 328, Acoma Pueblo, 87034</p> <p>Email: <a href="mailto:rriley@poamail.org">rriley@poamail.org</a></p> <p><a href="#">#indigenousmutualaid</a> <a href="#">#MutualAid</a>  <a href="#">#solidarityandceremonynotcharity</a>  <a href="#">#solidaritynotcharity</a></p>

	Indigenous Mutual Aid
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## Indigenous COVID-19 Response - Social Media Toolkit

	<p>May 11, 2020</p> <p>Diné (The Navajo Nation) now has more known <a href="#">#covid19</a> cases per capital than any state. Please check out our directory of community driven efforts that features Diné mutual aid groups: <a href="http://www.indigenousmutualaid.org/directory">www.indigenousmutualaid.org/directory</a></p> <p><a href="#">#solidarityandceremonyntcharity</a>  <a href="#">#indigenousmutualaid</a> <a href="#">#mutualaid</a>  <a href="#">#solidarityntcharity</a></p>
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	<p>Seeding Sovereignty</p> <p>May 20, 2020</p> <p>Thinking of and praying for our frontline and healthcare workers. [1][1]</p> <p>[1][1]</p> <p>We send our smoke and we're working as hard as we can to get you needed PPE in ALL regions! [1][1]</p> <p>[1][1]</p> <p>Thank you so much to all who have supported our Indigenous Impact <a href="#">#collectivecommunitycare</a> Initiative thus far. We'll be updating y'all on how far your support has reached soon. [1][1]</p> <p>[1][1]</p> <p>Thanks for being patient with our lil team as we try to race around the southwest to assist and support our relatives. [1][1]</p> <p>[1][1]</p> <p>Beadwork by <a href="#">@sidmontz</a> [1]</p> <p>[1]</p> <p><a href="#">#communitycare</a> [1]</p> <p><a href="#">#seedingmasks</a> [1]</p> <p><a href="#">#IndigenousImpact</a> [1]</p> <p><a href="#">#SeedingSovereignty</a> [1]</p> <p><a href="#">#PuebloActionAlliance</a> [1]</p> <p><a href="#">#Carebeyondcrisis</a></p>
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## D. Responding to History of Pandemics with Messages of Strength, Resilience, and Resistance

Indigenous health agencies, tribal communities, and grassroots groups used Facebook and Instagram to share messages of strength, resilience, and resistance. Posts throughout April and May honored the resilience of Indigenous peoples, especially in struggles against prior pandemics and colonial germ warfare. Tribal communities acknowledged collective trauma and shared reminders of community strength and the wisdom of ancestors. Grassroots groups emphasized the continued existence of Indigenous peoples and declared resistance to continued colonial exploitation in the face of the pandemic.

	<p>Northwest Portland Area Indian Health Board</p>
<p>April 30, 2020</p>	<p>Danica Brown reminds us that tribal communities are strong, resilient, and can overcome this pandemic from the strength of our ancestors. This message is brought to you by <a href="#">KWSO</a> and the <a href="#">Northwest Portland Area Indian Health Board</a>.  <a href="#">#NWTribesStayHome</a> <a href="#">#StayHome</a> <a href="#">#StaySafe</a> <a href="#">#SaveLives</a></p>
	<p>Puyallup Tribe of Indians</p> <p>May 16, 2020</p>


## Indigenous COVID-19 Response - Social Media Toolkit


 <p>YESMAGAZINE.ORG</p> <p><b>What Indian Country Remembers About Survival</b></p> <p>The community care at the heart of Indigenous response.</p> <p>76 5 Comments 60 Shares</p>	<p>[Shared article from YesMagazine.org]</p> <p>“As the coronavirus spreads, North America’s Indigenous Peoples hold a unique experience of stress and fear because of this blood memory. In the 18th century, as European settlers sought to colonize Indigenous lands, they weaponized germs, giving blankets infected with smallpox to tribal communities to slow down Native resistance and to decimate Native populations. In addition to smallpox, measles and influenza were also brought to North America during these early periods of colonization. It is estimated that together these diseases killed 90% of Native Americans.”</p>
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 <p>179 9 Comments 175 Shares</p>	<p>Tulalip News</p>
	<p>April 28, 2020</p>
	<p>COVID-19 Pandemic Prophecies is a collaboration video to share the important role of traditional knowledge in ensuring safety and security of Indigenous peoples from COVID-19.</p> <p>“Together when we use the teachings of the past along with current strategies, we can make a different and make our families and communities safe. The Land has all the answers,” says illustrator, author and narrator Isaac Murdoch.</p>

	<p>Seeding Sovereignty</p>
	<p>May 14, 2020</p>



	<p>Stop predeceasing us in your headlines and killing us for the ekkconomy! Image RP <a href="#">@rezboyznfrybread</a> / quote by <a href="#">#AndreaLashea</a> 🔥🔥🔥</p>
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	<p>Reclaim Your Power</p>
	<p>May 20, 2020</p>
	<p><a href="#">@chocktails</a> Sometimes you need a daily reminder that you come from people that have survived colonization, disease and germ warfare. <a href="#">#WeAreStillHere</a></p>

## 7. Resource List



We have added to a resource list that Alayna was compiling for her community and tried to organize it to align with this toolkit. We may change this to incorporate links from this Resource List at the end of each section of the toolkit.

[https://docs.google.com/document/d/13sropLeZaL5nccC74kn1Q\\_UzX0hf\\_LiIWleACuVIWfw/edit?usp=sharing](https://docs.google.com/document/d/13sropLeZaL5nccC74kn1Q_UzX0hf_LiIWleACuVIWfw/edit?usp=sharing)

## **8. References**

Our preliminary list of possible references:

[https://docs.google.com/document/d/1CwFllozK3hTJJ4thXA\\_6hUNmZI0H7JGp\\_LyEibB8Sq0/edit?usp=sharing](https://docs.google.com/document/d/1CwFllozK3hTJJ4thXA_6hUNmZI0H7JGp_LyEibB8Sq0/edit?usp=sharing)