

## HOW TO ACCESS VIRTUAL TRIBAL MEETINGS

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



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

**1** Go to [www.srmt-nsn.gov](http://www.srmt-nsn.gov) and click "Tribal Members" on the top right corner of the web-page.

**2** Input your login information. Your username is your name as it appears on your Tribal ID card, **without any spaces.** (e.g. MohawkTribalMember) Your password is "srmt" followed by your six-digit enrollment number. (e.g. srmt012345)

**3** All current virtual meeting links will be located on the portal according to the meeting's name.

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



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

POSTAL PATRON

# COVID-19

(NOVEL CORONAVIRUS)

## PREPARING FOR A 2<sup>ND</sup> WAVE



**STAY INFORMED** about local COVID-19 activity from your EOC or public healthcare provider.

**KEEP A LIST** of locations and people you have recently come in contact with.



**MENTALLY PREPARE YOURSELF** with regular exercise and contact counselors for any mental health issues or anxiety brought on by COVID-19.



**PREPARE YOUR HOME** with a 14-day supply of non-perishable groceries and supplies.



**STOCK UP** on cleaning supplies; soap, sanitizer and disinfectants.



**STAY HOME** if you are sick and do not travel anywhere.

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## WE'RE HERE TO HELP YOU

Pandemics can be stressful. Fear and anxiety about a new disease can be overwhelming. Social distancing can make people feel isolated and alone. The following services can help make coping with stress easier:

### Saint Regis Mohawk Tribe Mental Health Services

Monday - Friday | 9:00 a.m. - 5:00 p.m.  
(518) 358-3145

**SRMT After Hours Crisis Number**  
(518) 651-4475

### Citizen Advocates Crisis & Recovery Center Malone, NY

24 hours, 7 days/week, 365 days/year  
(518) 481-8160

### National Suicide Prevention Lifeline

Available 24 hours/day  
1-800-273-8255

### Crisis Text Line (USA)

Available 24 hours/day  
Text "GOT5" to 741741

### Office of the Victim Advocate

(518) 358-3021 or (315) 296-7499

### Three Sisters Program

(518) 358-4406 or 855-3SISTER (855-374-7837)

### Seven Dancers Coalition

(518) 358-2916

### Alcohol/Chemical Dependency Program

(518) 358-3145

### Saint Regis Mohawk Tribal Police

(518) 358-9200

**Reminder – in case of an emergency, Dial 9-1-1**

## HEALTHY WAYS TO COPE WITH STRESS

**Taking care of your friends and family can be a stress reliever, but self-care is just as important.**

1

Know what to do if you are sick. Contact your healthcare provider if you have any symptoms of COVID-19

2

Know where and how to get treatment including counseling or therapy.

3

Take care of your emotional health to help you think and react to urgent needs to protect yourself and your family.

4

Take breaks from watching, reading, or listening to news stories. This includes social media as well.

5

Take care of your body with regular exercise, meditation, plenty of sleep, and a well-balanced diet. Try to avoid excessive alcohol and drug use.

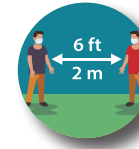
6

Make time to unwind with relaxing activities you enjoy.

## HOW TO PROTECT YOURSELF



**WASH YOUR HANDS** often with soap and warm water for at least 20 seconds.



**AVOID CLOSE CONTACT** and practice social distancing. Stay at least 6ft. apart in public.



**CLEAN & DISINFECT** frequently touched surfaces daily. (Tables, doorknobs, etc.)



**WEAR A MASK** when out in public and social distancing isn't possible.

## GETTING TESTED FOR COVID-19

### KNOW FOR SURE – GET TESTED TODAY!

COVID-19 testing is available and FREE for all Akwesasne residents and employees of local businesses. You must schedule an appointment at Massena Hospital, (315) 769-4321, or at Mountain Medical, (518) 521-3322. Call to book an appointment for testing today and help keep our community safe.

If you have a verified direct exposure to a person testing positive, and/or have possible symptoms, you are urged to contact your healthcare provider for immediate guidance.