COVID-19 (NOVEL CORONAVIRUS)

HOW YOU CAN PROTECT YOURSELF AND OTHERS FROM FLU & COVID-19

- Social Distance by keeping 6 ft. apart, or by wearing a mask when social distancing isn’t possible.
- Cover your cough or sneeze with a tissue, then throw your tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for 20 seconds.

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.

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

1. Go to 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 link will be located in under the “Tribal Meetings” heading.

Please call the Tribe’s Communications Department at (518) 358-2272 for additional assistance.
FLU vs. COVID-19
Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but are caused by different viruses. It is important to know the differences between the two viruses. If you are showing symptoms of either, it is important to get tested for both to help confirm a diagnosis.

FLU SYMPTOMS
- Fever or chills
- Sore throat
- Headache
- Fatigue
- Cough
- Runny or stuffy nose
- Muscle or body aches
- Vomiting and diarrhea

COVID-19 SYMPTOMS
- Fever or chills
- Sore throat
- Headache
- Loss of taste/smell
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting

SIMILARITIES
Both Flu and COVID-19 can spread between people who are in close contact with one another (within 6ft). Both are spread mainly by droplets made when people with either illness cough, sneeze, or talk. It may be possible for someone to be infected by physical contact. For example, touching surfaces or by shaking hands.

DIFFERENCES
The difference between Flu and COVID-19 is that COVID-19 spreads much easier and faster than the Flu virus.

Reminder – please call ahead to make an appointment at SRMT Health Services by calling (518) 358-3141.