

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.



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

POSTAL PATRON

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.

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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
- Diarrhea
- Cough
- Shortness of Breath
- Muscle or body aches
- Congestion or runny nose
- 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.

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives.

American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.¹

Across the U.S., flu causes hundreds of thousands of hospitalizations each season.

American Indians and Alaska Natives are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

- are young children or elders
- are pregnant women
- have diabetes, severe obesity, heart disease, or asthma and other lung problems

TAKE 3 STEPS TO FIGHT THE FLU

- 1** Get yourself and your family a flu vaccine each year before flu activity begins in your community. Getting vaccinated this season is may be more important than ever if there is both flu and COVID-19 activity at the same time.
- 2** Take everyday preventive actions to stop the spread of germs
 - Wash your hands often
 - Cover your coughs and sneezes
 - Stay home if you are sick
- 3** Take flu antiviral medicine if prescribed

BENEFITS OF FLU VACCINES

- Flu vaccination reduces your risk of getting sick, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of having a heart attack in people who have heart disease.
- In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from their diabetes.
- Flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, elders, and people with certain chronic health conditions.

GETTING TESTED FOR COVID-19

KNOW FOR SURE – GET TESTED TODAY!

COVID-19 testing is available and FREE for all Akwesasne residents on both sides of the border and all local business employees. 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. The turnaround time for results is approximately 2 to 10 days.

If you have a verified direct exposure to a person testing positive and/or have possible symptoms you are urged to contact your primary provider for guidance and be practicing self-quarantining.



¹Groom, A, et al. Pneumonia and influenza Mortality among American Indian and Alaska Native People, 1990-2009. Am J Public Health. 2014 June; 104. Supplement 3: S460-S469. Published online April 2014. Accessed 1/27/15: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035860/>.