



SOUTHERN UTE INDIAN TRIBE

FOR MORE INFORMATION CONTACT

Christine Sage, Chairman – 970.563.0100
Amy Barry, SUIT IMT PIO – 970.563.2281

FOR IMMEDIATE RELEASE: April 2, 2020 – 8:30 A.M.

Southern Ute Indian Tribe Recommends Face Coverage for Health Safety

Southern Ute Indian Reservation, Colo. – The Southern Ute Indian Tribal Council, in a collaborative response with the San Juan Basin Public Health (SJBPH) to COVID-19 and recommends to individuals to cover your nose and mouth when leaving home for essential travel to the grocery store, doctor, or pharmacy. Individuals could practice extra precaution by using a bandana or homemade facemask coverings. It is important to reserve healthcare grade personal protective equipment (ppe) for the healthcare professionals.

Individuals who need to leave their homes are able to use a face covering over their nose and mouth as a precaution. Symptoms of COVID-19 have a long incubation period and individuals who leave their home for necessary reasons could contact the virus or unknowingly spread COVID-19 to others. “The spread of the virus occurs primarily through droplets from an infected individual, which fabrics can filter. A face covering helps lessen the risk for a healthy individual to breathe in droplets as well as spread from one who may not realize they are sick, or their symptoms are mild,” stated the SJBPH press release *New San Juan Basin Public Health Recommendation: Cover Your Face* issued on Wednesday, April 1, 2020.

Face coverings convey the seriousness of this pandemic, as well as serving as a reminder to practice safe hygiene including washing your hands with soap and warm water for at least 20 seconds, restricting touching your eyes, nose, and mouth, and sneezing or coughing into your elbow or a tissue then throwing the tissue away.

The Southern Ute Indian Tribe issued a ‘Stay at Home’ Order on Wednesday, March 25, 2020 and encourages the tribal membership to stay home and practice social distancing, through these best practices we can flatten the curve and help stop the spread of COVID-19.

The San Juan Basin Public Health has shared the following tips:

How to safely adhere a face covering

- Tie long hair back.
- Wash your hands well.
- Secure the face covering over your nose and mouth.
- DO NOT touch your face or the face covering. If you do, sanitize your hands thoroughly.
- Leave the covering on until you can safely remove it.

- Remove your face covering immediately if it becomes wet or if you feel you've been in contact with someone who is sick.

How to safely remove a face covering

- Wash your hands.
- Grab the face covering by the area that goes over your ears.
- Take the covering off, keeping the outside of it away from your face, and place directly in the washing machine or a site where you will appropriately sanitize.
- Wash your hands with soap and water for at least 20 seconds.

To find updates from the Southern Ute Indian Tribe on COVID-19, please observe the tribal social media, tribal websites, and by calling the Southern Ute Indian Tribe COVID-19 Call Center at 970.563.0214 which will operate from 8:00 a.m. until 5:00 p.m., 7 days a week.

###