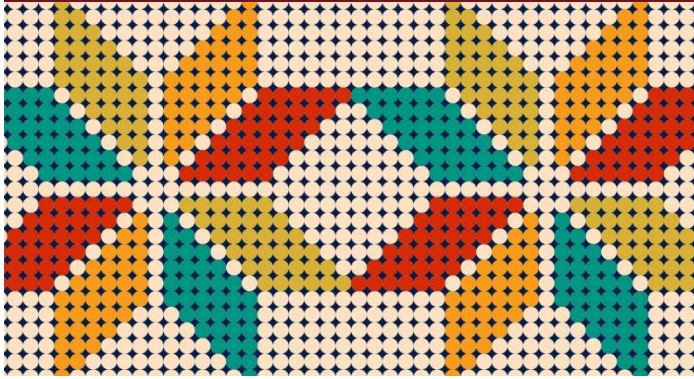


Novel Coronavirus (COVID-19)

Information for General Public



What is COVID-19?

2019 Novel Coronavirus (COVID-19) is a viral respiratory illness spreading from person-to-person. While most cases of illness are mild, health experts are concerned because this virus has the potential to cause severe illness and pneumonia in some people.

What are the symptoms?

Symptoms of coronavirus (COVID-19) include:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste and smell.

Call the NM Department of Health at (855) 600-3453 right away if you are experiencing symptoms.

How is COVID-19 spread?

Currently, coronavirus (COVID-19) is thought to spread:

- Through respiratory droplets produced when an infected person coughs or sneezes
- Touching objects or surfaces contaminated with the virus and then touching your mouth, nose, or eyes.
- Though close contact with an infected person (within 6 feet)

Prepared by:

Urban Indian Health Institute

Native Leadership Collective of Albuquerque

How can I protect myself, my family, and my community?

Everyone has a role to play in preventing the spread of illness, especially to protect people who are most at risk. Taking these steps will also prevent the spread of flu and the common cold:

- Wash your hands often with soap and water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
- Avoid touching your face, eyes, nose, or mouth with unwashed hands
- Cover your mouth and nose with tissue or elbow when coughing or sneezing
- Clean and disinfect frequently touched surfaces and objects
- Avoid close contact with people who are sick
- Stay home if you are sick

For questions regarding COVID-19 that are non-health related and information on family support services, please call (833) 551-0518.

What should I do if I think I have COVID-19?

Call the NM Department of Health at (855) 600-3453 right away if you are experiencing symptoms.

- Monitor your symptoms. Seek prompt medical attention if your illness is worsening.
- Call ahead before visiting your doctor – DO NOT go to the clinic or hospital without calling ahead first.
- Stay home if you are experiencing symptoms except to get medical care.
- Cover your coughs and sneezes.
- Separate yourself from other people and animals in your home.
- Avoid sharing personal household items.

NM Public Health Advisory

The public should take the following preventive precautions:

- New Mexico citizens are required to wear a mask in public.
- New Mexico citizens should stay at home and undertake only those outings absolutely necessary for their health, safety, or welfare.
- Avoid crowds.
- Avoid all non-essential travel

List of local resources

- Coronavirus (COVID-19) Hotline: 855-600-3453
- Non-health related coronavirus (COVID-19) questions: 833-551-0518
- Senior Food Hotline: 800-600-3453
- City of Albuquerque Non-Emergency Number: 311

Resources for Domestic Violence, Abuse or Crisis Situations

Domestic Violence

- All Faiths Safehouse: 505-271-0329
- Domestic Violence Hotline: 1-800-773-3645
- Domestic Violence Resource Center: 505-248-3165
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Domestic Violence Hotline (Español): 1-800-942-6908
- National Domestic Violence Hotline (TTY): 1-800-787-3224

Sexual Assault

- New Mexico Rape Crisis Center: 505-266-7711
- Sexual Assault Nurse Examiners: 505-883-8720
- National Sexual Assault Hotline: 1-800-656-HOPE

Elder Abuse

- Elder Abuse Hotline: 1-866-654-3219 or 505- 476-4912

Youth

- Native American Professional Parent Resources: 505-345-6289
- A Child's Voice: 505-268-0331
- Adult Protective Services: 505-476-4912 or 1-866-654-3219
- Child Abuse Hotline: 505-841-6100 or dial #SAFE from a mobile phone (note that #SAFE **cannot** receive text messages)
- Guardian Ad Litem (GAL): 505-242-595
- National Child Abuse Hotline: 1-800-24-ACHILD
- National Child Abuse Prevention Line: 1-800-CHILDREN
- National Runaway Switchboard: 1-800-637-0701 Ext. 118
- National Teen Dating Abuse Help: 1-866-331-9474
- Pull Together: 1-800-691-9067

Crisis

- AGORA NM Crisis Center: 505-277-3013
- New Mexico Crisis and Access Line: 1-855-662-7474 or 1-855-227-5485 (TTY)
- National Hopeline Network: 1-800-SUICIDE
- Spanish-Language Suicide Hotline: 1-866-331-9474
- Suicide 24/7 Emergency Line: 575-758-1125
- Suicide Text Line: 741741

Behavioral Health

- UNM Mental Health: 505-272-2800
- Alcoholics Anonymous: 505-266-1900
- NM Substance Abuse Helpline: 1-855-505-4505
- Gambling Addiction: 1-800-522-4700

Legal

- New Mexico Legal Aid: 505-633-6694
- Senior Citizens Law Office - 505- 265-2300
- Legal Resources for the Elderly Program: Albuquerque: 505-797-6005 / Statewide: 1-800-876-6657

Other Emergency Contacts

- New Mexico Healthcare Worker and First Responder Support Line: 855-507-5509
- Poison Control: 1-800-222-1222

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City of Albuquerque
Native American Affairs

If you need:

General Information

Contact: City of Albuquerque Office of Native American Affairs

Email: dgbegay@cabq.gov

Phone: 505-768-4547

Website: www.cabq.gov/office-of-equity-inclusion/native-american-affairs

Medical Care and Mental Health Services

Contact: First Nations Community HealthSource

Email: lorenzo.jim@fnch.org

Phone: 505-262-6533

Website: <https://www.fnch.org/>

Indigenous Traditional Spritual Support

Contact: First Nations Community HealthSource

Email: lorenzo.jim@fnch.org

Phone: 505-262-6533

Website: <https://www.fnch.org/>

Help with Mental and Behavioral Health

The New Mexico Crisis and Access Line is here to support individuals and communities during this time. Counselors are available and here to hear you 24/7 at 855-662-7474.

Website: <https://www.nmcrisisline.com/>

Shelter Due to Domestic Violence

Contact: Coalition to Stop Violence Against Native Women

Phone: 505-243-9199

Website: <https://www.csvanw.org/>

Contact: Family Advocacy Center:

Phone: 505-243-2333

After hours, the Albuquerque Family Advocacy Center phone numbers will be answered by victim advocates who can assist or make referrals to address your crisis situation.

Contact: Domestic Violence Resource Center,
24 hour hot line 505- 248-3165

Contact: SANE- Sexual Assault Nurse Examiners,
24 hour hot line 505- 883-8720

Rape Crisis Center of New Mexico, 24 hour hot line 505-266-7711

Contact: Advocacy for Domestic Violence Survivors:

Phone: 505-248-3165

Email: dvrc@dvrncm.org

Contact: Enlace Comunitario:

Phone: 505- 246-8972

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Email: info@enlacenm.org

Hours: Monday to Friday 8 a.m.-5 p.m.

Contact: New Mexican Asian Family Center:

Phone: 505-717-2877

Contact: Transgender Resource Center of New Mexico:

Phone: 505-440-3402

Contact: UNM Women's Resource Center:

Phone: 505-277-3716

Email: women@unm.edu

Supplies for Young Children/Expectant Mothers

Contact: Changing Woman

Email: k.begaye@changingwomaninitiative.org

Phone: 505-930-5641

Website: <http://www.changingwomaninitiative.com/>

Groceries/Water/Other Essentials

Contact: Americans for Indian Opportunity

Email: aio@aio.org

Phone: 505-842-8677

Website: www.aio@aio.org

Contact: Notah Begay III Foundation

Phone: 505-867-0775

Website: <https://nb3foundation.org/>

Contact: The Storehouse

Address: 106 Broadway Blvd SE - Albuquerque NM 87102

Email: Info@StorehouseNM.org

Phone: 505- 842-6491

Hours: Wednesdays and Saturdays 9-12.

Food will be prepacked in boxes until further notice. Please line up outside the Storehouse and stand 6 ft apart. Only two people will come into the Storehouse at a time. Each person will check in with our staff, pick up a box, and go.

Contact: La Mesa Presbyterian Church

Address: 7401 Copper Ace SE 87108

Phone: 505-255-8095

Hours: Monday through Saturday 9:00 am – 11:00.

Bring your own bags.

Contact: SANDIA CHURCH OF THE NAZARENE,

Address: 8216 Central Ave SE, Albuquerque, NM 87108

Email: INFO@ABQNAZ.ORG

Phone: 505-881-0267

Hours: Food box distribution Monday and Tuesday 9:30 am and a free meal Sunday 9:00 am. No paper work or documentation needed.

Contact: Casa de las Comunidades.

Address: 444 Chama St. SE Suite D

Phone: 505-265.2371

Hours: Th 9-2pm, fresh food Th 11-1pm, Sat 10:30 and 3-7 pm.

Contact: God's Warehouse

Address: 8011 Central Ave NE

Phone: 505-266-2535

Hours: 3rd Friday of every month at 2pm.

Must bring residence ID

Contact: Comida Buena Food Pantry Hours

Phone: 505-262-6599

Hours: Mon. – Thurs.: 9 a.m.-1 p.m. Fri.: Closed

Contact: East Central Ministries

Address: 123 Vermont St. NE

Phone: 505-266-3590

Hours: Services: By appointment only. Call and ask for Blanca. Bring a valid ID, and a lease or rental agreement.

Contact: Runner Food Bank Food Assistance:

Phone: 505-349-5340 and 575-523-4390

When you call our food assistance line, they provide contact information for several of our distribution partners in your community. Be sure to have paper and a pen ready when you call. Know your zip code when calling the food assistance line, they are staffed Monday through Friday from 8 am to 5 pm.

Road Runner SPECIAL COVID-19 FOOD DISTRIBUTIONS

Albuquerque Area Distributions until further notice:

- Every Friday beginning March 27, 8 am to 10 am. UNM South Parking Lot – 1926 Avenida Cesar Chavez until further notice
- Every Monday beginning March 30, 8 am to 10 am. Legacy Church Parking Lot – 7201 Central Ave NW until further notice
- Every Tuesday beginning March 31st, 8 am to 10 am. ABQ Bio Park Zoo Parking Lot, 903 10th St. SW until further notice.

Financial Help for Food/Medicine/Rent

Contact: Loving Service/Native Health Initiative

Email: shannon@lovingservice.us

Phone: 505-340-5656

Website: <https://lovingservice.us/>

Help with Eviction Prevention, Rental Assistance, and Utility Assistance

Evictions for inability to pay rent (including privately owned properties) have been temporarily halted statewide during the COVID-19 public health emergency.

If you need assistance with paying rent or accessing social services, contact one of the following Health & Social Service Centers:

- Alamosa Health & Social Service Center:
505- 836-8800 – 6900 Gonzales SW, Albuquerque, NM
- Los Griegos Health & Social Service Center
505- 761-4050 – 1231 Candelaria NW, Albuquerque, NM
- John Marshall Health & Social Service Center:
505- 848-1345 – 1500 Walter SE, Albuquerque, NM
- East Central Health & Social Service Center:
505- 767-5700 – 7525 Zuni SE, Albuquerque, NM
- Catholic Charities Court Advocacy Program: 505-247-9521
- ECHO/Metro C.A.R.E.: 505-242-6777
- HELP NM: 505-265-3714
- LIHEAP: 505-841-2300, 505-841-770 .1-800-637-3134
- Noon Day: 505-246-8001
- Project United: 505-761-9818
- Salvation Army: 505-872-1171
- St. Martin's: 505-843-9405
- St. Vincent De Paul Society: 505-242-3434

Homeless Support / Outreach / Testing

Contact: First Nations Community Health Source

Email: lorenzo.jim@fnch.org

Phone: 505-262-6533

Website: <https://www.fnch.org/>

Shelters

If you need help accessing or receiving assistance related to shelter or homelessness, please call 505-768-(HELP) or 505-768-4357

- All Faiths Safehouse: 505-271-0329
- Barrett House: 505-243-4887
- Family Promise: 505-268-0331
- Joy Junction: 505-877-6967
- New Mexico Coalition to End Homelessness: 505-217-9570

EMPLOYMENT ASSISTANCE AND OPPORTUNITIES

Contact: National Indian Youth Council

Email: ledmo@NIYC.org

Phone: 505-247-2251

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City of Albuquerque
Native American Affairs

Website: <https://niyc-alb.com/>

- Goodwill/Job Development: 505-881-6401
- Labor Ready/Lomas: 505-256-5148
- Labor Ready/Central: 505-268-9040
- Labor Ready/Montano: 505-344-8003
- Labor Express/2nd: 505-344-4404
- Labor Express/Jackson St: 505-255-4383
- Labor Express/Copper Ave: 505-766-5678
- Labor Express/Central Ave: 505-831-2345
- NM Department of Labor: 505-222-4600

Support for Families with Young Children

Contact: Native American Professional Parent Resource

Phone: 505-345-6289

Website: <https://www.nappr.org/>

- All Faith's Receiving Home: 505-271-0329
- Babynet: Phone: 1-800-552-8195
- Big Brothers, Big Sisters: 505-837-9223
- Boys and Girls Club: 505-247-1553
- CYFD: 505-841-4800
- Cuidando Los Ninos (childcare): 505-843-6899
- Early Head Start: 505-767-6500
- Headstart/Early Headstart: 505-764-3033
- Life Options Academy: 505-841-4875
- MCH Partnership in Parenting: 505-255-8740
- Outcomes, Inc: 505-243-2551
- Parents Reaching Out: 505-247-0192
- PB&J Family Services Inc.: 505-877-7060
- APS Title I Child Homeless Project: 505-256-8239
- Youth Development, Inc.: 505-831-6038
- Youth Development Inc. Headstart: 505-244-0250

Internet Access/Laptop for Students

Contact: Americans for Indian Opportunity

Email: aio@aio.org

Phone: 505-842-8677

Website: www.aio@aio.org

Internet Access Hot Spots

Contact: NAVA Education Project (C3) Email:

ahitza@navaeducationproject.org

Phone: 505-246-1819

Website: <https://www.navaeducationproject.org/>

Loans for Native Woman - Owned Small Business

Contact: Native Women Lead

Email: info@roanhorseconsulting.com

Phone: 505-216-6040

Website: <https://www.nativewomenlead.org/>

Information regarding Small Business Assistance

Contact: American Indian Chamber of Commerce of NM

Email: Marvis.aragon@aiccnm.com

Phone: 505-766-9545

Website: <http://www.aiccnm.com/>

Emergency Financial Assistance for Native Writers, Storytellers and Creatives

Contact: Wordcraft Circle

Email: Wordcraft.director@gmail.com

Phone: 505-948-4517

Website: <http://www.wordcraftcircle.org/>

Educational Materials for Native Youth

Contact: Wordcraft Circle

Email: Wordcraft.director@gmail.com

Phone: 505-948-4517

Website: <http://www.wordcraftcircle.org/>

Writing and creative supplies for Native Youth

Contact: Wordcraft Circle

Email: Wordcraft.director@gmail.com

Phone: 505-948-4517

Website: <http://www.wordcraftcircle.org/>

Educational Support for Native Youth

Contact: Notah Begay III Foundation

Phone: 505-867-0775

Website: <https://nb3foundation.org/>

Information for Nonprofits/Funders

Contact: Roanhorse Consulting

Email: info@roanhorseconsulting.com

Phone: 505-216-6040

Website: <https://roanhorseconsulting.com/nm-covid-19-resources-for-native-communities>

Information regarding Census 2020

Contact: Americans for Indian Opportunity

Email: aio@aio.org

Phone: 505-842-8677

Website: www.aio@aio.org

Contact: NAVA Education Project (C3)

Email: ahitza@navaeducationproject.org

Phone: 505-246-1819

Website: <https://www.navaeducationproject.org/>

Prepared by:

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Native Leadership Collective of Albuquerque

City of Albuquerque
Native American Affairs

Information regarding 2020 Elections

Contact: NAVA Education Project (C4)

Email: ahtza@navaeducationproject.org

Phone: 505-246-1819

Website: <https://www.navaeducationproject.org/>

Other Types of Help or Questions

Contact: Americans for Indian Opportunity

Email: aio@aio.org

Phone: 505-842-8677

Website: www.aio@aio.org

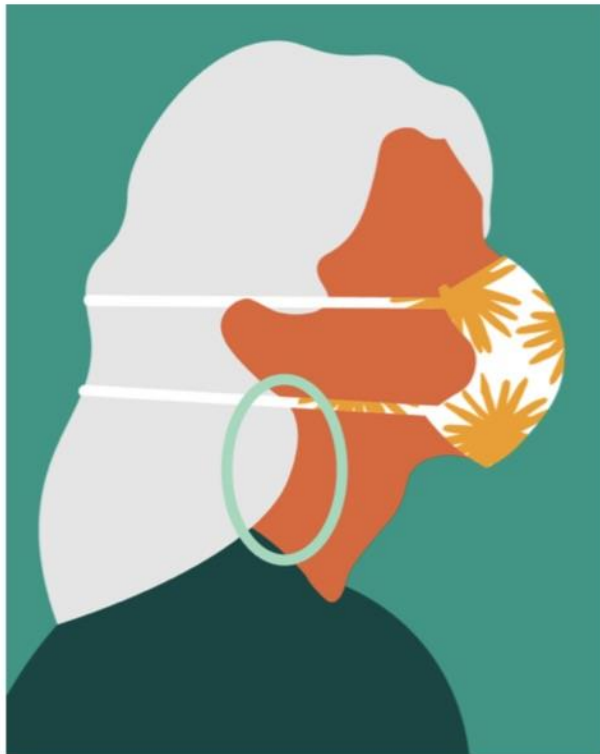
**Prepared by the Native Leadership Collective of Albuquerque. Made up of 20 Native-led, Native-serving organizations and Indian-owned businesses, the NLC supports the improved cultural, social, economic and political wellbeing of Indigenous peoples in the greater ABQ metro area. Representing our collective organizational constituencies, the NLC informs and holds accountable institutions and governments regarding Native American issues. For more information about the NLC contact Americans for Indian Opportunity at 505-842-8677 or aio@aio.org.*

References

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Risk Assessment. (2020, February 29). Retrieved March 3, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/summary.html#risk-assessment>

Prevention and Treatment. (2020, February 15). Retrieved March 3, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>



IF YOU WEAR A FABRIC MASK

- ✓ Wash your mask every night or as often as possible.
- ✓ Do not share your mask with anyone.
- ✓ Do not put a fabric mask on children under 2 years old.
- ✓ Wash hands before and after putting on your mask.
- ✓ Do not touch your face when removing your mask.
- ✓ Mask needs to have several layers of fabric.
- ✓ If you can't breathe in it, removing a layer may help.
- ✓ Mask should fit snugly but comfortably.
- ✓ Smize (Smile with your eyes).

For more resources
visit uihi.org/covid



**Urban Indian
Health Institute**
A Division of the Seattle Indian Health Board