

COVID-19 UPDATE

The Official Newsletter of the SENECA NATION



February 4, 2022 - **visit us at www.sninews.org**



++++ **SPECIAL EDITION: COVID - 19** +++++

Nya:wëh sgë:nö'. I hope this letter finds our Nation and all Seneca families doing well.

January 20 marked the two-year anniversary of the first confirmed case of COVID-19 in the United States. Within weeks, the virus had spread across the country, reaching every corner of every community. The virus has been, and remains, a dominant force in our lives as we navigate through this pandemic.

We know that Native Nations have been hit especially hard by the virus. In fact, Native Americans have the highest COVID-related death rate of any population group in the United States. From east to west, north to south, Native people have died at approximately twice the rate of other populations. We have suffered far too many of those losses within the Seneca Nation, leaving voids in our community that can never be filled.

Yet, time and again, our Nation has rallied and pulled together to help protect our community and one another. Throughout the past two years, I have been incredibly proud of the commitment I have seen from so many who have made the health and safety of our community their highest priority.

The work of our Seneca Nation Health



System to help test, care for and vaccinate our people during each successive wave of the pandemic has been exemplary. Our Seneca Nation COVID-19 Task Force, Emergency Management team, first responders, and workers from multiple Nation departments have worked tirelessly to not only manage our collective response to the pandemic, but to coordinate many important distributions of supplies to our people. We have also worked together with our neighbors to coordinate vaccination clinics at our gaming facilities and to help get supplies to people who need them.

Our work is far from over. As of the printing of this newsletter, we still had hundreds of active COVID cases in our community. We need to continue, as individuals and as a strong, united community, to focus our energy on doing everything we can to protect our people, protect one another and stop the spread of the virus within our Nation.

The Nation continues to fight every day to protect our community and our people in every way we can. The resources available to you include our recent PPE distributions, as well as daily testing in both Allegany and Cattaraugus to help detect new cases. Of course, the strongest weapon we have is the COVID vaccine, which is available for everyone age five and older through the Seneca Nation Health System. To date, more than 4,500 Seneca Nation community members have been fully vaccinated at the Health System. Let's keep going.

COVID has held us in its grip for two years. As we head toward Spring, as the cold begins to thaw and as COVID's grip hopefully begins to loosen, we want everyone within the Seneca Nation to be as informed, protected and prepared as possible, so that, together, we can emerge from this years-long shadow once and for all. This newsletter is part of that effort, and we hope you find this information useful.

We have come this far together, and it will take all of us to push through to the end of the pandemic. After all, together, we are unstoppable.

Nya:wëh,

President Matthew B. Pagels

Seneca Nation Coronavirus Response Hub

<https://covid19.snigis.org>

CAR. TR.
MKTG MAIL
US POSTAGE
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PERMIT NO. 244
BRADFORD, PA

Special Edition: COVID - 19

Although we have made many investments, distributions of PPE, and continued in our efforts to mitigate the spread of Coronavirus (COVID-19), the sharp increase in cases beginning in August of 2021 presents new challenges and has prompted us to adapt accordingly.

This newsletter serves as an update of information related to the Coronavirus (COVID-19). The health of our people and communities are the priority and we work to increase awareness and preparedness through the pandemic. The COVID-19 Task Force continues to monitor the spread of the virus while coordinating with Seneca Nation departments on a response that will be implemented for all Seneca Nation properties.

Many difficult changes have been made to routines and daily lives to stop the spread, and the precautions are even

more important now. With the highly transmissible variants that are being identified, we cannot stress enough the importance of being proactive and taking all preventative measures.

The Seneca Nation is initiating a new quarantine and isolation protocol. Our responsibility to the next generations means that we must exert our sovereign authorities and take measures to protect our communities that go above and beyond what the CDC recommends. The new protocol is defined for Seneca Nation employees and supersede quarantine or isolation guidance and orders from other entities (such as local county health departments, NYS DOH, CDC, etc.), so long as the Seneca Nation protocol is more strict and the county/state/CDC/etc. guidance and orders are more lenient.

It is estimated that 31% of individuals

remain infectious 5 days after a positive COVID-19 test. Allowing employees to return to work sooner than 10 days puts other employees and the community at risk for further spread of the virus. The Seneca Nation, along with other Native Nations, have witnessed and experienced a disproportionate impact in our communities, including higher infection rates, hospitalization rates, and higher rates of mortality at younger ages. Based on the estimation that individuals remain infectious/contagious between days 6-10, we advise to remain in isolation through day 10 with release on day 11 for anyone who is confirmed positive with COVID-19.

Please be safe and take charge of your health!



PPE giveaway @ AOA

COVID-19 Vaccines

Although COVID-19 vaccines remain effective in preventing severe disease, recent data suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older. The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19. To be optimally protected, a person needs to get a booster shot when and if eligible.

The COVID-19 vaccinations are available at local pharmacies, pop-up clinics, and other events.

For an appointment at the Lionel R. John Health Center (Allegany Territory, Salamanca) please call Teri Cowles at 716-945-5894

For an appointment at the Community Health and Wellness Center (Cattaraugus Territory, Irving) please call Kim Bradley at 716-532-5582

WHAT YOU NEED TO KNOW ABOUT COVID-19 VACCINES

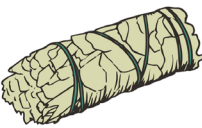


You can help stop the pandemic by getting a COVID-19 vaccine.

To protect our elders and our community, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect our health. Vaccines work with your body's natural defenses so you can fight the virus.

Each tribal nation or state has its own plan for deciding who will be vaccinated first. Contact your health department or clinic to find out when and where vaccines will be available in your community.

The COVID-19 vaccine can help keep you from getting COVID-19.



COVID-19 can cause serious illness or death. All COVID-19 vaccines available in the United States are effective. Even if you still get the disease after you get vaccinated, the vaccine should protect you from more serious illness.

The COVID-19 vaccine will be free for you.

The United States government is providing the vaccine free of charge to all people in the United States. No one should be charged for the vaccine.

Some COVID-19 vaccines need two shots.

If you are told you need two shots, make sure to get your second shot at the time you are told, so you can get the most protection.

The COVID-19 vaccine will not give you COVID-19.

The authorized COVID-19 vaccines **cannot** make you sick with COVID-19. They **do not** contain the virus that causes COVID-19. Getting vaccinated may also protect others around you.

After COVID-19 vaccination, you may have some side effects.

You may have tiredness, headache, chills, and mild fever for 1–2 days. These are normal signs that your body is building protection against COVID-19. After getting the shot, you will be asked to wait for 15–30 minutes to see that you are okay.

You should still get vaccinated if you've already had COVID-19.

Even if you have already had COVID-19, it is possible —although rare—that you could get COVID-19 again. Experts do not yet know how long you are protected from getting sick again after having COVID-19. Vaccination is the best protection.

If you have recovered from COVID-19, ask your health provider when you should be vaccinated.

You should still take steps to protect yourself and others after getting each shot.

It is important for everyone to continue using all the tools available to help stop this pandemic and keep our people safe. You should continue to wear a mask over your nose and mouth in public, stay 6 feet apart, avoid crowds and poorly ventilated spaces, and wash your hands often.

Getting the vaccine and following CDC's recommendations for protecting yourself and others will offer the best protection from getting and spreading COVID-19.

The U.S. vaccine safety system monitors the safety of all vaccines.



All COVID-19 vaccines used in the United States were tested in clinical studies involving thousands of people, including American Indians and Alaska Natives. These studies were done to make sure the vaccines meet safety standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the United States.

CDC has developed a new tool, v-safe ([vsafe.cdc.gov](https://www.cdc.gov/v-safe)), to help identify any safety issues with COVID-19 vaccines. Sign up to participate after you're vaccinated!

Unless you have had an allergic reaction to any ingredient in a COVID-19 vaccine, it is safe to get a COVID-19 vaccine.

If you have ever had a severe or immediate allergic reaction to any ingredient in a COVID-19 vaccine, you should **not** get vaccinated. If you have had an allergic reaction to other vaccines or injectable medications, talk to your healthcare provider.

You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or things in the environment like pollen or dust.

If you are pregnant or want to have a baby one day, you may get a COVID-19 vaccine.



If you are pregnant now or plan to be pregnant in the future, you may receive the COVID-19 vaccine when it becomes available to you. There is no evidence suggesting that fertility problems are a side effect of any vaccine.

The COVID-19 vaccine will not change your DNA.

Different types of vaccines work in different ways to offer protection, but the COVID-19 vaccine—like any other vaccine—cannot affect your DNA in any way.

It is safe to get a COVID-19 vaccine if you have an underlying medical condition.

People with medical conditions like heart disease, lung disease, diabetes, and obesity are more likely to get very sick from COVID-19. Vaccination is especially important for people with these conditions. People with a weakened immune system may not get as much protection from a COVID-19 vaccine as those with a functioning immune system, but some protection is better than none.



COVID-19 Vaccines for Children 5-11: What Parents Need to Know

Children ages 5 and up can now receive a COVID-19 vaccine after approval from doctors and scientists at the FDA and CDC. **This vaccine is safe and highly effective against COVID-19 disease in children.**

The Delta variant has put children at increased risk for severe symptoms and hospitalization. Children who get the vaccine will receive **strong protection** against COVID-19 disease caused by all known variants of the virus. Vaccinated children will also be less likely to spread the virus to others, helping keep our families and communities safe from COVID-19.



Will children receive the same vaccine as adults?

Yes, but in a smaller dose. The vaccine for children is the same Pfizer vaccine that has been given to billions of people around the world since December 2020. Children will receive a smaller dose that is one-third the size of the adult dose.

The Pfizer vaccine uses messenger RNA (mRNA) to create antibodies that can fight off the COVID-19 virus. The vaccine does not change a person's DNA and cannot give a person COVID-19.

Is the vaccine safe?

The COVID-19 vaccine is safe and effective for children. No safety issues related to the vaccine were reported during the research trial for children ages 5-11.

A small number of people have had myocarditis - a very rare, treatable heart condition - after vaccination. The risk of myocarditis in children is extremely low. Among vaccinated 12-17 year-olds, the risk was less than 1 in 10,000. Children are more likely to have myocarditis after getting sick with COVID-19 than after vaccination.

Children should not get the vaccine if they have a history of severe allergic reaction to any of the vaccine's ingredients.

What are the side effects?

Children ages 5-11 had side effects similar to those experienced by people age 12 and older. The most common side effects included:

- Pain, redness, and swelling where the shot was given
- Tiredness
- Headache
- Chills
- Muscle pain
- Fever

These side effects typically last 1 to 3 days. In the trial, children experienced less severe side effects compared to adults.

Should my child get the shot?

The benefits of vaccination, like preventing COVID-19 and its possibly severe complications, greatly outweigh the potential risks of a rare negative reaction, including myocarditis.

Though children are less likely to experience severe COVID-19 illness, the Delta variant has been causing more cases in children, including more hospitalizations. COVID-19 hospitalization rates for Native American children are three times higher than for white children.

Children 5 and older are recommended to get the COVID-19 vaccine to protect them from the virus and to help keep our communities safe.



For more information:
[CDC.gov/covid19](https://www.cdc.gov/covid19)

Effective November 4, 2021
Source: FDA, CDC

COVID-19 Vaccination

OPEN ELIGIBILITY

For an appointment at the Lionel R. John Health Center (Allegany Territory, Salamanca) please call Teri Cowles at 716-945-5894

For an appointment at the Community Health and Wellness Center (Cattaraugus Territory, Irving) please call Kim Bradley at 716-532-5582

SENECA NATION HEALTH SYSTEM

STAY HOME IF YOU ARE SICK!
Face masks must be worn properly to be effective- masks should be worn above your nose, over your mouth, and under your chin.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with (any of) these symptoms may have COVID-19:

- **Fever or chills**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Fatigue**
- **Muscle or body aches**
- **Headache**
- **New loss of taste or smell**
- **Sore throat**
- **Congestion or runny nose**
- **Nausea or vomiting**
- **Diarrhea**

**This list does not include all possible symptoms.*

Regardless of vaccination status, symptoms of COVID-19 may present similar to a sinus infection, allergies, or the common cold. Whether vaccinated or not, any symptoms of COVID-19 should be taken seriously. Please do not attempt to self-diagnose your symptoms, if you have any signs of illness you should: speak to your primary care provider for assessment and/or seek COVID testing.



WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS (COVID-19)

Data is current as of 1/27/2022

PREVENTION IS KEY TO STOPPING THE SPREAD OF COVID-19



Avoid crowded places and put space between yourself and others. Keep away from anyone displaying symptoms.



Wear a mask when you're going out. Avoid touching your mask, face, eyes or mouth.



Wash your hands thoroughly and often.



Stay home if you feel unwell. If you have COVID-19 symptoms, seek assessment and/or testing early.



Cover your cough or sneeze with a tissue, NOT your hands, and dispose of the tissue.



Do NOT wear face covering below your nose, leave your chin exposed, or rest it on your neck.

COVID-19 spreads mainly from person-to-person. This happens when people are in close contact with one another. It is strongly recommended (and in some settings mandatory) to wear face coverings to provide added protection for everyone. Face masks must be worn properly to be effective.



The following symptoms may appear 2-14 days after exposure



FEVER



COUGH



SHORTNESS OF BREATH



SORE THROAT



HEADACHE

Who is at risk of getting COVID-19?

People of all ages can be infected. Older people and those with pre-existing medical conditions (such as asthma, diabetes, heart disease) are more vulnerable to becoming severely ill.

AS A COMMUNITY, WE CAN REDUCE THE IMPACT OF COVID-19 ON OUR PEOPLE



SENECA NATION HEALTH SYSTEM

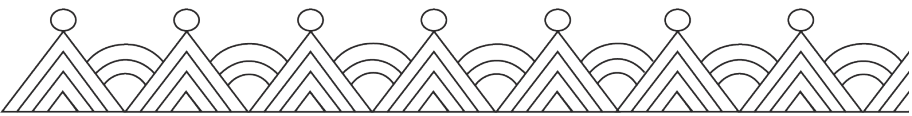
COVID-19 Test Results

If the individual being tested is symptomatic and tests negative thru a rapid test or at-home test, they should self-quarantine until they receive PCR results.

Rapid tests and at-home tests are not as accurate for asymptomatic individuals or screening for exposure. Testing again, at a later date, may be indicated depending on the last date of exposure- discuss whether further testing is indicated with your primary healthcare team. Contact your primary healthcare team with additional questions.

If you have a positive COVID-19 test result

If your COVID-19 test result is positive, you should isolate and contact your healthcare provider. Additional testing may be necessary, based on their guidance.



COVID-19 Community Testing

BRING WITH YOU

- Smart phone or hard-copy of confirmation email from Grapefruit
- Photo ID
- Insurance cards (if you have insurance)

IF YOU CAN, PRE-REGISTER

CTS uses the Grapefruit Health online portal for registration. You can pre-register prior to your test by using the QR code below. Your email confirmation is proof of registration you will provide at the testing site.

TEST RESULTS

- Rapid (antigen test) results will be available first. PCR test samples are sent out and results will be received via email days after sample collection.
- If the individual being tested is symptomatic and tests negative thru a rapid test, they should self-quarantine until they receive PCR results.
- Rapid tests are not as accurate for asymptomatic individuals or screening for exposure. Testing again, at a later date, may be indicated depending on the last date of exposure- discuss whether further testing is indicated with your primary healthcare team.
- Contact your primary healthcare team with additional questions.

IF YOU HAVE A POSITIVE RAPID OR POSITIVE PCR RESULT

- If the rapid or PCR test result is positive, individuals should isolate and contact your healthcare provider as additional testing may be necessary.
- Contact your primary healthcare team with additional questions.

LOCATIONS

If you have a smart phone, use your camera app to scan the QR code to register with Grapefruit

Cattaraugus Territory:

Seneca Fire Station 2 / Route 5
Daily 1-6 PM

Allegany Territory:

ACC / 3677 Admin Drive
Daily 11 AM-6 PM

Logon to <https://covid19.snigis.org>

USING YOUR SELF-TEST KIT | COVID-19 |

1

Follow instructions very carefully.

2

Swab
Swirl
Dip
See Results

3

If your results are positive isolate yourself from others as much as possible, stay in a specific room and away from other people and pets in your home. Tell your close contacts that they may have been exposed to COVID-19.

4

Call your health care provider with any questions, including if you have worsening COVID-19 symptoms.

<https://covid19.snigis.org>

Allegany CTS Testing Site

3677 Admin Drive Salamanca NY 14779

11a.m. - 6p.m.

Enter Back Entrance Of The ACC Park In Rear Parking Lot

Enter Through Back Entrance Doors

Follow Arrows And Partitions To Testing Area

Seneca FireStation 2 FREE COVID-19 Test Site PCR and RAPID

Questions: Call Mike Gates 716-244-0820

1p.m. - 6p.m.

Vehicles Enter Through Black Door

CTS PCR & Rapid - All Welcome

ALL patients awaiting results use this parking lot to sit inside their vehicle awaiting test results

Quarantine vs. Isolation

You quarantine when you might have been exposed to the virus. You isolate when you have been infected with the virus, even if you don't have symptoms.

Quarantine:

Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19 during their contagious period, unless you are up-to-date on COVID-19 vaccinations. People who are up-to-date on COVID-19 vaccinations, do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms or are unable to wear a well-fitted mask. However, regardless of vaccination status, you should get tested 5-7 days after the last date of exposure, even if you don't have symptoms.

What to do:

- Stay home after contact with a person who has COVID-19 or as soon as you receive notification of your exposure as directed by your PCP or local County Health Department, return to work is contingent on fitting the criteria detailed by the county and your employer.

- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If you develop symptoms, immediately self-isolate and contact your local public health authority or healthcare provider for assessment and/or seek COVID-19 testing.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

After quarantine:

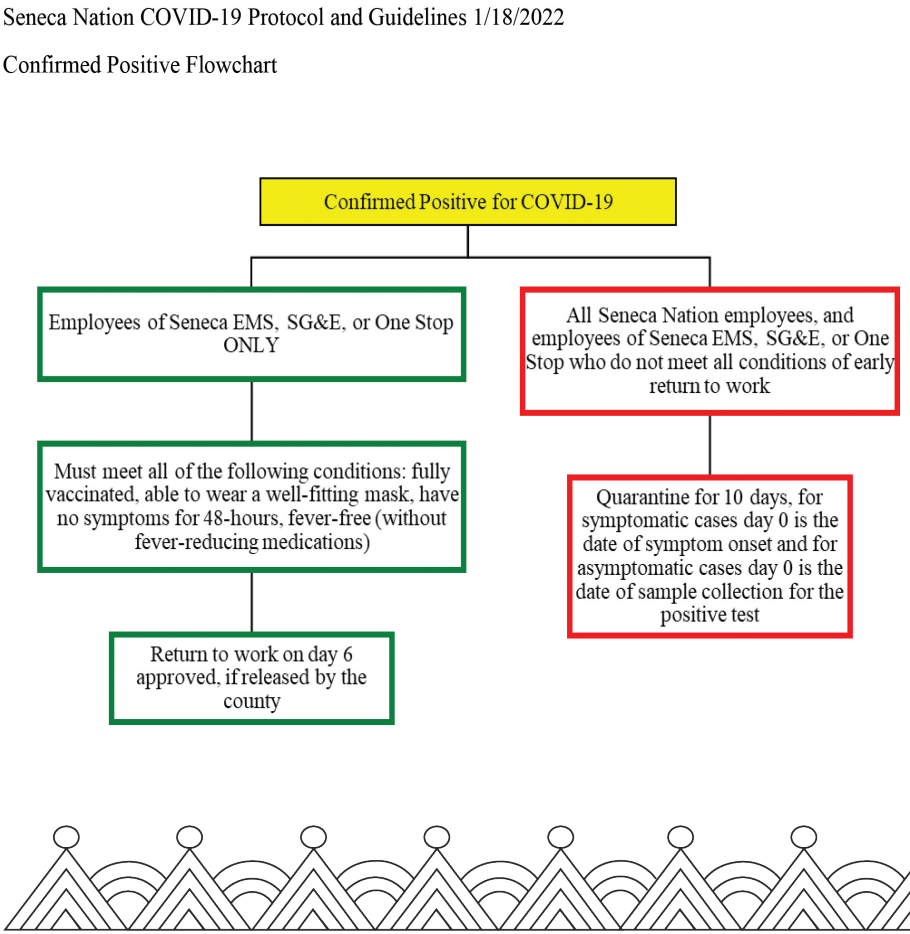
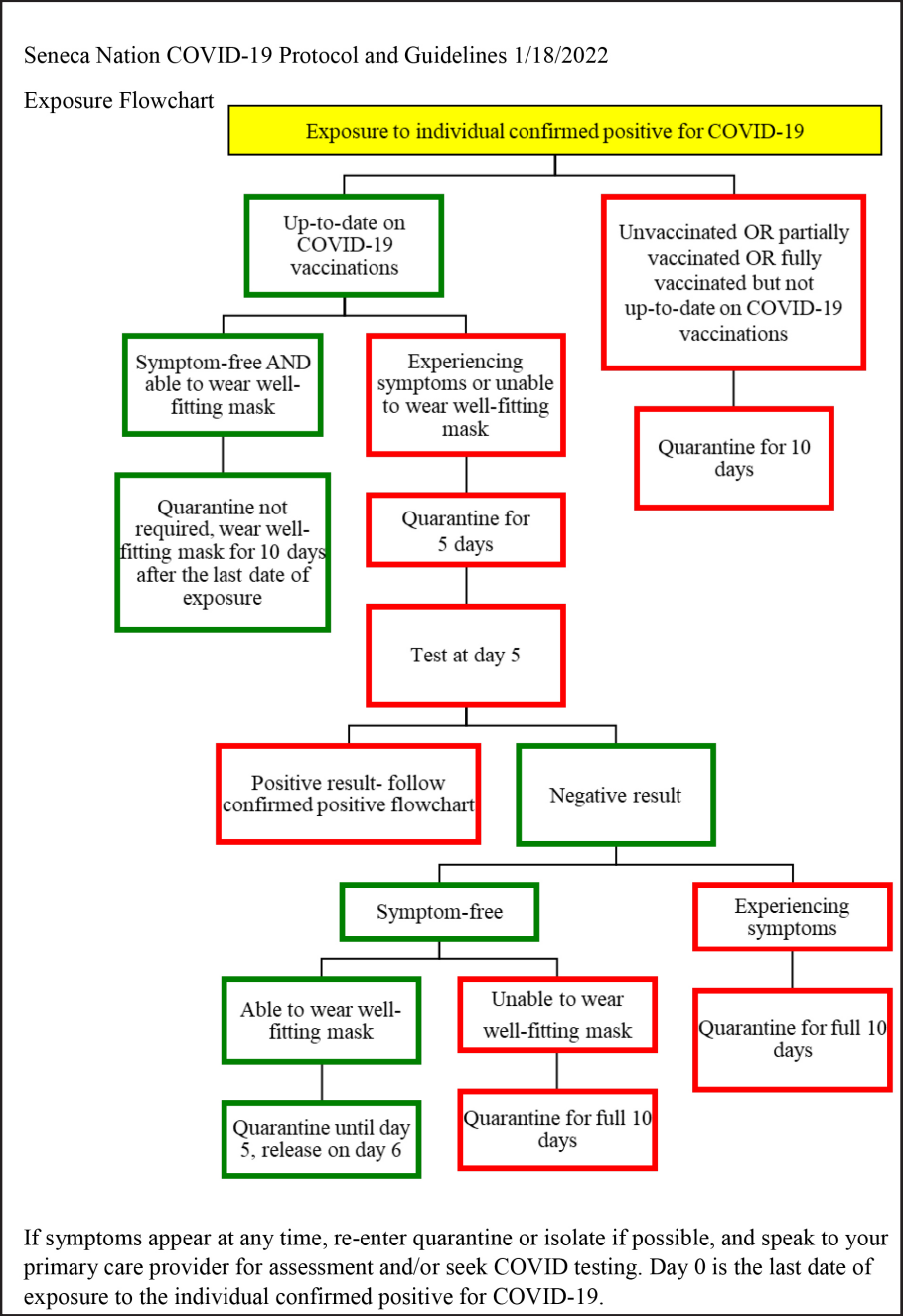
- You are released from quarantine based on your county of residence and their current quarantine guidance/orders. If you are released before day 11, watch for symptoms until 10 days after exposure and continue to wear a well-fitting mask while around others. Return to work is contingent on fitting the criteria of the Seneca Nation's Protocol and Guidelines for Seneca Nation Employees.
- If you develop symptoms, immediately self-isolate and contact your local public health authority or healthcare provider for assessment and/or seek COVID-19 testing.

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do:

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people in the household.
- Stay home as directed by your PCP or local County Health Department. Return to work is contingent on fitting the criteria of the Seneca Nation's Protocol and Guidelines for Seneca Nation Employees.



Quarantine/ Isolation Planning

1.

Have an Isolation Plan put in place for your home.

a.

Separate bedrooms/
bathrooms (if feasible)

b.

Cleaning supplies in each room to include: gloves, masks, disinfectant.
2.

Have enough food/home items “in stock” for two weeks.

a.

Including enough water and over the counter medicine.
3.

Have a contact plan in the event you need items as you are unable to go to the store or simply need to talk or vent. A “drop and go” method is preferred for groceries and other supplies.

a.

Who will you call? Talk with others who may be able to help you gather items at the store.

b.

If you’re feeling overwhelmed, who is your “person?”
- You should not have contact with anyone outside your home. Community Members and Employees in need of supplies are encouraged to contact their County Health Department or SN Emergency Management at (716) 532-8178 for possible cleaning supplies, food delivery, medication delivery, etc.**
- # Variants
- ## Top Things You Need to Know
1.

New variants of the virus are expected to occur. Taking steps to reduce the spread of infection, including getting a COVID-19 vaccine, are the best way to slow the emergence of new variants.

2.

Vaccines reduce your risk of severe illness, hospitalization, and death from COVID-19.

3.

COVID-19 booster doses are recommended for adults ages 18 and older. Teens 16–17 years old who received Pfizer-BioNTech COVID-19 vaccines can get a booster dose if they are at least 6 months post their initial Pfizer-BioNTech vaccination series.
- Omicron - B.1.1.529*
First identified: South Africa
Spread: May spread more easily than other variants, including Delta.
- Severe illness and death: The current severity of illness and death associated with this variant is unclear.*
- Vaccine: Breakthrough infections in people who are fully vaccinated are expected, but vaccines are effective at preventing severe illness, hospitalizations, and death. Early evidence suggests that fully vaccinated people who become infected with the Omicron variant can spread the virus to others. All FDA-approved or authorized vaccines are expected to be effective against severe illness, hospitalizations, and deaths. The recent emergence of the Omicron variant further emphasizes the importance of vaccination and boosters.*
- Does it matter which variant of COVID-19 you may have? Short answer is NO.**

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Genomic sequencing (detecting and tracking variants) is used to monitor how the COVID-19 virus has changed throughout the pandemic.

•

Sequencing results are not typically returned to the patients or healthcare providers since they’re only used for public health surveillance purposes.

•

Experts say it’s less imperative for COVID-19 patients to know which variant they have because they would receive the same treatment and recovery protocols.

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At the Seneca Nation Health System, for rapid testing performed on-site, testing samples are not forwarded for sequencing or further testing.
- # Regroup Mass Notifications
- The Seneca Nation Emergency Management Department’s mass notification messaging service called Regroup is intended to provide SNI employees and community members with broad casted services in the event of emergencies, closings, delays and health/safety messages. This service allows fast and reliable communications via mobile devices, landlines, & email.
- If you are interested in being placed on the call list or if your contact information has changed, please contact the Emergency Management Office to update your profile.
- Monday – Friday**
8:00am – 4:30pm
(716) 532-8178
dawn.stevens@sni.org
- The reverse callback number is (716) 351-3013. Save this number to your contacts! This number will allow those users that missed the call to call this number and hear the last*
- message that was sent out.*

All call lists are confidential and will be solely used for the intended purpose.
- ## Contact Numbers
- Seneca Nation Emergency Management: Regroup Messaging System: 716-532-8178

NYS Department of Health 24/7 - Hotline: 1-888-364-3065

Erie County Health (limited hours) - Hotline: 716-858-2929

Cattaraugus County Health Nurse - Hotline: 716-701-3422

Chautauqua County Health - Hotline: 716-753-4483
-

COVID Burn Out

In a New York Times article, author Dani Blum (2022) shared that the definition of burn out is an all-consuming feeling of exhaustion and detachment. Burn out can occur within a person’s job as well as within their home and personal life. During the COVID-19 pandemic, people have continued to cope with this devastating virus. They have had to alter their personal, professional, and social lives. People have had to deal with more uncertainty, death, and trauma throughout the last two years. Within this article, the author discusses that people can only deal with so much trauma and this pandemic has continued to plague society in many ways. Due to the constant state of instability due to the pandemic, people are experiencing depression, fear, anxiety, fatigue, medical issues, and unstable relationships as well as finances. People are beginning to become numb to their surroundings or on the other spectrum in a constant state of fear. People are feeling isolated, hopeless, and angry.

There are signs that can show that you are having burn out symptoms. Some include avoidance of the news, feeling numb, hopelessness, fatigue, and angrier than usual, and/or using alcohol or substances.

There are ways to work through burn out. The first is to recognize that you are burned out. Second, you can reach out for support and assistance to your local behavioral

health unit or medical provider. Other ways to address burn out is to take time for yourself, exercise, spend time with family and friends, avoid negativity, take time away from work, get plenty of sleep, meditate, or talk to your spiritual advisor (Help Guide, 2021).

With the support and help, people can work through burn out and find a new stability in their life during this turbulent time in society.

Blum, D. (2022). ‘Worry burnout is real’. Retrieved 1/25/2022 from <https://www.nytimes.com/2021/12/16/well/worry-burnout-covid.html>

Help Guide. (2021). Burnout prevention and treatment. Retrieved 1/25/2022 from <https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

SNHS Behavioral Health Unit
LRJHC-716-945-9001; CHWC-716-532-5583

SNHS Medical Unit
LRJHC-716-945-5894;
CIRHC-716-532-5582

Seneca Strong
LRJHC-716-945-8413; CHWC-716-532-8456

Frequently Asked Questions

QUESTION: *What is the definition of “last date of exposure” if living with someone who tests positive? i.e. spouse, significant other, etc.*

ANSWER: The “last date of exposure” is the last date of contact or the date the positive person goes into isolation. If the person does not or is unable to fully isolate from the other household members, the “last date of exposure” is the positive persons last day of quarantine.

QUESTION: *Is there a resource list of local COVID testing sites, with dates, times and cost?*

Answer: SNHS is collaborating with CTS and the Seneca Nation, the Nation is hosting/providing a venue on Nation residential territories. Allegany Territory hosts CTS at the Allegany Community Center as of 12/30/2021. Cattaraugus Territory hosts CTS at Seneca Fire-Station 2 (behind the Gil Lay Arena) as of 1/3/2022. CTS accepts insurance information but is free for those without insurance. Currently, testing is available 7 days per week from 11am-6pm daily at the Allegany Territory location and 1pm-6pm Cattaraugus Territory location. There are additional locations throughout Western New York- dates and times vary. <https://ctestingservices.org/new-york>. NYS provides the website/resource below to "Find a Test Site Near You" <https://coronavirus.health.ny.gov/find-test-site-near-you>

QUESTION: *Am I still considered “fully vaccinated” if I don’t get a booster shot?*

Answer: Yes, the definition of fully vaccinated has not changed and does not include the booster shot. Everyone is still considered fully vaccinated two weeks after their second dose in a two-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine. Fully vaccinated, however is not the same as optimally protected. To be optimally protected, a person needs to get a booster shot when and if eligible.

QUESTION: *How come I/others are not re-tested before we are allowed out of Isolation?*

Answer: People can still test positive, without being contagious, for up to 90 days after infection. Release from isolation is time- and symptom-based.

Coping with COVID-19

NY Project Hope helps New Yorkers understand their reactions and emotions during COVID-19.

We have an emotional support helpline, educational materials, trusted referrals, and local provider agencies... all dedicated to helping you manage and cope with changes brought on by COVID-19.

NY Project Hope Crisis Counselors understand what you are going through. Talking with them is free, confidential, and anonymous. Talk with someone who is trained, knowledgeable and never judges. Sometimes it’s helpful to talk with someone you don’t know.

If you’re not up for talking, take a look at the articles on our site, learn a few relaxation techniques or a few new coping tips.

Emotional Support Helpline
CALL: 1-844-863-9314
8 am – 10 pm, 7 days a week

EAP – For Seneca Nation Employees
The SN offers a free EAP program to all employees. Employees are encouraged to contact EAP at: 844-880-9142. EAP is 24 hours a day, 7 days a week.



Seneca Nation Disability Services Department

Allegany
90 OHI:YO' Way (3rd floor)
Salamanca NY 14779
716-945-1790 ex 8309
Open Fridays 10– 2pm (or by appointment)

Cattaraugus
210 TIS Drive
Irving NY 14081
Open Monday thru Friday 8-430 pm
716-532-4900 ex 5151
Emergency Only 716-801-2955

FREE PPE and Covid Test Kits Delivery for homebound and dialysis or medical issued participants. Please call our office to be placed on the list

Homeowners– Emergency Support Service for minor home repair, must have a deed.

Transportation— FULLY VACCINATED CLIENTS ONLY . (Must have a 3 day notice)

Referrals as needed.

Great resource for an In Home Aide is Fredonia Care all of NY State Must have Medicaid/Medicare 1-877-791-0785

Please watch for new info sessions coming soon.

Seneca Nation Community Centers

The Allegany Community Center (ACC) and the Cattaraugus Community Center (CCC) are both open to the community with COVID-19 safety protocols in place in an effort to keep everyone safe.

- Public must use the main entrance. There is a one way entrance and one way exit. Please use accordingly.
- Mask must be worn to enter.
- All entering must have temperature checked.
- All participants using the facilities and amenities are to remained masked at all times.

ACC Hours:

Monday: 7:00 AM - 8:30 PM
Tuesday: 7:00 AM - 8:30 PM
Wednesday: 7:00 AM - 8:30 PM
Thursday: 7:00 AM - 8:30 PM
Friday: 7:00 AM - 5:30 PM
Saturday: CLOSED
Sunday: CLOSED

***The ACC is open to the community for appointments only. Please call 945-8119 to schedule ***

CCC Hours:

Monday: 8:00 AM - 10:00 PM
Tuesday: 8:00 AM - 10:00 PM
Wednesday: 8:00 AM - 10:00 PM
Thursday: 8:00 AM - 10:00 PM
Friday: 8:00 AM - 8:00 PM
Saturday: 8:00 AM - 8:00 PM
Sunday: 8:00 AM - 8:00 PM

*Please check for updated hours as they may change due to increased/decreased COVID-19 fluctuations.


The ACC and CCC regularly distribute PPE and home-test kits for enrolled members. Be on the look out for their next drive-thru giveaway. PPE and test kits are available for Seneca members if needed, please call the ACC facility at 716-945-8119 or CCC facility at 716-532-8450 to schedule a pick up. Please be prepared to show proof of enrollment upon request.

The ACC also serves as a COVID-19 testing site 7 days a week from 11am -6pm. Please use the back entrance and follow all COVID-19 safety protocols.






MASK MANDATE EXTENDED THROUGH MARCH 18, 2022








Mask Up




COMPLETELY COVER NOSE AND MOUTH WITH MASK

ENSURE MASK FITS SNUGLY AGAINST FACE

FEDERAL LAW REQUIRES THE WEARING OF FACE MASKS ON PLANES, BUSES, TRAINS AND OTHER FORMS OF PUBLIC TRANSPORTATION.



U.S. Department of Transportation
www.transportation.gov/MaskUp



GET VACCINATED! PROTECT THE CIRCLE OF LIFE

#SENECASSTAYSAFE

