Kaibab Band of Paiute Indians Tribal Council Members
Swearing in Ceremony—October 9, 2020

Councilwoman Cierra Bradley Rossman, Councilwoman Jacqueline Spute, Treasurer Tara Spute-Dick,
Chairwoman Ona M. Segundo, Vice-Chairwoman Carmen M. Bradley, Councilwoman Yolanda Rogers,
Councilman Danny Bulletts, Jr.  Photo by Delayana Spute
# Kaibab Paiute Tribal Council

## Committee and Village Assignments

**October 2020 – 2021**

<table>
<thead>
<tr>
<th>Tribal Council</th>
<th>Village Representative</th>
<th>Committee Representative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairwoman</td>
<td>Off Reservation Members</td>
<td>Constitution &amp; By-Laws</td>
</tr>
<tr>
<td>Ona M. Segundo</td>
<td></td>
<td>Veterans</td>
</tr>
<tr>
<td><a href="mailto:osegundo@kaibabpaiute-nsn.gov">osegundo@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Budget</td>
</tr>
<tr>
<td>Cell #: 435.899.0047</td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td>Vice-Chairwoman</td>
<td>Six-Mile/Fredonia</td>
<td>Investment</td>
</tr>
<tr>
<td>Carmen M. Bradley</td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td><a href="mailto:carmen@adoberealtykanab.com">carmen@adoberealtykanab.com</a></td>
<td></td>
<td>Transportation</td>
</tr>
<tr>
<td>Cell #: 435.899.5555</td>
<td></td>
<td>Economic Development</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Juniper</td>
<td>Budget</td>
</tr>
<tr>
<td>Tara Spute-Dick</td>
<td></td>
<td>Language</td>
</tr>
<tr>
<td><a href="mailto:tspute@kaibabpaiute-nsn.gov">tspute@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td>Cell #: 435.899.1236</td>
<td></td>
<td>Elections</td>
</tr>
<tr>
<td>Councilman</td>
<td>Red Hills</td>
<td>Cultural Resource</td>
</tr>
<tr>
<td>Danny Bulletts, Jr.</td>
<td></td>
<td>Budget</td>
</tr>
<tr>
<td><a href="mailto:dbullettsjr@kaibabpaiute-nsn.gov">dbullettsjr@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td>Cell #: 435.689.1624</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Councilwoman</td>
<td>Lower Kaibab</td>
<td>Queen</td>
</tr>
<tr>
<td>Yolanda Rogers</td>
<td></td>
<td>Education</td>
</tr>
<tr>
<td><a href="mailto:yrogers@kaibabpaiute-nsn.gov">yrogers@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Budget</td>
</tr>
<tr>
<td>Cell #: 435.689.0517</td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td>Councilwoman</td>
<td>Eagle Mountain</td>
<td>Law &amp; Order</td>
</tr>
<tr>
<td>Cierra Rossman</td>
<td></td>
<td>Heritage</td>
</tr>
<tr>
<td><a href="mailto:crossman@kaibabpaiute-nsn.gov">crossman@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Wildlife</td>
</tr>
<tr>
<td>Cell #: 435.899.9576</td>
<td></td>
<td>Early Learning Center</td>
</tr>
<tr>
<td>Councilwoman</td>
<td>Upper Kaibab</td>
<td>Budget</td>
</tr>
<tr>
<td>Jacqueline Spute</td>
<td></td>
<td>Dog &amp; Cat</td>
</tr>
<tr>
<td><a href="mailto:jspute@kaibabpaiute-nsn.gov">jspute@kaibabpaiute-nsn.gov</a></td>
<td></td>
<td>Veterans</td>
</tr>
<tr>
<td>Cell: 435.899.9567</td>
<td></td>
<td>Health</td>
</tr>
</tbody>
</table>

Approved by Tribal Council October 15, 2020
**Village Trunk or Treating Schedule**

- Kaibab Village: 5:00PM-5:30PM
- Juniper Village: 5:30PM-6:00PM
- Red Hills Village: 6:00PM - 6:30PM
- Eagle Mt. Village: 6:30PM - 7:00PM

Participants please pre bag your TREATS. If you would like to participate but don't live on the Rez you can park your decorated vehicle at Eagle Mt. Village.

**Village Costume Contests**

Age Categories:
- 0-5, 6-10, 11-18

Participants please stop by your designated Village photo takers house to get your Photo taken and be entered into your village costume contest.

**Kaibab Village** - Celia Milner
**Juniper Village** - Autumn Gillard
**Red Hills Village** - Cody Jake
**Eagle Mt. Village** - Laura Sarala

Tribal member children living in Kanab or Fredonia can enter with Eagle Mt. Village.
Halloween on the Rez

Friday, October 30, 2020

This year due to the Coronavirus Pandemic we are doing Halloween a little different in order to keep everyone safe.

There will be Trunk or Treating by Villages a schedule will be posted starting in Kalbab Village and ending in Eagle Mt. Village.

**COSTUME CONTEST per Village (Kids only)**

**Judging:** will be by a designated village elder

*There will be a designated photo taker for village participants*

**Categories:** 0-5, 6-10, 11-18

One village winner per age group.

**PUMPKIN DECORATING CONTEST (Kids only)**

**Judging:** will be by a designated elder

**Categories:** Cutest, Scariest and Most Creative.

One winner per category.

Please submit individual picture of child with their pumpkin Thursday, October 29, 2020 by 5PM to the Sending Smoke Signals to Kalbab Facebook page.
Coronavirus Disease 2019 (COVID-19)

Trick or Treating and Other Halloween Activities

Steps to Take when Trick or Treating

Traditional Halloween activities are fun but some can increase the risk of getting or spreading COVID-19 or influenza. Plan alternate ways to participate in Halloween.

Make trick-or-treating safer

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Set up a station with individually bagged treats for kids to take.
- Wash hands before handling treats.
- Wear a mask.

Wear a mask

- Make your cloth mask part of your costume.
- A costume mask is not a substitute for a cloth mask.
- Do NOT wear a costume mask over a cloth mask; it can make breathing more difficult.
- Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing.

Stay at least 6 feet away from others who do not live with you

- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a long time.

Wash your hands

- Bring hand sanitizer with you and use it after touching objects or other people.
- Use hand sanitizer with at least 60% alcohol.
- Parents: supervise young children using hand sanitizer.
More Information

Other Ideas

Steps to Take for Other Halloween Activities

Remember to always enjoy Halloween activities and take steps to protect yourself from COVID-19.

- Set up an outdoor Halloween movie night with friends or neighbors on an outdoor screen, 6 feet from your yard.
- Host an outdoor costume contest or scavenger hunt in your own front yard.
- Hold a Halloween craft sale to raise money.
- Put a picture of Halloween in your front yard. Make sure it is visible.
- Stay safe by keeping at least 6 feet of distance from others.
- Wear a mask when out and about.
- Wash your hands with soap and water for 20 seconds.
- Enjoy Halloween activities and take steps to protect yourself from COVID-19.

Visit an outdoor forest or park.

6 feet

Scavenger hunt.

Remember to always enjoy Halloween activities and take steps to protect yourself from COVID-19.

- Set up an outdoor Halloween movie night with friends or neighbors on an outdoor screen, 6 feet from your yard.
- Host an outdoor costume contest or scavenger hunt in your own front yard.
- Hold a Halloween craft sale to raise money.
- Put a picture of Halloween in your front yard. Make sure it is visible.
- Stay safe by keeping at least 6 feet of distance from others.
- Wear a mask when out and about.
- Wash your hands with soap and water for 20 seconds.
- Enjoy Halloween activities and take steps to protect yourself from COVID-19.

Visit an outdoor forest or park.
Pest Control will be out on November 10, 2020 to spray the inside/outside of ALL rental units. If any MH/homeowners would like their house sprayed, please contact Yolanda at 643-8308 or Kathryn 643-8315, the cost will be $48.00.

Housing will be doing a big item pick up again, in November. You can start putting your big items by the road starting November 1, 2020. Pick up will start the week of November 23, 2020. Remember to bag items that are loose and could blow away. This is your time to get rid of those unwanted items and keep our villages looking good.
<table>
<thead>
<tr>
<th>NAME</th>
<th>DATE RECEIVED</th>
<th>TRIBAL MEMBER OR MEMBER OF FEDERALLY RECOGNIZED TRIBE</th>
<th>FAMILY SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maiya Osife</td>
<td>10/2/17</td>
<td>Tribal Member</td>
<td>2</td>
</tr>
<tr>
<td>Delayna Enas</td>
<td>05/03/18</td>
<td>Tribal Member</td>
<td>2</td>
</tr>
<tr>
<td>Tressa Honie</td>
<td>5/31/19</td>
<td>Tribal Member</td>
<td>2</td>
</tr>
<tr>
<td>Kaydin Benson</td>
<td>1/21/2020</td>
<td>Tribal Member</td>
<td>2</td>
</tr>
<tr>
<td>Taylor Stanfield</td>
<td>2/10/2020</td>
<td>Tribal Member</td>
<td>2</td>
</tr>
<tr>
<td>McKenna Yracheta</td>
<td>2/13/2020</td>
<td>Tribal Member</td>
<td>1</td>
</tr>
<tr>
<td>India Bulletts</td>
<td>6/2/2020</td>
<td>Tribal member</td>
<td>2</td>
</tr>
<tr>
<td>Breanna Burke</td>
<td>6/29/2020 @ 8:00 am</td>
<td>Tribal member</td>
<td>2</td>
</tr>
<tr>
<td>Austin Bulletts</td>
<td>6/29/2020 @ 3:43 pm</td>
<td>Tribal member</td>
<td>1</td>
</tr>
<tr>
<td>Cylie Hoinoski</td>
<td>7/22/2020</td>
<td>Non-Indian, child tribal member</td>
<td>3</td>
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<tr>
<td>Malcolm Hill</td>
<td>3/18/19</td>
<td>Federally Recognized Tribe</td>
<td>2</td>
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<tr>
<td>Sophia Henry</td>
<td>11/1/19</td>
<td>Federally Recognized Tribe</td>
<td>2</td>
</tr>
<tr>
<td>Tyler Mickelsen</td>
<td>8/15/18</td>
<td>Non-Indian</td>
<td>2</td>
</tr>
</tbody>
</table>

Homeownership Counselor  

Date: 10/28/2020
Congratulations to Halloween House Decorating Winners

Grand Prize Winner – #419 Steamboat Village - LeAnn Shearer & family

Kaibab Village – #138 Lisa Stanfield

Juniper Village (tie) - #203 LaWanda Hill & family, #221 Toland Mayo & family

Red Hills Village – #302 Lorene Jake

Steamboat Village – #425 Laura Savala & family

Get ready for Christmas we will be having our house decorating contest, again. I also encourage everyone to go out, and look at all of the houses, everyone did an amazing job. Remember if you had any decoration up you received $10.00 off your DPW.
Kaibab Band of Paiute Indians

Wildlife, Fisheries & Parks Department

Tribal Hunting - As we may be in this "COVID-19 PANDEMIC" for some time, Tribal Deer Hunting may change due to CDC regulations, the committee talked about the 2020 Indians hunts and the Tribal hunts, the committee voted to cancel the Indian hunts for this year due to the high cases of COVID-19 on the Navajo and Hopi Tribes and in the four corners area, and keeping the Big Game Hunt. Depending on what level the tribe is in at the time of the hunts, permits will be issued at the tribal office at which time temps will be taken, you will need a mask, and distancing. In levels 1 & 2 - only one hunter per household, may bring a family member as a helper and this will be for both Tribal members that live on and off the Reservation. if we go to level 3 Everything is closed, and only Tribal Members that live on the Reservation can hunt, They have to get a permit and go out and get there deer the same day. Masks will be worn whenever Social Distancing can’t be used.

ATTENTION TRIBAL MEMBERS and spouse – the Wildlife committee is looking for outdoors type people to become a hunting guide, you need to be 18 years old, Tribal Member or legal spouse in good standing, you just need to know about hunting and be able to get up before the sun comes up and go to sleep after the sun goes down for five days. Contact a wildlife committee member or the Director, for more information.

Free Non-lead Ammo Coupon – Is now available at the wildlife office one per hunter, same as last year.

Gut Ply Raffle - After taking your deer bring the guts to the trailer near the gate to the warehouse, make sure to put your name and phone number on the form, and place the gut in the freezer. Questions see the Director.

Watch out for DEER on the road - slow down between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police or this Department, this is in the Wildlife Ordinance and in Arizona state law.

Fishing – All Tribal Members need a permit at no cost, so come in and get one for the 2020 season, all others cost is $10 dollars for the first day, and remember to pick up your trash. Children need to be with someone 18 years or older while fishing and only tribal member can swim in the pond. And Social distancing needs to be practiced.

Fire Wood – Tribal Members you don’t need a permit to get fire wood, unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you don’t need a permit. You can get wood anywhere on the reservation, as long as it is not green, Greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the sand, and mud, remember to tell someone where you are going and about what time you will return, take a lot of water, some snacks, matches, shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, KEEP MAIN GATES CLOSED!!!, if the road gets sandy or muddy turn back you don’t want to get stuck. If you know of someone that has gone out and not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. This will only be to get them home, but if asked to be pulled you out, you may be charged a fee.

Any questions or concerns contact Danny Bullets, Jr. at 643-8305 or Email me at dbulletsjr@kaibabpaiute-nsn.gov. Text or call (435) 689-1624.
November is National Diabetes Month

Join us in a Zoom Meeting

November 18, 2020

At

6:00 pm

A link will be posted on

Smoke Signal

And Kaibab Tribe

On

Facebook

Come ready to ask question
<table>
<thead>
<tr>
<th>Job Title</th>
<th>Hours</th>
<th>Term</th>
<th>Salary</th>
<th>Benefits</th>
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</thead>
<tbody>
<tr>
<td>Tribal Administrator</td>
<td>F/T</td>
<td>Perm</td>
<td>DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>The Tribal Administrator is the senior operational officer responsible for carrying out the strategic plans and policies for all tribal activities. A bachelor’s degree and a minimum of 5 years’ experience in the successful supervision and leadership of senior level executives, preferably with a tribal organization.</td>
<td></td>
<td></td>
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<tr>
<td>Tribal Secretary</td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00</td>
<td>Yes</td>
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<tr>
<td>Complete secretarial duties for the Tribal Council and Chairperson including taking minutes, coordinating and distributing council packets and agendas, assisting with correspondence and creating a monthly newsletter.</td>
<td></td>
<td></td>
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<tr>
<td>Congregate Meals Cook/Director</td>
<td>30hr/week</td>
<td>Perm</td>
<td>$11.50/hr</td>
<td>Yes</td>
</tr>
<tr>
<td>Plan, procure, prepare, serve or deliver meals for community elders. Must be mindful of cultural preferences and dietary needs. Daily, monthly and annual reporting for grant compliance.</td>
<td></td>
<td></td>
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<tr>
<td>Convenience Store Manager</td>
<td>F/T</td>
<td>Perm</td>
<td>DOE (15.00 to 20.00)</td>
<td>Yes</td>
</tr>
<tr>
<td>Oversee the daily activities and employees at the Red Cliff’s Chevron, personnel management, business activities, ordering, pricing, a/p, a/r, POS recordkeeping and sound money management practices. Minimum of 2 years of experience in retail or convenience store management, employee supervision skills and a strong sales and marketing background.</td>
<td></td>
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<tr>
<td>CHR Medical Assistant/Receptionist</td>
<td>F/T</td>
<td>Perm</td>
<td>$12.50/hr</td>
<td>Yes</td>
</tr>
<tr>
<td>Coordinate services, billing and information between clients, Indian Health Services and the Community Health Department. Assist patients with billing/insurance questions. Conduct home visits that include blood pressure monitoring, glucose testing and other medical support. Some patient transport may be required. High level of communication skills and computer ability required.</td>
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<tr>
<td>Diabetes Fitness Assistant</td>
<td>P/T</td>
<td>Perm</td>
<td>$11.00/hr</td>
<td>No</td>
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<td>This part-time position helps with opening and closing the tribal gym, assisting clients as needed with predesigned workouts. Knowledge of gym equipment and friendly attitude required.</td>
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<tr>
<td>Diabetes Educator</td>
<td>F/T</td>
<td>Perm</td>
<td>$12.00/hr</td>
<td>Yes</td>
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<tr>
<td>Provide education, testing and training to tribal members for the management and prevention of Diabetes. Teach classes on cooking and Diabetes management in person or by Zoom. Grant reporting required.</td>
<td></td>
<td></td>
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<tr>
<td>K-12 Tutor</td>
<td>P/T</td>
<td>Temp</td>
<td>$12.00/hr DOE</td>
<td>No</td>
</tr>
<tr>
<td>Provide assistance to students in person and through Zoom with their schoolwork.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S. Paiute Consortium/Cultural Resources Director</td>
<td>F/T</td>
<td>Perm</td>
<td>DOE</td>
<td>Yes</td>
</tr>
<tr>
<td>Coordinate and oversee all aspects of environmental studies and monitoring of cultural resources in the Colorado River Corridor and other activities to meet requirements of the BOR contract, NAGPRA grant and National Park concerns. Work in conjunction with the So. Paiute Consortium to represent the Tribe’s interests.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maintenance Assistant</td>
<td>F/T</td>
<td>Perm</td>
<td>$11.00</td>
<td>Yes</td>
</tr>
<tr>
<td>Assist the Facilities Department in the maintenance and upkeep of Tribal Building and parks.</td>
<td></td>
<td></td>
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</tbody>
</table>

The above descriptions are not intended to be considered a complete listing of job duties. Employment applications and complete job descriptions are available online at [www.kalbapaiute-nsn.gov](http://www.kalbapaiute-nsn.gov) or from Human Resources at 928-643-8307.
Intermountain Garfield Memorial Hospital

3D Digital Mobile Mammography Unit

coming to your area

Kanab
November 17, 18, & 19, 2020

Call 435-676-1267 or 435-676-1547 to schedule an appointment.

FREE mammograms available to those who qualify. Provided by UCCP - Utah Cancer Control Program
FOOD DISTRIBUTION

Monday-Friday, 8:00 a.m. - 12:00 p.m.
NATIVE HEALTH Central
4041 North Central Avenue, Building C - Phoenix

STAY IN YOUR CAR. We will bring food to you.

For more information call
(602) 279-5262, ext. 3134 email: masmith@nachci.com

St. Mary's Food Bank Alliance

FOOD DISTRIBUTION

Tuesday-Friday, 8:00 a.m. - 12:00 p.m.
NATIVE HEALTH Mesa
777 West Southern Avenue, Building B southside - Mesa

STAY IN YOUR CAR. We will bring food to you.

Must self-certify need. For more information call
(480) 550-4048, ext. 3801 email: aphilps@nachci.com

NATIVE HEALTH Food Bank
United Food Bank
Nourishing Arizona Communities
With our virtual medical, behavioral health, and emergency dental care program, you can be connected with a provider for a virtual appointment using your cell phone, tablet, laptop or desktop computer.

It's easy, safe, and convenient.

Services include:

- Sick Visits
- Lab follow ups
- Questions for your Medical Provider
- Medication Management
- Counseling
- Psychiatry

Call (602) 279-5262

NATIVE HEALTH
How to Select, Wear, and Clean Your Mask

Overview
- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years of age and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do NOT wear masks intended for healthcare workers, for example, N95 respirators
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time

How to Select

When selecting a mask, there are many choices. Here are some dos and don’ts.

**DO choose masks that**
- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don’t have gaps

**DO NOT choose masks that**
- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

How to Wear

Wear a mask correctly and consistently for the best protection.
- Be sure to wash your hands before putting on a mask
- Do NOT touch the mask when wearing it

Do wear a mask that
- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our How to Wear Masks web page.

How NOT to wear a mask
How NOT to wear a mask

- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

How to take off a mask

1. Carefully, untie the strings behind your head or stretch the ear loops
2. Handle only by the ear loops or ties
3. Fold outside corners together
4. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

How to Clean
Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit our How to Wash Masks web page.

For more information, see our Masks web site. For information on the sources for our mask guidance, see Recent Studies.

Last Updated: Aug 27, 2020
8 Things to Know about Vaccine Planning

Updated Oct. 14, 2020

In the United States, there is currently no authorized or approved vaccine to prevent coronavirus disease 2019 (COVID-19). Operation Warp Speed® has been working since the pandemic started to make a COVID-19 vaccine(s) available as soon as possible. CDC is focused on vaccine planning, working closely with health departments and partners to get ready for when a vaccine is available. CDC does not have a role in developing COVID-19 vaccines.

With the possibility of one or more COVID-19 vaccines becoming available before the end of the year, here are 8 things you need to know about where those plans currently stand.

1. The safety of COVID-19 vaccines is a top priority.
   The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.

2. Many vaccines are being developed and tested, but some might be ready before others—CDC is planning for many possibilities.
   CDC is working with partners at all levels of government to plan for different vaccines and scenarios. CDC is in contact with your state public health department to begin planning. State, tribal, local, and territorial health departments are critical to making sure vaccines are available to communities.

3. At least at first, COVID-19 vaccines might be used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).
   Learn more about FDA’s Emergency Use Authorization authority and watch a video on what an EUA is.

4. There may be a limited supply of COVID-19 vaccines before the end of 2020, but supply will continually increase in the weeks and months that follow.
   The goal is for everyone to be able to easily get a COVID-19 vaccine as soon as large quantities are available. The plan is to have several thousand vaccination providers available so no one will have to travel far to be vaccinated, whether it's at your doctor's office, retail pharmacy, hospital, or federally qualified health center.
   Learn about how the federal government began investing in select vaccine manufacturers to help them secure additional supplies and distribute those doses as quickly as possible.

5. If there is limited supply, some groups may be recommended to get a COVID-19 vaccine first.
   Experts are working on how to distribute these limited vaccines in a fair, ethical, and transparent way. The National Academies of Sciences, Engineering, and Medicine (NASEM) gave input to the Advisory Committee on Immunization Practices, which will make recommendations to the CDC director once a vaccine(s) is authorized or approved for use.

   CDC makes vaccination recommendations, including those for COVID-19 vaccines, based on input from the Advisory Committee on Immunization Practices. Learn more.

7. At first, COVID-19 vaccines may not be recommended for children.
   In early clinical trials for various COVID-19 vaccines, only non-pregnant adults participated. However, clinical trials continue to expand those recruited to participate. The groups recommended to receive the vaccines could change in the future.

8. Cost will not be an obstacle to getting vaccinated against COVID-19.
   The federal government is committed to providing free or low-cost COVID-19 vaccines. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccine providers will be able to charge administration fees for giving or administering the shot to someone. Most public and private insurance companies will cover that fee so there is no cost for the person getting vaccinated. In addition, people without health insurance can get COVID-19 vaccines at no cost.

COVID-19 vaccine planning is being updated as new information becomes available.

CDC will continue to update this website as plans develop.

Last Updated Oct. 14, 2020
Considerations for Wearing Masks

Help Slow the Spread of COVID-19

Updated Aug. 7, 2020

- CDC recommends that people wear masks in public settings, like on public and mass transportation, at events and gatherings, and anywhere they will be around other people.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.
- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
- Masks should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
- Masks with exhalation valves or vents should NOT be worn to help prevent the person wearing the mask from spreading COVID-19 to others (source control).

Evidence for Effectiveness of Masks

Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that show masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC’s recommendations for masks will be updated as new scientific evidence becomes available.

Who Should Wear A

General public

- CDC recommends all people 2 years of age and older wear a mask in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
- COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That’s why it’s important for everyone to wear masks in public settings and practice social distancing (staying at least 6 feet away from other people).
- While masks are strongly encouraged to reduce the spread of COVID-19, CDC recognizes there are specific instances when wearing a mask may not be feasible. In these instances, adaptations and alternatives should be considered whenever possible (see below for examples).

People who know or think they might have COVID-19

- If you are sick with COVID-19 or think you might have COVID-19, do not visit public areas. Stay home except to get medical care. As much as possible stay in a specific room away from other people and pets in your home. If you need to be around other people or animals, wear a mask (including in your home).
- The mask helps prevent a person who is sick from spreading the virus to others. It helps keep respiratory droplets contained and from reaching other people.

Caregivers of people with COVID-19

- Those caring for someone who is sick with COVID-19 at home or in a non-healthcare setting may also wear a mask. However, the protective effects—how well the mask protects healthy people from breathing in the virus—are unknown. To prevent getting sick, caregivers should also continue to practice everyday preventive actions: avoid close contact as much as possible, clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

Who Should Not Wear a Mask

Masks should not be worn by:

- Children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

Feasibility and Adaptations

CDC recognizes that wearing masks may not be possible in every situation or for some people. In some situations, wearing a mask may exacerbate a physical or mental health condition, lead to a medical emergency, or introduce significant safety concerns. Adaptations and alternatives should be considered whenever possible to increase the feasibility of wearing a mask or to reduce the risk of COVID-19 spreading if it is not possible to wear one.

For example:

- People who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired—may be unable to wear masks if they rely on lip-reading to communicate. In this situation, consider using a clear mask. If a clear mask isn’t available, consider whether you can use written communication, use closed captioning, or decrease background noise to make communication possible while wearing a mask that blocks your lips.
- Some people, such as people with intellectual and developmental disabilities, mental health conditions or other sensory sensitivities, may have challenges wearing a mask. They should consult with their healthcare provider for advice about wearing masks.
- Younger children (e.g., preschool or early elementary aged) may be unable to wear a mask properly, particularly for an extended period of time. Wearing of masks may be prioritized at times when it is difficult to maintain a distance of 6 feet from others (e.g., during carpool drop off or pick up, or when standing in line at school). Ensuring proper mask size and fit and providing children with frequent reminders and education on the importance and proper wear of masks may help address these issues.

Mask?
- People should not wear masks while engaged in activities that may cause the mask to become wet, like when swimming at the beach or pool. A wet mask may make it difficult to breathe. For activities like swimming, it is particularly important to maintain physical distance from others when in the water.
- People who are engaged in high-intensity activities, like running, may not be able to wear a mask if it causes difficulty breathing. If unable to wear a mask, consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- People who work in a setting where masks may increase the risk of heat-related illness or cause safety concerns due to introduction of a hazard (for instance, strap getting caught in machinery) may consult with an occupational health professional to determine the appropriate mask for their setting. Outdoor workers may prioritize use of masks when in close contact with other people, like during group travel or shift meetings, and remove masks when social distancing is possible. Find more information here and below.

Masks with Exhalation Valves or Vents

The purpose of masks is to keep respiratory droplets from reaching others to aid with source control; however, masks with one-way valves or vents allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others. Therefore, CDC does not recommend using masks for source control if they have an exhalation valve or vent.

Face Shields

- A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC does not currently recommend use of face shields as a substitute for masks.

- However, wearing a mask may be less feasible in some situations for some people, for example, people who are deaf or hard of hearing—or those who care for or interact with a person who is hearing impaired. Here are some considerations for individuals who must wear a face shield instead of a mask:
  - Although evidence on face shields is limited, the available data suggest that the following face shields may provide better source control than others:
    - Face shields that wrap around the sides of the wearer's face and extend below the chin.
    - Hooded face shields.
    - Face shield wearers should wash the hands before and after removing the face shield and avoid touching their eyes, nose, and mouth when removing it.
    - Disposable face shields should only be worn for a single use and disposed of according to manufacturer instructions.
    - Reusable face shields should be cleaned and disinfected according to manufacturer instructions or by following CDC face shield cleaning instructions.
  - Plastic face shields for newborns and infants are NOT recommended.

Surgical Masks

Masks are not surgical masks or respirators. Currently, these are critical supplies that should continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. Masks also are not appropriate substitutes for them in workplaces where surgical masks or respirators are recommended or required and available.
Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

The underlying cause of diabetes varies by type. But, no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems.

Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes — when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes — and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered.

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe.

Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections

Type 1 diabetes can develop at any age, though it often appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.

When to see a doctor

- If you suspect you or your child may have diabetes, if you notice any possible diabetes symptoms, contact your doctor. The earlier the condition is diagnosed, the sooner treatment can begin.
- If you've already been diagnosed with diabetes. After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.

Causes

To understand diabetes, first you must understand how glucose is normally processed in the body.

How insulin works

Insulin is a hormone that comes from a gland situated behind and below the stomach (pancreas).

- The pancreas secretes insulin into the bloodstream.
- The insulin circulates, enabling sugar to enter your cells.
- Insulin lowers the amount of sugar in your bloodstream.
- As your blood sugar level drops, so does the secretion of insulin from your pancreas.

The role of glucose
Glucose — a sugar — is a source of energy for the cells that make up muscles and other tissues.

- Glucose comes from two major sources: food and your liver.
- Sugar is absorbed into the bloodstream, where it enters cells with the help of insulin.
- Your liver stores and makes glucose.
- When your glucose levels are low, such as when you haven’t eaten in a while, the liver breaks down stored glycogen into glucose to keep your glucose level within a normal range.

**Causes of type 1 diabetes**

The exact cause of type 1 diabetes is unknown. What is known is that your immune system — which normally fights harmful bacteria or viruses — attacks and destroys your insulin-producing cells in the pancreas. This leaves you with little or no insulin. Instead of being transported into your cells, sugar builds up in your bloodstream.

Type 1 is thought to be caused by a combination of genetic susceptibility and environmental factors, though exactly what those factors are is still unclear. Weight is not believed to be a factor in type 1 diabetes.

**Causes of prediabetes and type 2 diabetes**

In prediabetes — which can lead to type 2 diabetes — and in type 2 diabetes, your cells become resistant to the action of insulin, and your pancreas is unable to make enough insulin to overcome this resistance. Instead of moving into your cells where it’s needed for energy, sugar builds up in your bloodstream.

Exactly why this happens is uncertain, although it’s believed that genetic and environmental factors play a role in the development of type 2 diabetes too. Being overweight is strongly linked to the development of type 2 diabetes, but not everyone with type 2 is overweight.

**Causes of gestational diabetes**

During pregnancy, the placenta produces hormones to sustain your pregnancy. These hormones make your cells more resistant to insulin.

Normally, your pancreas responds by producing enough extra insulin to overcome this resistance. But sometimes your pancreas can't keep up. When this happens, too little glucose gets into your cells and too much stays in your blood, resulting in gestational diabetes.

**Risk factors**

Risk factors for diabetes depend on the type of diabetes.

**Risk factors for type 1 diabetes**

Although the exact cause of type 1 diabetes is unknown, factors that may signal an increase in risk include:

- **Family history.** Your risk increases if a parent or sibling has type 1 diabetes.
- **Environmental factors.** Circumstances such as exposure to a viral illness likely play some role in type 1 diabetes.
- **The presence of damaging immune system cells (autoantibodies).** Sometimes family members of people with type 1 diabetes are tested for the presence of autoantibodies. If you have these autoantibodies, you have an increased risk of developing type 1 diabetes. But not everyone who has these autoantibodies develops diabetes.
- **Geography.** Certain countries, such as Finland and Sweden, have higher rates of type 1 diabetes.

**Risk factors for prediabetes and type 2 diabetes**

Researchers don’t fully understand why some people develop prediabetes and type 2 diabetes and others don’t. It’s clear that certain factors increase the risk, however, including:
- **Weight.** The more fatty tissue you have, the more resistant your cells become to insulin.

- **Inactivity.** The less active you are, the greater your risk. Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.

- **Family history.** Your risk increases if a parent or sibling has type 2 diabetes.

- **Race or ethnicity.** Although it's unclear why, certain people — including Black, Hispanic, American Indian and Asian American people — are at higher risk.

- **Age.** Your risk increases as you get older. This may be because you tend to exercise less, lose muscle mass and gain weight as you age. But type 2 diabetes is also increasing among children, adolescents and younger adults.

- **Gestational diabetes.** If you developed gestational diabetes when you were pregnant, your risk of developing prediabetes and type 2 diabetes later increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.

- **Polycystic ovary syndrome.** For women, having polycystic ovary syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.

- **High blood pressure.** Having blood pressure over 140/90 millimeters of mercury (mm Hg) is linked to an increased risk of type 2 diabetes.

- **Abnormal cholesterol and triglyceride levels.** If you have low levels of high-density lipoprotein (HDL), or "good," cholesterol, your risk of type 2 diabetes is higher. Triglycerides are another type of fat carried in the blood. People with high levels of triglycerides have an increased risk of type 2 diabetes. Your doctor can let you know what your cholesterol and triglyceride levels are.

### Risk factors for gestational diabetes

Any pregnant woman can develop gestational diabetes, but some women are at greater risk than others. Risk factors for gestational diabetes include:

- **Age.** Women older than age 25 are at increased risk.

- **Family or personal history.** Your risk increases if you have prediabetes — a precursor to type 2 diabetes — or if a close family member, such as a parent or sibling, has type 2 diabetes. You're also at greater risk if you had gestational diabetes during a previous pregnancy, if you delivered a very large baby or if you had an unexplained stillbirth.

- **Weight.** Being overweight before pregnancy increases your risk.

- **Race.** For reasons that aren't clear, women who are black, Hispanic, American Indian or Asian are more likely to develop gestational diabetes.

### Complications

Long-term complications of diabetes develop gradually. The longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening. Possible complications include:

- **Cardiovascular disease.** Diabetes dramatically increases the risk of various cardiovascular problems, including coronary artery disease with chest pain (angina), heart attack, stroke and narrowing of arteries (atherosclerosis). If you have diabetes, you're more likely to have heart disease or stroke.

- **Nerve damage (neuropathy).** Excess sugar can injure the walls of the tiny blood vessels (capillaries) that nourish your nerves, especially in your legs. This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward. Left untreated, you could lose all sense of feeling in the affected limbs. Damage to the nerves related to digestion can cause problems with nausea, vomiting, diarrhea or constipation. For men, it may lead to erectile dysfunction.

- **Kidney damage (nephropathy).** The kidneys contain millions of tiny blood vessel clusters (glomeruli) that filter waste from your blood. Diabetes can damage this delicate filtering system. Severe damage can lead to kidney
failure or irreversible end-stage kidney disease, which may require dialysis or a kidney transplant.

- **Eye damage (retinopathy).** Diabetes can damage the blood vessels of the retina (diabetic retinopathy), potentially leading to blindness. Diabetes also increases the risk of other serious vision conditions, such as cataracts and glaucoma.

- **Foot damage.** Nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications. Left untreated, cuts and blisters can develop serious infections, which often heal poorly. These infections may ultimately require toe, foot or leg amputation.

- **Skin conditions.** Diabetes may leave you more susceptible to skin problems, including bacterial and fungal infections,

- **Hearing impairment.** Hearing problems are more common in people with diabetes.

- **Alzheimer's disease.** Type 2 diabetes may increase the risk of dementia, such as Alzheimer's disease. The poorer your blood sugar control, the greater the risk appears to be. Although there are theories as to how these disorders might be connected, none has yet been proved.

- **Depression.** Depression symptoms are common in people with type 1 and type 2 diabetes, Depression can affect diabetes management.

**Complications of gestational diabetes**

Most women who have gestational diabetes deliver healthy babies. However, untreated or uncontrolled blood sugar levels can cause problems for you and your baby.

**Complications in your baby** can occur as a result of gestational diabetes, including:

- **Excess growth.** Extra glucose can cross the placenta, which triggers your baby's pancreas to make extra insulin. This can cause your baby to grow too large (macrosomia). Very large babies are more likely to require a C-section birth.

- **Low blood sugar.** Sometimes babies of mothers with gestational diabetes develop low blood sugar (hypoglycemia) shortly after birth because their own insulin production is high. Prompt feedings and sometimes an intravenous glucose solution can return the baby's blood sugar level to normal.

- **Type 2 diabetes later in life.** Babies of mothers who have gestational diabetes have a higher risk of developing obesity and type 2 diabetes later in life.

- **Death.** Untreated gestational diabetes can result in a baby's death either before or shortly after birth.

**Complications in the mother** can also occur as a result of gestational diabetes, including:

- **Preeclampsia.** This condition is characterized by high blood pressure, excess protein in the urine, and swelling in the legs and feet. Preeclampsia can lead to serious or even life-threatening complications for both mother and baby.

- **Subsequent gestational diabetes.** Once you've had gestational diabetes in one pregnancy, you're more likely to have it again with the next pregnancy. You're also more likely to develop diabetes — typically type 2 diabetes — as you get older.

**Complications of prediabetes**

Prediabetes may develop into type 2 diabetes.

**Prevention**

Type 1 diabetes can't be prevented, however, the same healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

- **Eat healthy foods.** Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.

- **Get more physical activity.** Aim for 30 minutes of moderate physical activity a day. Take a brisk daily walk. Ride your bike. Swim laps. If you
can't fit in a long workout, break it up into smaller sessions spread throughout the day.

- **Lose excess pounds.** If you're overweight, losing even 7 percent of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.

  Don't try to lose weight during pregnancy, however. Talk to your doctor about how much weight is healthy for you to gain during pregnancy.

To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.

Sometimes medication is an option as well. Oral diabetes drugs such as metformin (Glucophage, Glumetza, others) may reduce the risk of type 2 diabetes — but healthy lifestyle choices remain essential. Have your blood sugar checked at least once a year to check that you haven't developed type 2 diabetes.
EXERCISE EQUIPMENT FOR SALE

Silent Bid starting at $50.00

Treadmill does not incline but does work

Other equipment bikes are in working order AS IS.

Opens October 30th, 2020 @ 8 am and Close November 5th, 2020 @ 5pm, Drop off at tribal office. Put your bid in a sealed envelope. CHR/DM Program, CASH ONLY
Kaibab Band of Paiute Indians

Dear Kaibab Paiute Tribal Member:

We are all experiencing the effects of COVID-19 and hope this finds you and your families safe and well.

In order to help Kaibab Tribal members, deal with the burdens of COVID-19, pursuant to Resolution K-37-2020, the Tribal Council established the Kaibab Band of Paiute Indians COVID-19 Welfare Support Program for all Tribal members.

Please fill out the Program Participation form below and return it to Tribal Headquarters via hand-delivery, US Mail, or email: covid19wsp@kaibabpaiute-nsn.gov.

APPLICATIONS ARE DUE: NOVEMBER 20, 2020 (Envelopes need to be postmarked 11/20/2020)

Applications not postmarked 11/20/2020 will not be eligible for the 2nd Payment.

Please also note that funds distributed under the Program are required to be spent by December 30, 2020.

Sincerely,

Ona M. Segundo
Chairwoman


I, _____________________________ (Tribal Member Name), have incurred expenses related to the disruption of daily life due to COVID-19 (including expenses such as loss of income, food, housing, distance learning, technological improvements, health care, PPE, child care or any other public health/safety needs or services).

I confirm and certify by answering YES that I have incurred COVID-19 related expenses including, but not limited to those listed OR by answering NO that I have not incurred any additional expenses and do not need COVID-19 relief funds. YES NO (circle one)

Print Full Legal Name (if minor parent/guardian write your full legal name)

Enrollment Number

Date of Birth

Current Address

Signature (Parents must sign for minors)

Tribal Affairs

HC 65 Box 2
Fredonia, Arizona 86022

Date

Phone (928) 643-7245
Fax (888) 939-3777