

# Covid-19 Mitigation Resource Guide for Advocates, Organizations, Shelters and Indigenous Communities

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Musgrave



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## PART I

# Community Care as a Guiding Practice to Covid- 19 Mitigation

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## What is Community Care?

### Building the Conditions for us to be “Safer” Together

- Community care is the practice of the value of ‘collectivism’. Indigenous communities as collectivist societies have always had traditions and practices of community care.
- Community care stems from the understanding that the well-being of the individual is intrinsically tied to the well-being of others, including the larger community.
- Community care focuses on the connections, intentional actions and efforts to mobilize individuals to support one another

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## Examples of Community Care and Interdependence

### Community gathering spaces, webs of support and community roles:

- Ceremonies and healing circles  
Indigenous medicine, warrior, hunter and gatherer societies
- Mutual aid
- Peer support
- Community health workers
- Advocates
- Indigenous birth workers/doulas
- Community gardens/farms

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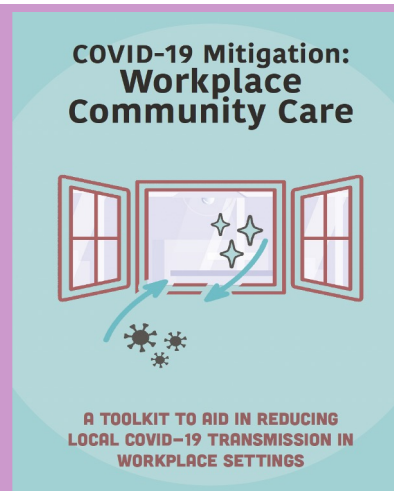
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## COVID-19 Mitigation: Workplace Community Care

This toolkit is available to download as a pdf:

<https://www.niwrc.org/sites/default/files/2022-11%20COVID%20Toolkit.pdf>

- Layered Mitigations for In Person Meetings and Travel Guidance
- In Office Community Care
- Internal Staff Correspondence

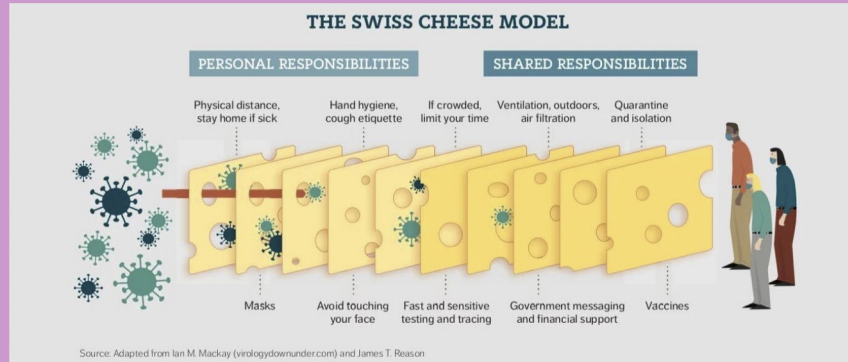


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## Layered Mitigation for In-Person Meetings & Travel Guidance

This guideline outlines a layered mitigation approach to reduce the spread of airborne virus transmission, in particular COVID-19 using the "Swiss Cheese" Model: Each intervention (layer) has imperfections (holes), therefore multiple layers improve success and efficiency



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## In-office Community Care

### The Basics- Key Points Covered

- Universal masking creates accessible spaces. Wear a well-fit KN95, KF94 or N95 respirator in the office
- Perform a daily self-check for symptoms before you come to work
- Do not come to the office if you are feeling sick, and/or have a fever, or have been exposed to someone with confirmed or suspected COVID-19 in the past 5 days. If you must come into the office after an exposure, follow CDC guidelines for known exposures: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.htm>

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## In-office Community Care Continued

- If you have been exposed wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public for 10 days
- Get tested at least 5 full days after your last known exposure
- If you test negative, continue taking precautions through day 10, if you test positive or develop symptoms, isolate
- Use the CDC Isolation and Exposure Calculator:  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

\*About negative test results: As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.!

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## In Office Community Care: Community Care Agreements

### COMMUNITY CARE AGREEMENTS

Community care is a collective effort and recognition that we all have a responsibility to support the creation of a healthy and accessible workspace that does its best to send our staff back to their families and home communities safely. Thank you for your commitment and cooperation.

- Transparency: When you get a notification on your phone stating you might have been exposed you must notify those you were around or report the names to your supervisor for them to communicate with the staff you were around.
- Holding one another accountable to community agreements is appreciated. For example, "you are a little close, let's spread out, everyone."
- Directors will make this safety protocol a part of onboarding.
- Staff who travel should work from home for at least 5 days and produce a negative PCR or two negative rapid antigen tests before returning to the office if possible or test every 48 hours for 6 days on rapid antigen tests if they cannot work from home.
- Whenever possible meetings/gatherings should be held outside or where there is optimal ventilation.



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## In Office Community Care: Air Ventilation and Filtration in the Office

Covid-19 travels through the air like smoke. Air ventilation and air filtration work hand in hand to ensure healthy airflow and air quality. Upon arriving to the office, air purifiers should be turned on with windows opened at least three (3) inches, weather permitting, for increased ventilation.

- The first person to enter the office must turn on all HEPA air purifiers and open windows 3 inches (weather permitting), turn thermostat to 'On' instead of 'Auto', the last person to exit the office must turn off air purifiers and close windows.
- A HEPA air purifier or DIY Corsi-Rosenthal box must be in each communal room.
- Air filters must be replaced after 6 months of consistent use or sooner if directed by the manufacturer.
- Corsi-Rosenthal purifiers must be updated with new Merv 13 or 1900 Filtrete filters every six months.
- Whenever possible meetings/gatherings should be held outside or where there is optimal ventilation.

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## Internal Staff Correspondence

### INTERNAL STAFF CORRESPONDENCE

The following correspondence language may be used to prepare and inform staff of COVID-related precautions and mitigation procedures prior to an in-person gathering.

Greetings Relatives,

As we prepare for our [staff retreat/in-person meeting/gathering, etc.], we want to ensure we are implementing layered mitigations in our practice of community care and being good relatives.

We encourage you to review the following resources to have an understanding of the COVID-19 situation in [area people are traveling for the event].

- CDC Covid Data Tracker: [CDC COVID Data Tracker](https://covid.cdc.gov/covid-data-tracker/)
- WHO Coronavirus Dashboard: [WHO Coronavirus Dashboard](https://covid19.who.int/)
- People's CDC Weekly Weather Report: [COVID-19 Weather Reports | People's CDC](https://peoplecdc.org/reports/)

This is a gentle reminder to please **schedule a PCR test within 5 days of travel** (if a PCR test is accessible in your area). PCR results can take up to 48 hours so it would be best to schedule one rest week between [enter dates].

For those who do not have access to PCR testing or have recently recovered from COVID -19 in the last 90 days please produce two negative rapid antigen tests (RAT) on consecutive days in lieu of a PCR.

Here is some information on the COVID-19 layered mitigation tools we have in place:

- A daily supply of masks and tests (5 RAT tests, 5 KN95 masks) 70% alcohol wipes, hypochlorous acid disinfectant (EPA approved for Monkeypox) and hand sanitizer will be provided at the hotel/meeting site.
- There will be a HEPA air purifier in the meeting room for large room/whole house coverage as well as a Corsi-Rosenthal (CR) DIY box in our meeting space as well as outdoor gathering space.
- The air ventilation will be monitored with a CO2 monitor so airflow or occupancy can be adjusted as needed (CO2 should levels remain below 1200 ppm or as close to 400ppm as possible).

**Community Guidelines:** We ask you to please implement these practices to reduce the likelihood of transmission within our team so we can all more safely enjoy our time together.

- Test each morning before meeting up with the group.
- Wear your KN95 indoors and when in close proximity to others outdoors.
- Wear a KN95 or N95 while traveling to [meeting location] if using public transportation and while on public transportation in [city of meeting location].

Should a staff member test positive while at the meeting site, they are expected to excuse themselves from attending the in-person meeting. The staff member should also notify their supervisor to organize travel changes or an extended stay at the hotel for quarantine (if applicable). They must also notify anyone with whom they were in close contact. Those who were in close contact may stay in attendance but should continue to test daily and diligently mask. It is recommended that exposed individuals take a PCR test 5 days after exposure.

Current CDC recommendations as of [date] recommend that an individual who tests positive quarantine for 5 days. Currently, it is the choice of the positive staff member to decide how to proceed.

It is best practice to leave quarantine after testing negative is 2 negative rapid tests on two consecutive days. Support staff will help locate approved hotels for quarantining in the event the current hotel is not an option for an extended stay. As well as car rental options if the person decides to return home not on public transportation.

- Attached is the link to find a 'Test to Treat Site' in the area so the positive staff member has access to therapeutics as soon as possible:

<https://app3.hhs.gov/TestToTreat/Pages/default.aspx>

Thank you,

[Management Name or Group]

End of Correspondence Language

#### LINK & URLS

The following links were used in the correspondence above. Should you be unable to access or embed hyperlinks, the URLs may be used as an alternative (copy and paste in plain text).

- CDC Covid Data Tracker: <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>
- WHO Coronavirus Dashboard: <https://covid19.who.int/>
- People's CDC Weekly Weather Report: <https://peoplecdc.org/reports/>

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## Question Time: What is Community Care?

- A. Community care is the practice of the value of 'collectivism'. Indigenous communities as collectivist societies have always had traditions and practices of community care.
- B. Community care stems from the understanding that the well-being of the individual is intrinsically tied to the well-being of others, including the larger community.
- C. Community care focuses on the connections, intentional actions and efforts to mobilize individuals to support one another
- D. All of the above

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## Answer

D). All of the Above

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## PART 2

# Turning to Our Indigenous Value Systems When Creating Response Plans to Crisis

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## Knowledge Keeper Prophecies: Teachings and Storytelling to Guide Values-Based Responses to Crisis and Disasters

The screenshot shows a webpage for a webinar. At the top, there is a navigation bar with links for 'ADVOCACY CENTER', 'POLICY CENTER', 'HOUSING CENTER', 'GET INVOLVED', and 'ABOUT'. A search bar and a 'DONATE' button are also present. The main heading reads 'Knowledge Keeper Prophecies: Teachings and Storytelling to Guide Values-Based Responses to Crisis and Disasters'. Below the heading is a video player showing a grid of five participants in a virtual meeting. To the right of the video player is a sidebar with a search bar and a 'DONATE' button. Below the search bar, there is a 'RESOURCE TOPIC:' section with a list of topics: 'Elder', 'Indigenous Leadership', 'Webinar', 'Wellness', 'Storytelling', and 'Covid-19'. Below that is an 'OTHER RESOURCES WITHIN THIS TOPIC:' section with a link to a webinar titled 'Violence on Indigenous Lands is Violence on Indigenous Bodies and Futures'. At the bottom of the sidebar, there is a 'TOOLKIT: SITARS DIVAM Toolkit for HUD, ONAP, Tribal Housing Entities, and Treaty Designated Housing Entities' and a 'RESOURCE' section with a link to 'TOOL NAHASDA'. The date 'Friday, March 17, 2023' is displayed at the top of the sidebar. The number '16' is visible in the bottom right corner of the screenshot.

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## Knowledge Keeper External Recording Recommendation

Hopi Prophecy by Thomas Banyacya (1995) [Part 1](#) and [Part 2](#)

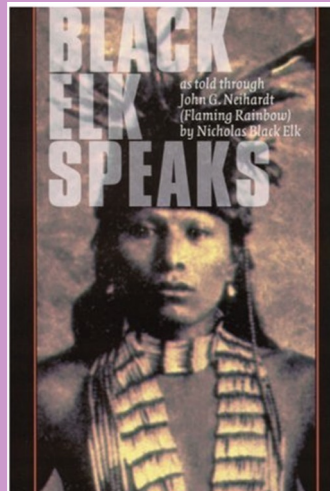


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## Knowledge Keeper External Reading Recommendation

[Black Elk Speaks book by John G. Neihardt](#)



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Reflection Question

What is one cultural value that will help guide your mitigation strategy?

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Part 3

Centering the Most Impacted

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## Covid-19 Impacts

- Covid-19 is currently the 4th leading cause of death in 2022-2023;
- Covid-19 is a leading cause of death in children and young people in the U.S. <https://www.ox.ac.uk/news/2023-01-31-covid-19-leading-cause-death-children-and-young-people-us>
- American Indian and Alaska Native and Native Hawaiian and Pacific Islander children lost caregivers at rates about 3.5 times the rate of White children; The rates of caregiver loss for American Indian and Alaska Native children were more than 10 times those of White children in Mississippi, New Mexico, North Dakota, South Dakota, and Utah. <https://www.covidcollaborative.us/initiatives/hidden-pain>
- A Covid-19 study published in PNAS Nexus by UNM researchers in September 2023 found that Native patients were sicker and more likely to die in the hospital than others, even though they had fewer pre-existing conditions <https://academic.oup.com/pnasnexus/article/2/8/pgad259/7249142>, <https://hsc.unm.edu/news/2023/09/native-americans-sicker-covid.html>
- American Indian life expectancy dropped by 6.6 years from 2020-2022 according to a vital statistics report released by the CDC in August 2022 <https://www.cdc.gov/nchs/data/vsrr/vsrr023.pdf>

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## Long COVID, Also Known as Post-COVID Conditions

- Long COVID is not a single illness but rather a collection of conditions that may result from the viral infection itself or the inflammation it triggers throughout the body. According to the U.S. Centers for Disease Control and Prevention (CDC), the syndrome can be identified starting four weeks after COVID-19 infection (Long COVID or Post-COVID Conditions, CDC, 2022).
  - It's estimated that 1 in every 10 COVID-19 infections will result in long COVID (World Health Organization)WHO April 26, 2023
- Symptoms of long COVID can develop 4 weeks after exposure.
- Children and teenagers face similar symptoms to adults, with fatigue, shortness of breath, trouble sleeping, abdominal pain, dizziness, headaches, memory loss, and difficulty concentrating. (Berg, S. K., et al., *Lancet Child & Adolescent Health*, Vol. 6, No. 9, 2022; Morrow, A. K., et al., *Current Pediatrics Reports*, Vol. 10, No. 2, 2022).
  - One of the most debilitating issues, post-exertional malaise, can cause patients significant exhaustion following a minor physical effort, such as walking up a flight of stairs. (Berg, S. K., et al., *Lancet Child & Adolescent Health*, Vol. 6, No. 9, 2022; Morrow, A. K., et al., *Current Pediatrics Reports*, Vol. 10, No. 2, 2022).
  - People can be reinfected with SARS-CoV-2, the virus that causes COVID-19, multiple times. Each time a person is infected or reinfected with SARS-CoV-2, they have a risk of developing Long COVID. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
  - A VA study of 5.8 million found Covid-19 reinfection increases the risk of death, hospitalization, organ failure and disorders affecting the lungs, heart, brain, circulatory, musculoskeletal and gastrointestinal systems <https://www.nature.com/articles/s41591-022-02051-3>
  - Reinfections also contribute to diabetes, kidney disease and mental health issues
  - 1 in 5 adults who had Covid-19 now have long Covid, cisgender women, trans and bisexual people are disproportionately impacted [https://www.cdc.gov/nchs/pressroom/nchs\\_press\\_releases/2022/20220622.htm](https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2022/20220622.htm)

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## Long COVID: A Community Conversation on Disability, Equity, and Its Impact on Advocates and Survivors in Native Communities

ADVOCACY CENTER POLICY CENTER HOUSING CENTER GET INVOLVED ABOUT

Long COVID: A Community Conversation on Disability, Equity, and Its Impact on Advocates and Survivors in Native Communities

RESOURCE TOPICS:  
Webinar  
Covid-19

OTHER RESOURCES WITHIN THIS TOPIC:  
RESOURCE TOOL: American Indian or Indigenous Homelessness Annotated Bibliography 11/11/21  
WEBINARS: Violence on Indigenous Lands is Violence on Indigenous Bodies and Futures

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## Long COVID: A Community Conversation on Disability, Equity, and Its Impact on Advocates and Survivors in Native Communities Resource List

- [Services and Supports for Longer-Term Impacts of COVID-19](#)
- <https://www.covid.gov/assets/files/National-Research-Action-Plan-on-Long-COVID-08012022.pdf>
- <https://www.longcovid.org>
- <https://www.longcovidkids.org>
- <https://www.ihs.gov/coronavirus/long-covid/>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-long-haulers-long-term-effects-of-covid19>
- [Rest May be the Best Treatment for Long Covid-Disability Poll](#)
- [White House Summit on Indoor Air Quality October 2022](#)

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Long COVID: A Community Conversation on Disability, Equity, and Its Impact on Advocates and Survivors in Native Communities Resource List Continued

- [Long Covid Believed to be Impacting 30 Millions Americans](#)
- [Long Covid Women and Medical Misogyny](#)
- [Covid-19: Rest Helps](#)
- [Let's Talk Long Covid and Disability](#)
- <https://www.chicagomag.com/chicago-magazine/october-2022/the-long-haul/>
- <https://www.nytimes.com/2022/03/29/health/long-covid-black.html>
- [Harvard Health: Long Covid Symptoms Differ Between Sexes](#)
- <https://www.chicagomag.com/chicago-magazine/october-2022/the-long-haul/>
- <https://www.theguardian.com/society/2022/oct/12/tell-us-living-with-long-covid>
- [How to build a DIY Corsi-Rosenthal Box Air Purifier:](#)

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## Impacts on the Workforce

- [NYSIF Panel on Long Covid's Impact on the Workforce- November 2023](#)
- [Long COVID Linked with Unemployment-JAMA Network Study](#)
- [U.S. Equal Opportunity Employment Commission: Covid-19, the ADA and other EEO Laws](#)

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## Fill in the Blank

According to the World Health Organization it is estimated one in “\_\_” infections results in Post-Covid-19-Condition.

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## Answer

Answer: 10

**“An estimated one in 10 infections results in post-COVID-19 condition, suggesting that hundreds of millions of people will need longer-term care.”**

- World Health Organization, Director General, Dr. Tedros Adhanom Ghebreyesus, April 26, 2023

<https://www.who.int/director-general/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing--26-april-2023>

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# Part 4

## Moving Forward Together; Weaving Innovation and Traditional Knowledge

# Practicing Community Care by Cleaning the Indoor Air

The screenshot shows a webpage with a navigation bar containing 'ADVOCACY CENTER', 'POLICY CENTER', and 'HOUSING CENT'. The main heading is 'Practicing Community Care by Cleaning the Indoor'. Below this is an infographic titled 'Masks' with the sub-heading 'Well-fit, high filtration respirators with a good seal are most effective'. The infographic lists four types of masks: N95 Respirator, KN95 Respirator, Disposable Mask, and Cloth Mask, each with a brief description of its effectiveness and usage. A video thumbnail of Margaret Magrini is visible in the top right corner of the infographic area.

**Masks**  
Well-fit, high filtration respirators with a good seal are most effective

- The World Health Organization just updated its mask guidance this January 2023 given the high spread globally: "for anyone in a crowded, enclosed, or poorly ventilated space." (Previously, WHO recommendations were based on the epidemiological situation.)
- Without the HEPA air cleaners, universal masking has shown to reduce the combined mean aerosol concentration by 72%
- The combination of the two HEPA air cleaners and universal masking reduced overall exposure by up to 90%
- The fibers of N95s use 'electret' material and do not filter like a strainer; the fibers act more like collection of spiderwebs to capture particles

N95 Respirator	KN95 Respirator	Disposable Mask	Cloth Mask
Filter most correctly, capturing the highest level of performance and over 95% of particles.	Filter when used, depending on the model.	Disposable masks offer more protection than cloth masks.	Layered fabric masks offer some protection.
Wear most correctly, N95s provide more protection than disposable masks.	Wear most correctly, KN95s provide more protection than disposable masks.	Wear most correctly, KN95s provide more protection than disposable masks.	Layered fabric masks provide the best protection.

Wear a mask with the best fit, protection, and comfort for you.

cdc.gov/coronavirus


# Layers of Prevention

## Layers of Prevention

- Vaccines reduce risk of death and serious illness during active infection, help reduce the strain on hospitals; they slightly reduce risk of long Covid by 15%, however current vaccines as singular tool do not prevent transmission
- Universal masking with a well fit respirator (N95, KN95, KF94)
- Testing BEFORE gathering, when symptomatic and to leave quarantine
- Cleaning the indoor air with a HEPA purifier or DIY Corsi-Rosenthal Air Purifier and monitor ventilation with a CO2 reader like an Aranet 4
- Improving ventilation indoors; opening doors windows for cross ventilation, updating HVAC systems and turning system to 'on' instead of 'auto' to ensure outdoor air is being brought in, taking gatherings/meetings outdoors when possible
- Stay home when sick (with any virus)
- Symptom/exposure checklist
- Smaller, more consistent groups; limit number of attendees/occupancy
- Post event contact tracing: request testing 5 days after a gathering and inform attendees of any exposure

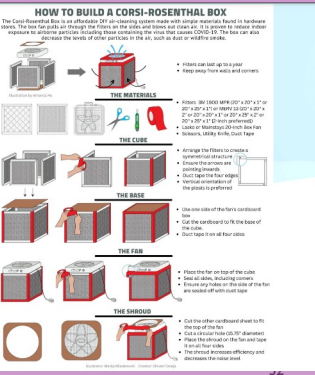
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# Practicing Community Care by Cleaning the Indoor Air DIY Air Purifiers



### You Will Need

- (4) 20" x 20x 2" MERV13 or 3M 1900 Filtrete furnace filters
- 20" square box fan (keep the cardboard box)
- Scissors and/or utility knife
- Duct tape
- Painters tape (optional)



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## Practicing Community Care by Cleaning the Indoor Air

### How to Build a DIY Corsi - Rosenthal Air Purifier (CR Box) Demonstration

- [CleanAirCrew.org](http://CleanAirCrew.org) for more DIY videos and examples
- Purchase a pre-assembled one or a kit for a STEM project: [www.cleanairkits.com](http://www.cleanairkits.com)
- Allowable cost under FVSPA ARP funding for mitigation



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## CO<sub>2</sub> Readers

<https://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html>

The device featured here is an Aranet4 (\$169-\$300)



### CO<sub>2</sub> threshold level indication

**Green** represents a good CO<sub>2</sub> level (below 1000 ppm\*)

**Yellow** represents the average CO<sub>2</sub> level (1000 to 1400 ppm\*)


**Red** represents an unhealthy CO<sub>2</sub> level (above 1400 ppm\*)

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## FAR UVC/Ultraviolet Germicidal Irradiation (UVGI)

You can find a supplier  
FarUV.com



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nature > scientific reports > articles > article

Article | [Open access](#) | Published: 23 March 2022

### Far-UVC (222 nm) efficiently inactivates an airborne pathogen in a room-sized chamber

Ewan Eadie , Waseem Hiwar, Louise Fletcher, Emma Tidswell, Paul O'Mahoney, Manuela Buonanno, David Welch, Catherine S. Adamson, David J. Brenner, Catherine Noakes & Kenneth Wood

*Scientific Reports* **12**, Article number: 4373 (2022) | [Cite this article](#)

69k Accesses | 50 Citations | 2403 Altmetric | [Metrics](#)

**Abstract**

Many infectious diseases, including COVID-19, are transmitted by airborne pathogens. There is a need for effective environmental control measures which, ideally, are not reliant on human behaviour. One potential solution is Krypton Chloride (KrCl) excimer lamps (often referred to as Far-UVC), which can efficiently inactivate pathogens, such as coronaviruses and influenza, in air. Research demonstrates that when KrCl lamps are filtered to remove longer-wavelength ultraviolet emissions they do not induce acute reactions in the skin or eyes, nor delayed

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## Collective Healing: Plant Medicine Allies to Support Long Covid Survivors and Collective Grief Now and Into the Future



2023

**DOWNLOADS:**

- Fact Sheet
- Slides

**RESOURCE TOPICS:**

Covid-19

**OTHER RESOURCES WITHIN THIS TOPIC:**

RESOURCE  
TOOL: American Indian or Indigenous Homelessness Annotated Bibliography 11/11/21

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## Free Federal Covid Resources

- [Test 2 Treat Program](#)
- [COVIDTests.gov](#)

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## NIWRC Bathing Bundles for Tribal Shelters

These soap bundles are currently for domestic violence shelters and programs. There are 80 soaps in a bundle:

Request Form: <https://bit.ly/3n2Td8O>

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Finish the Sentence

Covid-19 hangs in the air like \_\_\_\_\_.

39

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Answer

Smoke

40

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## Imagining Our Collective Future



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Kuu da woha

Thank you and  
congratulations on  
completing this training  
module

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