

COVID-19 Pandemic Mandates Teller Local Leadership Forum Reps from City of Teller, Teller & Mary's Igloo Tribes, Teller Native Corporation to lessen the spread of Coronavirus. Mandates may be change or extend if needed effective November 15, 2021 to January 10, 2022

***Quarantine** when you might have been exposed to the virus, close contacts are those who spent 15 minutes or more closer than 6 feet apart with someone who has COVID-19, close contacts of close contacts do not need to quarantine only direct close contacts. If attending large gatherings of over 100 people such as social events or sports quarantine and test on day 7 after event, quarantine when returning after traveling out of region or from a community with more than 10 active cases unless fully vaccinated after two weeks passed of being vaccinated with second dose, and a booster after 6 months, also someone who was positive after the isolation period does not need to quarantine for 90 days, test 5-7 days after exposure with a negative test quarantine can end on day 7, quarantine 14 full days without testing* People who are under quarantine cannot enter public buildings.

***Isolate** when you have been infected with the virus (tested positive for COVID-19) even if you don't have symptoms, the health corporation will contact you and help further. Intentionally spreading the virus is a crime. You may choose to stay home and isolate going outside may be necessary do stay 6 feet away from others at all times, monitor your symptoms they can range from none to fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell can last days to months, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, red irritated eyes, and other possible symptoms. Seek medical attention with any severe symptoms such as trouble breathing, persistent pain or pressure in the chest, new confusion, Inability to wake or stay awake, pale grey or blue-colored skin lips nail beds.

* **Masks/face coverings** must be worn in public buildings, depending on size, cannot overfill 75% of its capacity of people, to be able to practice social distancing. Sanitize or wash hands frequently before and after entering public buildings, try not to touch your face. If you are sick (with any contagious sickness) stay home or use social distancing outdoors, if you are well try to stay out of public buildings as much as possible only enter when necessary.

* **The Teller School** may remain open unless there are active or possible community spread of Coronavirus cases in the village. BSSD is case by case basis depending on the village's active case status. BSSD offers Distance Learning for any families who choose not to have their child/student attend in Person. This 2021-2022 school year there is red and green status no yellow status, red no in person attendance, green there is in person attendance.

***When traveling** you may be asked to provide proof of vaccination or negative test and to wear a face covering at all times. Travel from out of region or communities with more than 10 active cases should be for essential reasons. Authorization for travel is not necessary. For the moral and general life in the community some events are non essential such as gym and bingo nights which is fine unless on quarantine status or someone traveling from out of region or from a community in region with more than 10 active cases, any local community spread active positive cases can put non essential events on hold.

* **NOBODY IS EXEMPT FROM THE PANDEMIC NOBODY UNVACCINATED IS EXEMPT FROM QUARANTINE*WE ARE ALL AT RISK! Follow CDC guidelines, Bering Air, regional, and state guidelines.** Use the honor system, think of others* Avoid crowds, keep your circle small. Be safe, be smart, be kind, take care of yourself, eat healthy, stay hydrated, get plenty of rest, protect yourself and others. Get tested if you are sick even with mild symptoms. No one is to blame anyone can get infected with the virus.

2:00pm at the city office Dolly Kugzruk Native Village of Teller-Present, Cora Ablowaluk Native Village of Mary's Igloo-Present, Blanche Okboak-Garnie City of Teller-Present, Kacey Okboak Teller Native Corporation- Present