How should I follow the CTUIR Stay Home Resolution?
Stay at home as much as possible. One member of your household should go to the grocery store once per week. Make lots of phone calls. Encourage all of your family members to stay home.

I don’t understand why this is happening.
Even if you show no symptoms, you can carry the coronavirus. You can spread it to every person and surface you come into close contact with. You cannot control the fact that the coronavirus is here. You can control how you, and your family fight it. Staying home is the best way to stop the spread of the virus.

How long is this going to last?
The CTUIR resolution is in effect until April 28 but is subject to change. Epidemiologists cannot predict how long we will need to fight this public health problem but the sooner we slow the spread, the sooner we can get back to normal life without limitations.

Isn’t this overkill?
Epidemiologists estimated that in Oregon 77 percent of coronavirus infections are not reported. You don’t know the number of patients that a doctor gave a Coronavirus diagnosis but did not confirm by testing. Hospitals are in short supply of the necessary testing supplies. Hospitals are only testing and reporting cases of the most severe cases.

What’s the goal of stay at home?
The stay at home goal is to keep the infection rate down. Epidemiologists estimate that staying home will lower the spread of coronavirus infections by 80 percent. Without you and your family staying at home, infections will continue to spread and overwhelm the hospital system here. Umatilla County has one of the highest ratios of population to hospital beds. There are only 50 total beds for a population of 77,516.

Why would my Tribe ask me to stay home away from my family?
The direction is based on science. We know that the more we do to stay home the sooner we can reduce the spread of the virus.

Why can’t I go out to play basketball with my friends?
You can play basketball by yourself with your own ball but it is not possible to maintain a 6 feet distance if you are playing with other people and passing the same ball.

What will happen if I am out with a group of people and we are not 6 feet apart?
You must not gather in a group. Each Tribal member and resident living on the Reservation is responsible for practicing social distancing with those who do not live in your household for the safety of themselves and others. This is the sacrifice we all must make to keep the virus from spreading through our community.

Frequently Asked Questions
CTUIR Stay Home Resolution

WHAT IS OPEN?
• Grocery stores
• Banks
• Pharmacies
• Restaurants (takeout, delivery only)
• Some other stores (stay 6 feet from others)
• Gas stations

WHAT IS CLOSED?
• Malls and retail complexes
• Fitness, yoga and dance centers
• Barbershops, hair and nail salons, spas, cosmetic stores, tattoo parlors
• Theaters, amusement parks, arcades, bowling alleys, skating rinks, museums
• Concerts, sporting events, festivals
• Campgrounds, pools, skate parks, playgrounds
• Casinos

March 2020
Can I still go to work if my employer asks me? Won’t I be arrested?
Employers may still have work to do on site. As long as employees are not conducting business that is prohibited, it is okay to still be at the worksite. Remain 6 feet from others and wash hands frequently.

Do I need documentation from my employer to go to work?
No. Officers are not asking or looking for special paperwork from your employer. However, the CTUIR Stay Home Resolution prohibits individuals from doing business on the Reservation that is not consistent with businesses closed by the Governor’s Executive Order.

Will I be pulled over for driving on the highway?
Not for violation of the Governor’s Executive Order, which specifically outlines efforts to avoid large gatherings. It does not restrict the movement of Oregonians. If, however, you are committing a traffic violation or crime that would be enforced independent of the order, you may be stopped, like any other day.

Should I call Tribal Police or 911 if I see people congregating?
No. The level of this violation is not for reporting police, fire or medical emergencies through 911. People may choose to self-educate their fellow community members or if a large gathering is noted, they may call their respective police agency’s non-emergency line.

Are Tribal police arresting or ticketing people on the Umatilla Indian Reservation?
People who violate the CTUIR Stay Home Resolution could be arrested or cited. Tribal police hope to educate residents if congregating in violation of the Resolution. Citation or arrest would be an extreme last resort if a person failed to comply with the lawful direction of a Tribal police officer. Failure to comply can result in a penalty of up to 365 days in jail or a fine of $5,000 that can be prosecuted before the Umatilla Tribal Court.

Are police arresting or ticketing people off the Reservation?
People who violate the Governor’s Order could be arrested or cited, which is a Class C Misdemeanor- the lowest level of criminal conduct designation. All Oregon law enforcement hope to educate Oregonians if congregating in violation of the Governor’s Order.

What if my kids gather in a place without my permission?
Police know our children don’t often take their parent’s advice and may ignore direction when away. Like adults found to be congregating in a location, officers will likely approach the youth and educate them on the order. Citations and arrest are extremely unlikely, reserved for only the most extreme circumstances.

Can I still go hiking and fishing?
Yes. You can still recreate outdoors, if your activity involves non-contact with others and you can maintain appropriate social distancing - which is defined as 6 feet or more from others.

Why is the Incident Command Team telling me I can’t sweat?
Members of the Incident Command Team are looking out for the best interest of all Tribal people. The team did not take this decision lightly and want to remind everyone that this is just temporary. We do not want people to risk the health and safety of their family members, friends and fellow Tribal members by holding a sweat together. The environment in a sweathouse could quickly pass COVID-19 from one person to another. Additionally, the environment in a sweathouse can worsen issues such as asthma, respiratory disease and heart conditions. We encourage you to practice other ways of traditional medicine during this time.

What if I am a Tribal member and I live off the reservation?
No matter where you live, CTUIR wants you to be safe and be part of the solution to this problem. On the reservation, you must follow the BOT resolution. Off the reservation, in both Oregon and Washington, you must follow the “Stay Home//Stay Healthy” executive orders.

Are the rules different in town compared to on the reservation?
The State of Oregon has a Stay Home order. The CTUIR issued a Stay Home Resolution. The best way to respond is to stay home. If you have questions, look for information on ctuir.org or call a BOT member.
What will happen if I am stopped by the Tribal Police and I am not following the rules to stay 6 feet apart from people?
The CTUIR is counting on you to stay home to protect our Tribe. But if you are stopped by the Tribal Police, they may issue a citation or escort you home.

How can I stay safe when I pick up a gas pump or go to a store?
Whenever you have to touch something used by the public (gas pump, shopping cart) you should use a tissue or a paper towel, so you are not touching the object. You can also wear disposable gloves. Use hand sanitizer if available. When you return home, wash your hands vigorously for 20 seconds.

How can I deal with stress and anxiety if I can’t go to the casino or into town with friends?
Tribal Members are still free to go for short walks or hikes alone or within a safe distance of another walker. Exercise and fresh air or a simple change of scenery can help alleviate tension, stress or anxiety.

Where can I get mental health services?
Yellowhawk Tribal Health Center 541-240-8670
Suicide Prevention Lifeline 1-800-273-TALK (8255)
Crisis Text Line 741-741
Lifeways 1-866-343-4473
Veteran’s Crisis Line 1-800-273-8255
Problem Gambling 1-877-MYLIMIT
SAMHSA Disaster Distress Line 1-800-985-5990
Oregon Alcohol & Drug Helpline 1-800-923-4357

What if I am sick?
If you feel you need medical care call your primary care office before going in. If you are an established patient at Yellowhawk Tribal Health Center, you can contact your provider using the numbers below.

- For Dr. James Winde call LaShay at 541.240.8655
- For Elizabeth Sieders call Mikhy at 541.240.8639
- For Colleen Thurman call Alicia at 541.240.8637
- Lab or x-ray appointments, please call 541.240.8514

What should I do if I have questions?
You can call BOT members if you have questions. You can get more information at ctuir.org and the CTUIR Facebook page.

DO:
- Stay home as much as possible (kids too)
- Stay at least 6 feet away from others any time you are out
- Go out only for essentials (groceries, medical care)
- Care for pets and animals- walk your dog, groom your horses
- Exercise outside (hiking, biking) only if you can be 6 feet apart from others
- Have video and phone chats
- Drop food off to neighbors who can’t go out

DON’T
- Gather in groups
- Get together with friends (no drinks or dinners)
- Have play dates for kids, even cousins or other close family members
- Make unnecessary trips

March 2020