There’s institutional mistrust. Native Americans can find empowerment by remembering our cultural strengths and values. It is an Indigenous value to protect our families. Our sense of community has gotten us through pandemics and hardships. We are resilient; however, Native Americans are especially vulnerable because of other health factors, & Native Americans should ask their doctor if these other factors are being considered when seeking help from doctors. Messages that focus on our strengths are more effective. Our ancestors sacrificed for us. It’s our turn to protect our communities.

Jennifer Wolf, MPH, is the Owner and Founder of Project Mosaic LLC, which emphasizes consulting from an indigenous perspective. Their consulting methods and strategic planning, COVID-19 communication, and values based leadership integrate the 7 R’s: Respect, Relations, Responsibility, Reason, Reciprocity, Resiliency, and Revolution. Jennifer is on the John Hopkins Center for American Indian Health COVID-19 Communication Advisory board and has led or co-facilitated projects for Denver Indian Health and Family Services, Rocky Mountain Indian Chamber of Commerce, and North American Indigenous Games.

Jennifer Wolf  
OWNER AND FOUNDER OF PROJECT MOSAIC LLC

MYTH: If I get tested at a hospital or clinic, I may get COVID-19 there.

FACT: At the start of the pandemic, you might have worried that going to see your doctor meant you’d be at risk of getting infected. Hospitals are safer than your average grocery store or restaurant. There are strong safety actions taken in the hospitals and clinics. Healthcare workers practice the highest safety measures; you could actually be safer there. 1

MYTH: I live in a multi-generational home, there’s no need to take safety measures.

FACT: Multi-generational households have special needs for COVID-19. We have to take extra precautions to make sure our family members stay alive.

Taking care of each other, especially elders & young children during this time period, is essential. Below is information about navigating COVID-19 in a multi-generational household.

**GENERAL GUIDELINES**

- Stay at least 6 feet away from other people living in the house who are at high risk of serious complications or death if they get COVID-19.
- Older adults and people who have other health problems are at higher risk.
- Have supplies ready in case someone gets sick, such as a thermometer, masks, sanitizing wipes, tissues, soap, hand sanitizer, medications, and emergency contact information for children.

**What if someone in the house gets sick with COVID-19?** Just like for any emergency, it is important to have a plan in place if someone in your home gets COVID-19.

**BASICS TO GET YOU STARTED**

- Have the infected person wear a face mask at all times.
- When possible, the infected person should use a separate bathroom.
- Avoid visitors.

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Susanna (she/her) is a proud daughter of Korean immigrant parents. She was born and raised in Colorado and is a global health researcher in health policy and equity. Susanna enjoys hiking, traveling, and spending time with her dog, Korra.

COVID-19 is highly stigmatized due its spread originating from China. The political rhetoric surrounding it has only exacerbated existing harms against folks of Asian descent. The biggest misconception is that these racist attacks are new and few, when in fact these attacks have always existed and exponentially worsened. This has negatively affected the lives of many Asians and Asian Americans mentally, physically, and emotionally.

How can people in your community find empowerment during this time?

Giving community members the space to highlight the struggles they are specifically facing, while allowing them to take lead in the support that they need. Protection and active advocacy from non-Asian folks is also needed.

I think people in my community primarily need good translation resources to feel like they can have a conversation with doctors.

We will get through this together as long as we can clearly communicate and be flexible as much as possible. It takes a lot of time and effort to have conversations about risk and what people are comfortable with. Your safety and health are valuable and it's okay to voice these concerns.

Their local worship spaces (churches, temples, etc.) and public health departments.
CARING FOR ELDERS DURING COVID-19

If you need to share a bedroom with someone who is infected:

- Open a window, if possible.
- Maintain at least 6 feet between beds if possible. If not possible, sleep head-to-toe.
- Put up a curtain around or place a quilt, or large bedspread to separate the infected person’s bed.

- Share information about COVID-19 using pictures and concise language when talking about the risks and symptoms of COVID-19.
- Practice preventative measures with your family.
- Mental and physical health for elders during this time is important. Encourage family members to gather through FaceTime or video chats virtually. You can also use this time to teach elders in your family and/or community how to use technology needed for virtual gatherings.
- Be sure to share information regarding COVID-19 from trusted resources.
- Social distancing and quarantining can be isolating experiences for elders. Be sure to encourage elder well-being during COVID with activities such as crossword puzzles, walking, reading books and magazines, and limiting consuming COVID-19 updates and information to 1-2 hours per day.

If you need to share a bathroom with someone who is infected:

The infected person should clean and disinfect the commonly touched surfaces after use. If that is not possible, then the person cleaning should:

- Open the outside door and windows and turn on the bathroom vent fan, if you have one.
- Ensure safe storage of disinfectants, including storing cleaning products securely away from children.

- Denver Indian Health & Family Services
- Denver Indian Family Resource Center
- Denver Indian Center, Inc.
- John Hopkins Center for American Indian Health
- Project Mosaic LLC
- Asian Pacific Development Center
- Asian Chamber of Commerce
- Asian Avenue Magazine
- Sakura Foundation