

UNITED HOUMA NATION

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August Creppel, Principal Chief

Adam Crappel
District 1

FOR IMMEDIATE RELEASE

Lora Ann Chaisson
District 2

March 16, 2020

Pierre Solet
District 3

Chief Creppel Urges Tribal Citizens to Practice Social Distancing for the Protection of Our Elders

John Silver
Parliamentarian
District 4

Chuck Duthu
Vice Principal Chief
District 5

Houma, LA – As Native People we know our most valuable asset is our elders. Containing the COVID-19 transmission is the responsibilities of all tribal citizens. After consulting with Public Health Officials, the best strategy available is to practice social distancing and self-isolation when necessary. I know this time is very scary for many of you; however, I urge you to take the necessary measures being recommended by federal and state officials for not only your own health, but that of your fellow human beings on this planet.

Roxanna Foret
District 6

Vacant
District 7

Many of you may be feeling emotionally overwhelmed, anxious and/or fearful. These are normal feelings with the uncertainty and rapid change taking place. First and foremost, I would urge all Tribal citizens to take time to make their own health and wellbeing a priority. Here's some recommendations to take care of your personal mental health and ensures YOU are actively taking control for you and you family:

Gretchen Boudreaux
Treasurer
District 8

Vacant
District 9

Vacant
District 10

Dixie Breaux
Secretary
District 11

- Take care of those home projects that you may have been putting to the side because you haven't had the time. Now is a great time.
- Be mindful of your news sources and how much you are watching. Social media such as Facebook, Twitter, Instagram, etc. are not usually reliable sources of news.
- If you are getting a notice of something that is too good to be true, it likely is. Unfortunately, there are scammers out there who are looking for opportunities to take advantage of community fear. Contact trusted sources to verify opportunities before jumping in.
- Make a family plan to ensure elders and vulnerable family members can self-isolate safely and receive the resources they need without leaving their homes to the extent possible – medications, food, etc.

Curtis Hendon
Sergeant at Arms

As a Tribe we have prepared our staff to be responsive to your needs. At present our offices are open; however, anyone ill will be asked to leave for everyone's safety. We will have no tribal gatherings until we can do so safely. Additionally, if necessary, we have taken the steps to ensure that our staff can telework should our offices be required to close. We will still be available to take your calls and provide the necessary information and assistance by distance as you, our Tribal citizens, are our greatest concern.