

HEALTHY HABITS

PRACTICE HEALTHY HABITS TO PROTECT YOURSELF AND OTHERS

1 GET VACCINATED

Stay up to date with the most current Flu and COVID vaccines. Talk to your provider for more info.

2 STAY HOME IF SICK

Do not assume what you may have, seek testing and further instructions from your medical provider.

3 EXPOSED TO COVID

If you have been exposed, notify your medical provider and follow their instructions.

4 FOLLOW QUARANTINE

Follow your medical provider's instructions and quarantine for specified amount of time.

5 TRAVELING ALERTS

Be proactive about traveling and check COVID levels in the area you are planning to travel.

6 SPACE AND DISTANCE

Practice physically distancing when traveling or when around people who may be sick.

7 WEAR A FITTED MASK

Wearing a mask that covers your mouth and nose, can help prevent you and others from getting sick.

8 COVER COUGHS & SNEEZES

Cover your mouth with a tissue when you cough or sneeze. If using your hands, be sure to wash them immediately after.

9 WASHING HANDS

Wash your hands with warm water and soap for at least 20 seconds. Wash your hands more frequently especially when traveling.

10 LOOK FOR SPACES WITH CLEAN AIR

Allow for as much open space as possible; gathering outdoors or allowing for more ventilation in confined spaces.

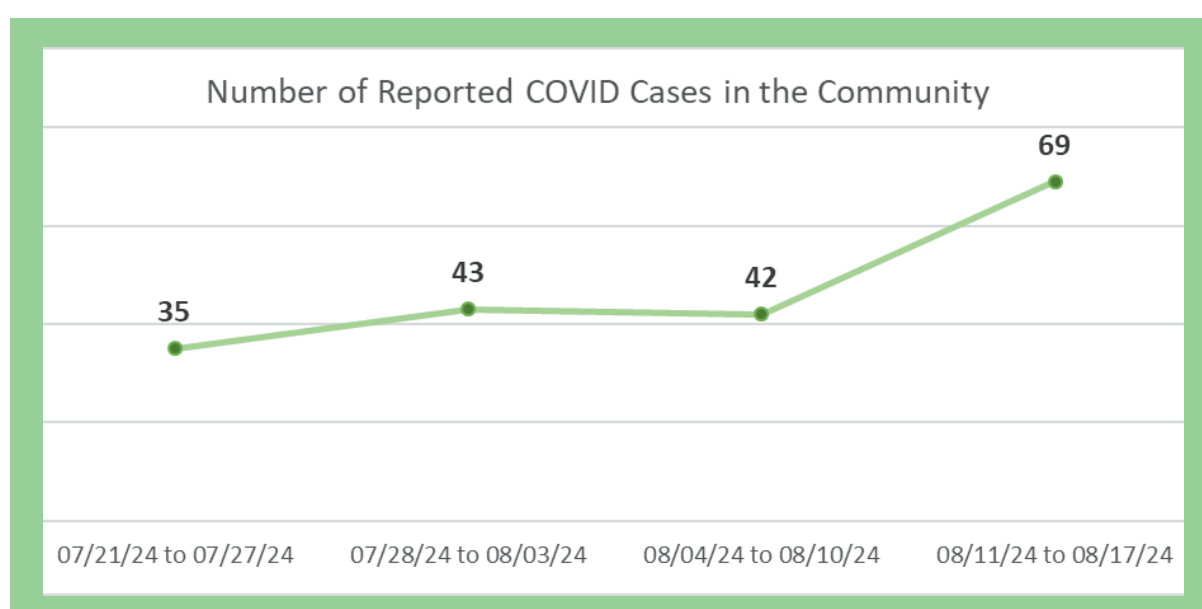
11 INCREASE VITAMIN C

Eating foods high in Vitamin C or taking Vitamin C supplements can help boost your immune system. Foods high in Vitamin C include: oranges, tomatoes, bell peppers.

If you are experiencing symptoms, please visit the Hu Hu Kam Memorial Hospital Emergency Department or call Gila River Health Care's main line at:

(520) 562 - 3321

Additional resources and information about COVID cases by age and district from the GRIC Tribal Health Department



Gila River Indian Community
Tribal Health Department
(520) 562 - 5100