

1 GET VACCINATED
STAY UP TO DATE WITH THE MOST CURRENT FLU AND COVID VACCINES. SEEK MEDICAL PROVIDER'S GUIDANCE

4 FOLLOW PROVIDER'S INSTRUCTIONS
YOUR PROVIDER WILL PROVIDE YOU WITH THE BEST COURSE OF ACTION, FOLLOW THEIR INSTRUCTIONS.

6 PHYSICAL DISTANCE
PRACTICE PHYSICALLY DISTANCING WHEN TRAVELING OR WHEN AROUND PEOPLE WHO MAY BE SICK OR LIVE OUTSIDE YOUR HOUSEHOLD.

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.

10 CLEAN SURFACES
WIPE DOWN FREQUENTLY TOUCHED SURFACES OR AVOID DIRECT HAND CONTACT WITH FREQUENTLY TOUCHED SURFACES SUCH AS TABLES, DOOR HANDLES, PHONES, ETC.

2 STAY HOME IF SICK
DO NOT ASSUME WHAT YOU MAY OR MAY NOT HAVE, SEEK TESTING AND MEDICAL GUIDANCE.



3 GET TESTED/SEEN
IF YOU HAVE BEEN EXPOSED, OR SUSPECT THAT YOU MAY BE SICK NOTIFY YOUR MEDICAL PROVIDER, YOU MAY BE INSTRUCTED TO GET TESTED.

5 MONITOR TRAVEL ALERTS
BE PROACTIVE ABOUT TRAVELING AND CHECK COVID LEVELS IN THE AREA YOU ARE PLANNING TO TRAVEL.

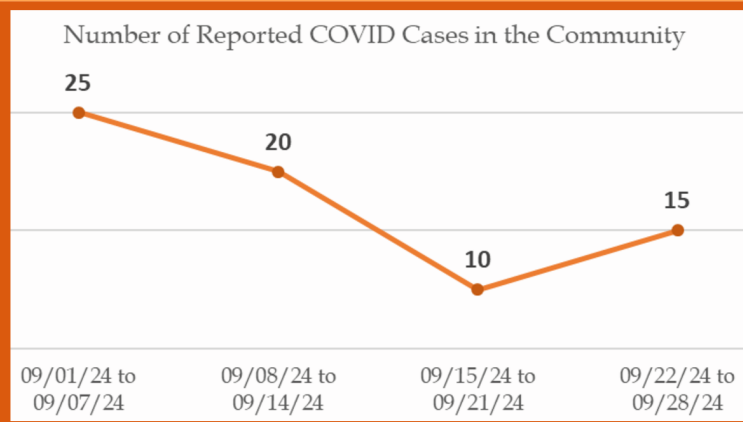
7 WEAR A FITTED MASK
WEAR A MASK THAT IS WELL FITTED, A KN-95 OR BETTER IS RECOMMENDED FOR THOSE WHO ARE AT HIGHER RISK. ENSURE THE MASK COVERS BOTH YOUR MOUTH AND NOSE AT ALL TIMES.

9 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.

11 WASH YOUR HANDS
WASH YOUR HANDS WITH WATER AND SOAP FOR AT LEAST 20 SECONDS. WASH YOUR HANDS MORE FREQUENTLY WHEN TRAVELING.

12 LOOK FOR OPEN SPACES/AREAS
ALLOW FOR AS MUCH OPEN SPACE AS POSSIBLE; GATHER OUTSIDE OR ALLOW FOR MORE VENTILATION IN CONFINED SPACES.

If you are experiencing symptoms, please visit the Hu Hu Kam Memorial Hospital Emergency Department or call Gila River Health Care's main line:
(520) 562 - 3321



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

