

10 Habits to Help Keep You Healthy

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

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

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

8 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.

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



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

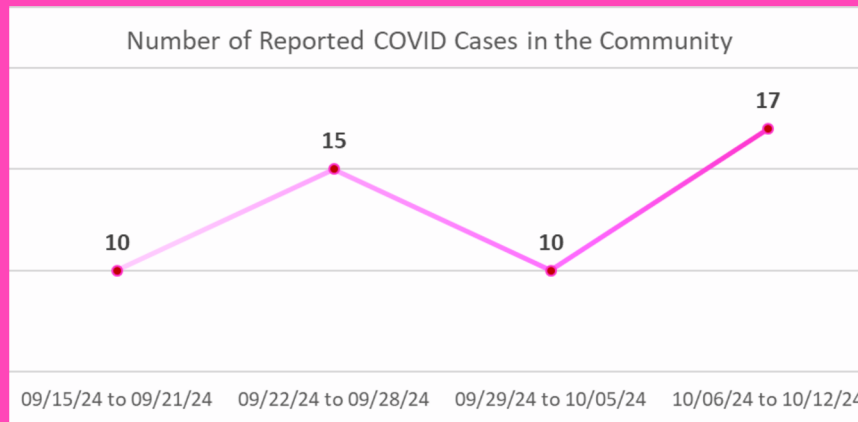
3 GET TESTED/SEEN
IF YOU HAVE BEEN EXPOSED, OR SUSPECT THAT YOU MAY BE SICK NOTIFY YOUR MEDICAL PROVIDER, YOU MAY BE INSTRUCTED TO GET TESTED.

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

7 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 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: **(520) 562 - 3321**



Scan QR code for additional resources and information about COVID cases by age and district from the GRIC Tribal Health Department



Gila River
HEALTH CARE



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