



# 5 TIPS TO STAY HEALTHY DURING COVID

Everyone in the household can take steps to stay healthy and help mitigate the spread of COVID-19 in your homes and by extension, your community.

## GET VACCINATED

The vaccine has been shown to prevent and/or mitigate symptoms of COVID-19.



## WASH HANDS

Wet -> Lather -> Scrub -> Rinse -> Dry  
For best effectiveness, multiple times daily.



## USE SANITIZER

When washing hands isn't an option, hand sanitizer with 60% alcohol is recommended.



## WEAR MASKS

COVID is spread through respiratory droplets, a mask is added protection.



## SANITIZE COMMON AREAS

Frequently touched surfaces - door knobs, light switches, countertops, etc should be sanitized multiple times daily.



**PER THE CDC GUIDELINES, TAKING CARE OF  
YOURSELF MEANS TAKING CARE OF YOUR  
FAMILY AND YOUR COMMUNITY.**

<https://www.cdc.gov/coronavirus/2019-ncov/community/tribal/social-distancing.html>

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This project is supported by the Arizona Department of Housing SFRF funds..

# COVID-19 IN INDIAN COUNTRY



STANDARD  
MORTALITY RATE  
IS 2.8% HIGHER  
FOR NATIVE  
AMERICANS THAN  
FOR ANY OTHER  
ETHNIC GROUP

- Massachusetts Department of Public Health  
Covid-19 Community Impact Survey 2021



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