



# Protect Our Tribal Communities: Stop the Spread of COVID-19



## What is COVID-19?

COVID-19 is a new respiratory virus that spreads from person to person threatening our most vulnerable - the elderly and those with underlying health conditions such as heart disease, lung disease, and diabetes.

People **DO NOT** have to show symptoms **OR** be sick to spread the disease.

### DO

- Stay home
- Watch a movie
- Plant a garden
- Read a book
- Start or finish that craft/project you've been meaning to do
- Try a new recipe
- Help each other with schoolwork
- **KIDS - GO CLEAN YOUR ROOM!** It will make your mom happy.

### USE CAUTION

- Grocery shopping
  - Try not to go at peak hours
  - Send only **ONE** family member
- Picking up medications
- Exercising in public spaces
  - Follow social distancing rules and stay 6ft apart.

**If you *MUST* go out, wear a mask or face-covering.**

**Wash your hands as soon as possible or use hand sanitizer.**

### DON'T

- Take your entire family to the store
- Visit crowded places
- Family gatherings - don't risk their health or yours!
- Host or attend play dates
- Hang out in groups
- Host or attend house parties
- Go to your boyfriend/girlfriend's house
- Visit/invite others from another community

## Respect & Obey Tribal Orders/Ordinances

Remember, these orders are meant to **HELP** contain or prevent the spread of COVID-19 in our communities. **Please respect your community's orders/ordinances as well as others.**

By working **together** and **cooperating**, we can keep our families and communities **SAFE** and **HEALTHY**.

### Sources:

[Albuquerque Area Southwest Tribal Epidemiology Center](#), [BBC News](#), [NM Department of Health](#), [Johns Hopkins Center for American Indian Health](#), [Centers for Disease Control](#)



## Staying Informed: Stop the Spread of Misinformation

While social media can be a great source of information, there is a lot of mis-information there as well.

For the most up to date and accurate information, look to sources like the Centers for Disease Control (CDC), the NM Department of Health and other local authorities.

## Tips to Help Stop the Spread of Misinformation

### Ask yourself:

- Has this story been reported anywhere else?
- Is this from a reliable source?
- Does the image look like it might have been taken out of context?

If you're not sure, it might be fake.

By not sharing, you can help stop the spread of misinformation.

### Example



## Remember Our Traditional Ways

Some traditional practices and ceremonies that involve larger groups may have to be put on hold for a while but remember, **our spirits are always there.**



**We *ALL* have a responsibility to protect our families, language, culture, elders, and communities. Help stop the spread of COVID-19.**

Protect yourself. Protect each other. Stay home.