

## What is COVID-19?

COVID-19 is a highly infectious and fast spreading virus. People infected with the virus can have a range of symptoms from mild to severe illness, including serious health complications and death.

**Unvaccinated individuals, elders and those of ANY AGE with underlying health conditions** are at **HIGHER RISK** for serious illness.

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

### DO

- Get vaccinated.
- Wear a mask properly.
- Wash your hands often or use hand sanitizer.
- Get Tested.

### USE CAUTION

- Grocery shopping, picking up prescriptions, going to the gym, etc.
- If you **MUST** go out, wear a mask. Wash your hands as soon as possible or use hand sanitizer.

### DON'T

- Take your entire family to the store.
- Visit crowded places.
- Host or attend gatherings.
- Avoid others who are sick.



## Remember & Respect Our Traditional Ways

Although some traditional practices and ceremonies that involve larger groups are on hold for a while, remember **our spirits are always there.**

By keeping each other safe and healthy, we are also keeping our traditions alive and well.

## Respect & Obey Tribal Orders/Ordinances

These orders are meant to **HELP** contain and/or prevent the spread of COVID-19 in our communities.

*Please respect your community's orders/ordinances as well as others.*

## Staying Informed: Misinformation Can Go Viral Too

Social media can be a great source of information but spreading misinformation is as easy as sharing the latest viral video.

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

## Tips to Help Stop the Spread of Misinformation

**Example:** TikTok Video Shows Positive At-home COVID Test from Tap Water

**FALSE**

### Ask yourself:

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

**If you're not sure, don't share it.** By not sharing, you can help stop the spread of misinformation.

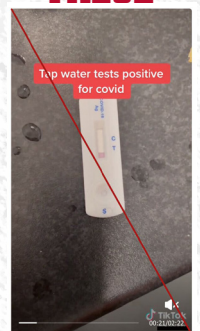


Image: NY Times

Its **OUR** responsibility to protect our families, language, culture, elders, and communities. **Don't invite COVID-19 into our homes.**