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 6 ft 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.

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.

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.