

Stop the Spread of COVID-19



You can prevent the spread of COVID-19 in your community.

If you are sick or have symptoms take these steps to help protect yourself, others, and elders from being exposed:

- Stay home except to get medical care.
 - Call your doctor before visiting.
- Separate yourself from others who don't live with you.
 - Wear a cloth face covering.
- Cover your coughs and sneezes with a tissue.
 - Wash your hands often.



Spreading can occur when an infected person coughs, sneezes, or talks. Or by touching a surface or object that has the virus on it, and then touching your face.

Call your local tribal health center for testing.

