

# D3 Recreation

## WHAT TO DO AT HOME



GILA RIVER INDIAN COMMUNITY WANTS YOU TO BE AWARE AND BE SAFE UNDER THIS UNCERTIAN TIME OF THE DEVELOPMENT OF THE NOVEL CORONAVIRUS

- Limit going out to public areas, and at least have one household member to gradually stock up on essential items as necessary.
- To keep in contact with distance relatives and friends use messenger apps, face time, and phone calls.
- List household chores and remember to disinfect high traffic areas (Doors, Bathrooms, and Kitchen ect.).
- Stream your favorite movies and tv shows with the family.
- Plan/prep you meals to cook at home.
- Listen to music, podcast, audio books.
- Online shopping and curbside pick up.
- Board games
- Read a book
- Color and puzzles activities.
- **keep close contact with those who are more vulnerable such the elderly.**

**Find out more by visiting:** [www.mygilariver.com](http://www.mygilariver.com) and [grhc.org/coronavirus](http://grhc.org/coronavirus)