



DISTRICT THREE SERVICE CENTER

CORONAVIRUS (COVID-19)

Per Executive Order by Governor Lewis, all community events of 10 people or more have been suspended. Therefore, District Three has cancelled all recreational activities/events as well as Elder congregation. COVID-19 is to be taken seriously, especially for the elderly, those with underlying medical conditions and pregnant women.

Practice Everyday Prevention

Wash your hands often with soap and water for at least 20 seconds. Sing your ABC's. If soap and water is not available, use hand sanitizer.

Cover your mouth when coughing



Avoid touching your eyes, nose and mouth if hands are not clean

Clean and disinfect surfaces you touch on a daily basis

Keep 6 feet away from other when possible

Stay home, only go out if necessary

Symptoms: *signs and symptoms may appear 2 to 14 days after exposure*

- Fever
- Cough
- Shortness or difficulty breathing
- Body Aches

Please understand, items distributed by District Three are by priority as follows:

1st: Elders 65+ 2nd: Elders 64-55 3rd: Disabled 4th: Families w/children under 5

5th: All other families

Those who live alone and do not have means of transportation are our main focus. It's a community effort to check on our elders, if you know an elder who does not have family or able to get around, pay them a visit or give them a call.

Activities To Do At Home

- Bake cookies
- Make homemade pizza
- Have a waila in the living room with the kids
- Practice O'otham Neok
- Clean the yard
- Play charades
- Become TikTok famous with the kids



Stay Informed

Online: grhc.org/coronavirus

Phone: (520) 550-6079

Arizona Crisis Response: 2-1-1



District Three Contacts

Erma Antone, Coordinator

(520) 610-3735

Valerie Johnson-Antone, Assist. Coord.

(520) 610-1331

District Three Security

(520) 610-0522