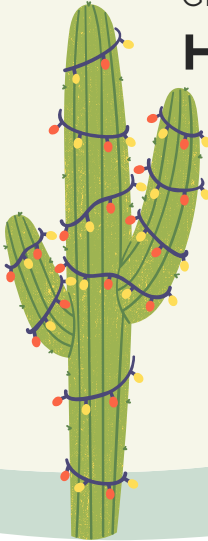


GRIC TRIBAL HEALTH DEPARTMENT

HOLIDAY GATHERINGS

HEALTHY HABITS



1

GET VACCINATED

Get vaccinated with the most current flu and COVID-19 vaccines.

2

STAY HOME IF SICK

Follow healthcare providers instructions if sick or tested positive for COVID-19.

3

EXPOSED TO COVID-19

Follow healthcare providers instructions by taking all precautions.

4

COVER COUGHS & SNEEZES

Cover all coughs and sneezes with a tissue.

5

SPACE AND DISTANCE

Avoid close contact with others especially those who may be sick.

6

WEAR A FITTED MASK

Wearing masks can help prevent you and others from getting sick.

7

WASHING HANDS

Wash your hands with soap and water for at least 20 seconds.

8

TRAVELING ALERTS

Check COVID-19 levels in your area or where you may travel.

CALL US FOR MORE INFO



520-562-5100



HEALTHY HABITS

SCAN FOR MORE INFO



COVID-19

SCAN FOR MORE INFO