

COLD/FLU/RSV SEASON

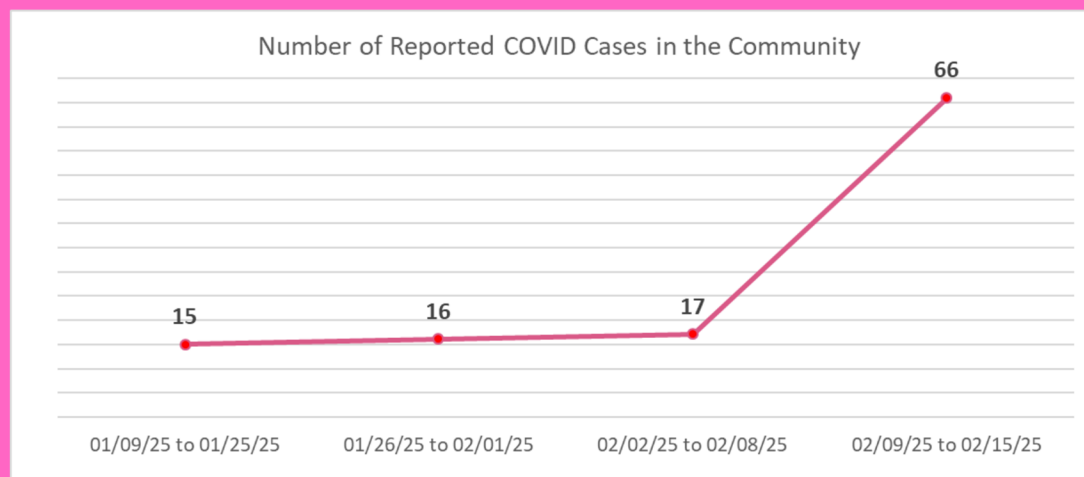
Respiratory Virus Guidance

What you can do to prevent the spread of viruses.

An effective way to protect yourself from respiratory viruses is by following a combination of preventative measures recommended by health authorities. These measures include practicing good personal hygiene, physical distancing, getting vaccinated, and staying home if you are sick.



Additional resources and information about COVID cases by age and district from the GRIC Tribal Health Department



If you are experiencing symptoms, please visit the Hu Hu Kam Memorial Hospital Emergency Department or call Gila River Health Care's main line:

(520) 562 - 3321



Gila River Indian Community Tribal Health Department
(520) 562 -5100