

HEALTH TIPS

To help prevent
COVID/RSV/FLU

Wash Your Hands

Frequently washing your hands can help limit the spread of germs and bacteria. Wash your hands for a minimum of 20 seconds.



Wear a Face Mask

Wear a well-fitted mask that covers your mouth and nose, a mask is recommended in confined spaces or places with low ventilation.



Clean and Disinfect Surfaces Often

Wipe down areas that are frequently touched inside and outside of your home and workplace, including phones, doorknobs, light switches, keyboards, etc. Cleaning and disinfecting can help limit the spread of germs and bacteria.



Get vaccinated

Getting vaccinated can help lower your risk of contraction and lessen the severity of symptoms in some cases. Make sure you stay up-to-date on vaccines. Always consult with your provider and contact your local healthcare center for availability.



Stay Proactive

Remember to stay hydrated, as water helps the body regulate all functions. Ensure you are getting enough rest to allow your body to perform at its best. Help boost your immune system by eating vitamin C rich foods like bell pepper, tomatoes and oranges. Supplements can help, but ask your provider what's best for you.



For more information please contact the Gila River Indian Community
Tribal Health Department at:

520 - 562 - 5100