Tribal Health Dept.
Community Health Education Program

DO MORE THAN GIVE THANKS THIS SEASON. PRIORITIZE YOU AND YOUR FAMILY'S HEALTH.

Prioritize Sleep

Sleep helps your body function and helps your immune system fight illnesses. More rest can mean stronger defenses during any season!

Take a Breath of Fresh Air

Go for a walk outside, open a window or door and allow your house to breathe as well. Ventilation is an important part of reducing illnesses.

Helping Hands

Wash your hands for a minimum of 20 seconds with soap and water. Hand washing is more effective than hand sanitizer and can help reduce exposure to germs and bacteria.

Cleanse Your Space

Wipe down areas that are frequently touched inside and outside of your home, including: phones, doorknobs, light switches, keyboards, etc.

Be Mindful

Ensuring you are getting enough water and eating healthy foods rich in vitamin c like bell peppers, broccoli, strawberries, etc. to support and boost your immune system.



Recommendations are in line with general CDC guidelines.

520-562-5100