What Tribal Members Need to Know about COVID-19

What is COVID-19 disease?
COVID-19 disease is a contagious respiratory illness that is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

What are the symptoms of COVID-19?
Symptoms can include:
- Fever
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Loss of taste or smell

How does COVID-19 spread?
It is spread primarily through respiratory droplets from coughing or sneezing.

Who is most at risk?
People with serious medical conditions such as heart disease, chronic lung disease, diabetes, and others.

How can I protect myself and my family?
- Wash hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- If you do get sick, stay home.

Have there been cases of COVID-19 in our state?
For more information, visit TED.gov/coronavirus.

Guidance for Providers Working with Elders

How to Prevent the Spread of Coronavirus (COVID-19) in the Home

Social Media Materials:
- Staying at Home Protects Us All
- Social Distancing is Beautiful
- Keeping a Healthy Distance