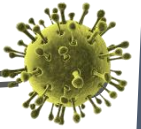


APRIL 2020

(928) 737-6342



HOP CHR WEEKLY SPECIALS



Only Leave the House to:



✓ Buy Groceries or Necessary Supplies (Send only one person to the store.)



✓ Go to an Essential Job



✓ Visit Doctor or Pharmacy



✓ Get Fresh Air & Outdoor Exercise (Stay at least 6 feet away from others)



✓ Provide Care for Loved Ones

Cough



Fever



Shortness of breath



WATCH OUT FOR COVID-19 SYMPTOMS

May appear 2-14 days after exposure.

COVER YOUR COUGHS & SNEEZES!

HOP TRIBE EXECUTIVE ORDER #002-2020

DECLARATION STAY-AT-HOME ORDER FOR ALL RESIDENTS OF THE HOP TRIBE RESERVATION TO LIMIT AND CONTROL THE SPREAD OF



STAY-AT HOME ORDER

In order to preserve the public health and safety of the residents of the Hopi Reservation and to mitigate the risk of infections, all individuals living on the Hopi Reservation must stay home or at their place of residence, with the exception of essential personnel who are needed to maintain the continuity of operations for the essential services and infrastructure of the Hopi Tribe.

☎ MON - FRI ☎ 8 AM - 5 PM ☎

📞 HOP TRIBE HERT @ (928) 734- 3661 OR AFTER HOURS @ (928) 205-7295

📞 HOP HEALTH CARE CORONAVIRUS HOTLINE @ (928) 737-6188

ARE YOU HIGH-RISK FOR SEVERE ILLNESS FROM COVID-19?

- 🚑 Aged 65 years and older?
- 🚑 Living in a nursing home or long-term care facility?
- 🚑 Have underlying medical conditions, particularly if not well controlled, such as:
 - Chronic Liver or Lung Disease
 - Moderate to Severe Asthma
 - Serious Heart conditions
 - Diabetes
 - Severe Obesity (Body Mass Index of 40+)
 - Chronic Kidney Disease undergoing Dialysis?



- 🚑 Have conditions that can cause a person to be Immunocompromised, such as Cancer treatments, Smoking, Bone marrow or Organ transplantation?

PREVENTION



WASH HANDS



USE SOAP



AVOID CROWDS



WEAR MASK



AVOID HANDSHAKE



DESINFECT

cdc.gov/coronavirus



COPING with STRESS During Infectious Disease Outbreaks

When you hear, read, or watch news about the COVID-19 Corona virus outbreak, you may feel anxious and show signs of stress—these signs of stress are NORMAL. In the wake of this new infectious disease outbreak, you and your loved ones must remain calm, cool, and collected and focus on your *physical and mental health* because **STRESS WEAKENS YOUR IMMUNE SYSTEM!** So, **STAY HEALTHY FOR YOURSELF & YOUR LOVED ONES!**

Be aware of the signs of stress in yourself and your loved ones by knowing the following:

Know the Signs of Stress — Behavioral, physical, emotional, and cognitive responses can vary and are all common signs of anxiety and stress.

Know When To Get Help — You may experience serious distress. If you or someone you know shows signs of stress for several days or weeks, get help by calling the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517) .

Know How To Relieve Stress — You can manage and alleviate your stress by taking time to TAKE CARE OF YOURSELF. Relax your body often by taking deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.

- ♥ Pace yourself between stressful activities, and do a fun thing after a hard task.
- ♥ Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- ♥ Talk about your feelings to loved ones and friends often.

KEEP YOURSELF HEALTHY — Take care of your physical health to help lower your stress and STRENGTHEN YOUR IMMUNE SYSTEM! Take a break to focus on positive parts of your life, like connections with loved ones.

- ♥ Eat healthy foods and drink water.
- ♥ Avoid excessive amounts of caffeine and alcohol.
- ♥ DO NOT use tobacco or illegal drugs.
- ♥ Get enough sleep and rest.
- ♥ Get physical exercise.

KEEP THINGS IN PERSPECTIVE — Set limits on reading or watching news about the outbreak. Make sure to take time away from the news to focus on things in your life that are going well and that you can control.

Get the FACTS — Find people and resources you can depend on for accurate health information, such as the Centers for Disease Control and Prevention at 1-800-CDC-INFO (1-800-232-4636) or visit <https://www.cdc.gov>.

NO SEWING MACHINE?

BANDANA CLOTH FACE COVERING

NO PROBLEM!

The CDC recommends the use of non-medical, cloth-based face coverings in some public settings. Surgical masks should be reserved for healthcare workers.

Materials Bandana or Square cotton cloth- approx.. 20"x20", Coffee Filter, Rubber Bands, and Scissors

Tutorial

