

Nihi Tsíís Baa Á'daa'á'dáhoolyá

HEALTHY PLACES HEALTHY PEOPLE

TAKE PRECAUTIONS WHEN WALKING OUTDOORS DURING COVID-19



- » Find a safe place to walk
- » Stay alert know & be aware of what is going on around you



- » Keep 6 feet apart and walk in a vertical line giving 'others distance
- » Keep to the far sides of the trail don't walk in the middle



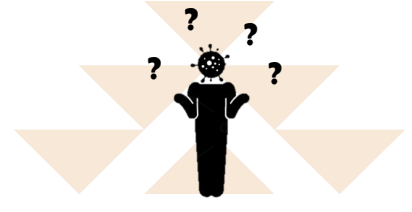
- » No more than 5 family members per group
- » Avoid crowded trails



- » Keep dogs on a leash to avoid getting close to others



- » Avoid touching surfaces or shaking hands with others who are walking



- » Even if you do not see or show symptoms, you or someone can be a carrier



- » Wear a mask

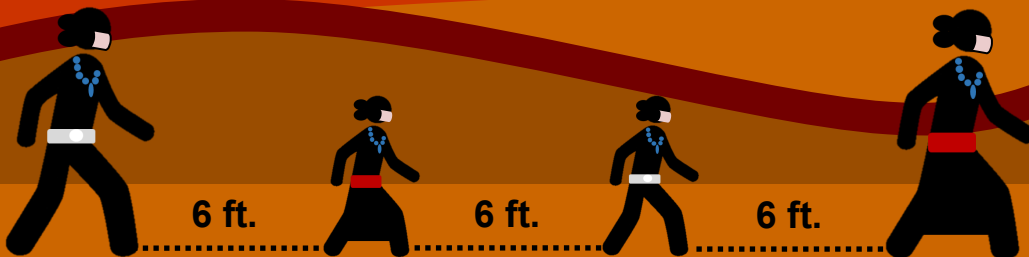


- » Take & use hand sanitizer



- » Wash your hands when you get home

Get up before Jóhonaa'éí nihi zhé'é (Father Sun) awakes and take a walk !



Stay healthy while being physically active outside.
Follow all CDC, State of New Mexico & Navajo Nation COVID-19 health regulations.

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