

Nihi Tsíís Baa Á'daa'á'dáhoolyá

HEALTHY PLACES HEALTHY PEOPLE

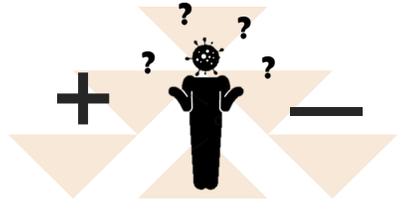
Dii eí Doodá DURING COVID-19



No large family gathering with more than 5 people in one place. It puts everyone at risk for spreading COVID-19.



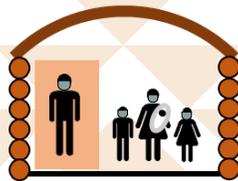
Do not drink or use drugs in groups to avoid or deal with the stress of COVID-19.



Even if you do not see symptoms, you can be a COVID-19 carrier. Protect yourself and your family.



Drinking alcohol & using drugs decreases your immune system, making you vulnerable to COVID-19.



Wear your mask in the home & isolate from family members if you are sick or are positive for COVID-19.



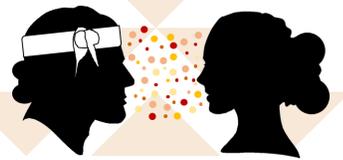
If you are sick or positive for COVID-19 stay home. No visitors unless family members are checking on you, yet stay 6 ft apart.



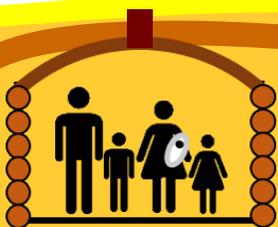
Don't leave your community because you are bored or to eat out. Follow Navajo Nation curfew.



Do not shake hands.



If you do not wear your mask. You may spread COVID-19.



The Hogan (home) & family is our mother. Like the earth the Hogan keeps us safe, teaches us positivity, and protects us.