

Practice Social Distancing

Social distancing reduces physical interaction between people and lowers the chances of spreading illness. Keep at least 6 feet away from others when you leave your home.

In Isleta, that would be 1 horna or 2 alfalfa bales away!

Staying physically apart is important, even in places like the workplace, school, when shopping, or in other places in your community. The goal of social distancing is to reduce the risk of spreading COVID-19.



Wear a Face Covering

The spread of COVID-19 is reduced when face coverings are used. When used in combination with other preventive measures such as social distancing, frequent handwashing, and cleaning and disinfecting frequently touched surfaces, the risk of spread is further reduced.

Remember, some of our grandmothers would cover their mouths with a shawl to gossip. Talk about another layer of protection!



Cough or Sneeze Into Your Elbow or a Tissue

Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like the flu, respiratory syncytial virus (RSV), whooping cough, and COVID-19. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash. If you do not have a tissue, cough or sneeze into your elbow, not your hands. Remember to wash your hands!

Even with social distancing, you would not want to sneeze all over the oven bread and stew!



Please Wash Hands With Soap And Water Or Use Hand Sanitizer

Immediately wash your hands for at least 20 seconds, wim-ah, wi-see...wi-tee, after blowing your nose, coughing or sneezing in order to kill germs. If soap and water are not readily available, use an ethyl alcohol based hand sanitizer that contains at least 60% alcohol to clean hands. Make it a habit to wash your hands as soon as you walk inside, after chores, playing with your dog, fishing, or getting home from the grocery store.

Life is better with clean hands!



Practice Respiratory Hygiene

In order to contain respiratory secretions (droplets), cover your mouth and nose with a tissue when coughing or sneezing. Use the nearest trash can to dispose of the tissue. Immediately wash your hands with soap and water, or use hand sanitizer.

When emptying trashcans from your home, please tightly tie bags before putting them in the barrel for trash day. It is a good time to disinfect your trashcans before replacing the trash bag, and again, wash your hands!



Kindness and Patience Goes a Long Way

The coronavirus, (COVID-19) pandemic may be stressful for people. Anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress.

Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Assisting others in their time of need can benefit both the person receiving support and the helper. Check on your *nanas* and *tatas*, neighbors or people in your community who may need some extra assistance.

Be the reason someone smiled today!

