COVID-19 is a highly contagious virus that is believed to mostly be transmitted by the droplets in the air expelled by an infected person, but potentially also through surfaces that these droplets rest upon.

Unlike the seasonal flu, it spreads much faster, has severe infections, and higher death rates.

When it attacks, you can have:
- Fever
- Cough
- Difficulty breathing
- Loss of taste or smell

And you can get others around you sick.

Elders and those with pre-existing conditions are especially vulnerable to getting very sick.

Sometimes the virus even kills them.

There are ways to protect yourself and your community.

Stay at home or near your house as much as you can. Taking care of your animals and garden is safe.

Postpone large gatherings with friends and loved ones who live outside of your household.

Make sure to wear face masks when in public or around people from outside your household.

Double masking is recommended to ensure a close fit and sufficient layers. Wear a medical mask as inner and a cloth mask as outer layer.

Call 9-1-1 if you have more severe symptoms, like:
- Confusion
- Difficulty breathing
- Pressure in chest
- Blue lips or face
- High fever
- Cannot wake up

More info on COVID-19: Visit CDC.gov/coronavirus
COVID-19 relief support: 1.833.996.1554 or visit navajohopisolidarity.org