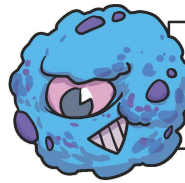
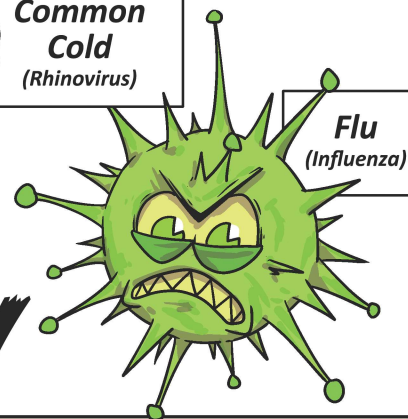


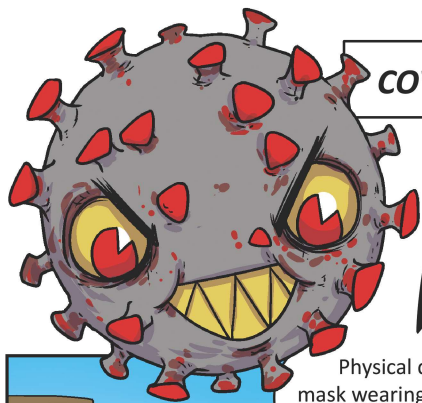
The best way to protect yourself and your family from viruses is to avoid being exposed to them.



**Common Cold**  
(Rhinovirus)

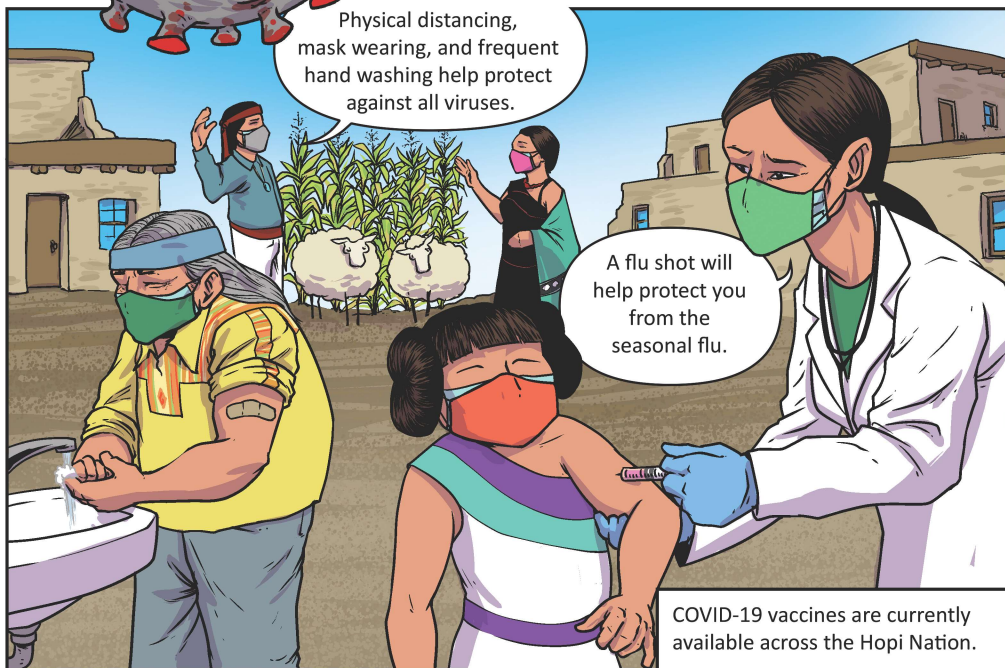


**Flu**  
(Influenza)

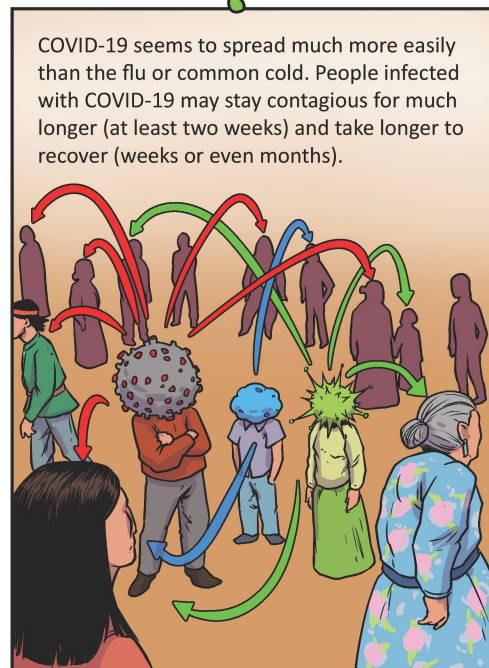


**COVID-19**

# BEWARE the VIRUS ATTACK!



COVID-19 vaccines are currently available across the Hopi Nation.

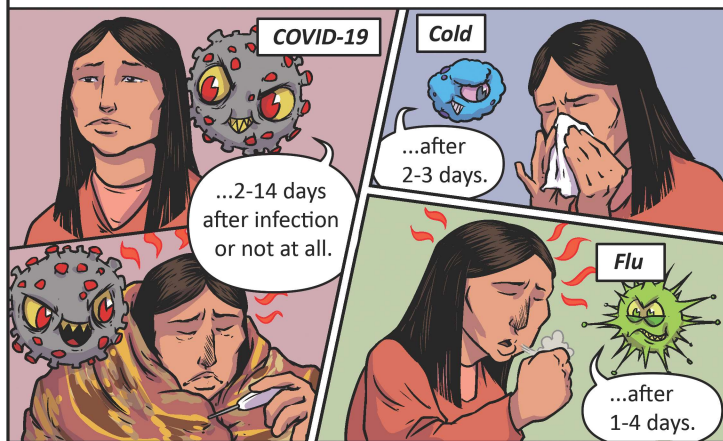


COVID-19 seems to spread much more easily than the flu or common cold. People infected with COVID-19 may stay contagious for much longer (at least two weeks) and take longer to recover (weeks or even months).

While all three viruses share similar symptoms, COVID-19 is believed to cause the most serious symptoms and in some cases even death.

The bigger the virus symbol, the more common that symptom is.	COVID-19	Flu	Cold
Fever/ Chills			
Aches			
Fatigue			
Sneezing			
Cough			
Runny/Stuffy Nose			
Sore Throat			
Headache			
Difficulty Breathing			
Diarrhea/Nausea			
Change in or Loss of Taste and Smell			

Everyone experiences symptoms differently, but they generally start...



Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

More info on COVID-19: Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) | Sources: CDC and WHO | Updated: March 2021



**NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND**



For info on testing, call your local hospital. For COVID-19 relief and general info, call the Relief Fund Hotline 1.833.956.1554 or visit [navajohopisolidarity.org](https://navajohopisolidarity.org)