

COVID-19 Kinship Care Package

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

No visible symptoms

And you can get others around you sick.

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

ASTHMA

DIABETES

HEART DISEASE

Sometimes the virus even kills them.

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.

There are ways to protect yourself and your community.

If necessary to be out, keep a safer distance and avoid touching of shared surfaces.



Safer Distance



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

Only for ages 2+ years. Make sure you can breathe easily.



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.

Washing your hands with soap and water or applying hand sanitizer for at least 20 seconds kills it quickly.

20 SECONDS

With at least 60% alcohol content

It can be weakened by cleaning and disinfecting frequently touched surfaces.

Bleach

Call 9-1-1 if you have more severe symptoms, like:

Confusion

Difficulty breathing

Pressure in chest

Blue lips or face

Persistent pain

High fever

Cannot wake up

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.

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

