



TOHONO O'ODHAM NATION UNIFIED COMMAND

Public Service Announcement

As the Tohono O'odham Nation begins to acclimate to a “new normal” in this COVID-19 environment. The path forward will require all of us as individuals to become adaptable and flexible in order to change posture and behaviors. Now more than ever we must remain vigilant and disciplined to practicing the recommended protective and preventative measures in order protect ourselves, those most vulnerable in our community, and those most important to us, such as our children and elders.

Arizona is now one of the states reporting the highest rise in cases of COVID-19 in the country. As the state and counties continue to see a rise in cases, the Tohono O'odham Nation is also experiencing a rise in cases. ALL community members regardless of age are urged to take the following precautions to keep our community safe:

- Limit your physical contact to ONLY your immediate household members.
- AVOID group activities, groups and gatherings of any size increase your risk to get or spread COVID-19.
- ALWAYS - Keep at least six feet of distance from others when out in public
- ALWAYS - Stay home when you are sick
- ALWAYS – Stay home as much as possible when a household member has tested positive for COVID-19. Ask others to run your errands or get needed food or supplies.
- FREQUENTLY - Wash hands with soap and water, and use alcohol-based hand sanitizer if unable to wash hands
- ALWAYS - Wear a mask or cloth face covering when going out in public

Scientific evidence shows that wearing a well-fitting cloth face mask can prevent COVID-19 from spreading.

Tips for proper mask wearing:

- Cloth masks are most effective when they have multiple layers, have a blend of materials and fit well with no gaps around the face.
- When you are wearing a mask, be sure that you're putting it on and wearing it properly
- Put it on and take it off by holding the straps to avoid contaminating your hands
- Makes sure it covers your mouth AND nose
- Wash your hands each time you touch the mask and after taking it off
- Once you've worn it, the mask is considered contaminated both inside and out, which is why hand washing or sanitizing is important
- If you put it down, it contaminates that surface it is on
- Avoid touching your mask as much as possible while wearing it, but carry hand sanitizer with you in case you do need to readjust it when you have to
- If your mask has a hole, gets wet, or gets visibly dirty, wear a different mask and wash the dirty one
- Wash reusable masks at least once per day with hot water and soap or detergent