



TOHONO O'ODHAM NATION HEALTH CARE

Sells Hospital P.O. Box 548
Sells AZ, 85634

FOR IMMEDIATE RELEASE
Tuesday, October 18, 2022

TONHC 2022-QM-022

Halloween, All Saints, and All Souls Days: Celebrating more Safely

Hospital & Health Centers

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Holiday traditions are fun and important. TONHC has some tips to keep our traditions safer.

COVID-19 and Flu are SCARY!!!!

- Make sure you and your family have COVID-19 and Flu vaccines before the holidays.
- Wear a mask that covers your nose and mouth if you are in crowded indoor parties.
- Wash your hands frequently. Take hand sanitizer with you to festivities.
- Scare away the germs!
- Although most restrictions on activity have been lifted, it's wise to be cautious and avoid indoor crowds with activities that involve many people touching the same surfaces.

Look out for ghouls!

- Have a flashlight for everyone who is walking outdoors at night.
- Wear reflective tape or clothes.
- Decide on a meeting place if someone gets lost.

Watch out for scary potions and brews!

- Check treats before you or kids eat them.
- Only eat candy and treats from people you know and with sealed wrappings.
- Apples, pencils, toys, and books make great Halloween treats.
- Be aware of candy look-a-likes that are deadly drugs like Rainbow Fentanyl.
- Request a free nasal Naloxone antidote at any pharmacy if someone you know might be at risk for fentanyl overdose.
- Avoid alcohol and other drugs.
- Designate a driver to get you home safely.



Rainbow Fentanyl

Call to get your COVID-19 and Flu vaccine appointments before the holidays.

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