



TELEPHONE SCREENING FOR COVID-19 (NOVEL CORONAVIRUS)

If you are showing symptoms of COVID-19 (Novel Coronavirus) **do not visit a medical center.** Please call your health provider for remote screening.

SRMT Outreach Service

518-358-3141 Ext. 7130

MCA Community Health Program

613-575-2341 Ext. 3220

NYSDOH COVID-19 24/7 Hotline

1-888-364-3065



Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT
2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT
5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: www.cdc.gov/COVID19

COVID
CORONAVIRUS
DISEASE **19**

STOP THE SPREAD OF GERMS

CLEANING & DISINFECTING

- Wash your hands with soap and water for at least 20 seconds.
- Utilize hand sanitizer with at least 60% alcohol content.
- Clean commonly-touched surfaces often.

TIP: Bleach is a powerful tool for protection! The CDC recommends 1/3 cup of bleach per gallon of water or 4 teaspoons bleach per quart of water.



PRACTICE SOCIAL DISTANCING!



Did you know that large events and mass gatherings can contribute to the spread of COVID-19?

THE CDC RECOMMENDS:

- Avoiding events that consist of 50 people or more.
- Cancel or postpone mass gatherings.
- Try to modify events to be virtual when feasible.
- Avoid hand shaking.
- Avoid close contact with people who are sick.
- Stay home if you are sick.



ATTENTION ALL VISITORS

DO NOT VISIT

If you have fever, shortness of breath, cough, nasal congestion, runny nose, sore throat, nausea, vomiting and/or diarrhea.



DO NOT VISIT

Until you are completely recovered!

Infections like flu and novel coronavirus (COVID-19) are especially dangerous to the residents and employees and can be avoided.



PLEASE NO VISITORS

**The health and
safety of our
employees and
community is
a priority.**



Please refrain from visiting all
Tribal facilities until further notice.

10 Traditional Foods *for* Immune System Support



In one elderberry study, symptoms of 60 people cleared up 4 days before those who took a placebo.

Elderberry

Used in ceremonies and as medicine, tea of simmered branches is used to treat fevers, chest colds and flu.



Sage contains over 160 distinct polyphenols, which are plant-based chemical compounds that act as antioxidants in your body.

Sage

Beans are an excellent source of protein, which plays an important role in building cells, including those of your immune system.



Beans



Cedar



Sweet potatoes are rich in beta carotene, a carotenoid that converts into immune booster vitamin A.

Sweet Potato

Compounds in mushroom include antioxidant polyphenols, as well as betulinic acid: anti-cancer effects.



Mushroom



Maple

Maple syrup is a good source of both zinc and manganese, which are key in strengthening the immune system.



Salmon



Corn

Corn provides fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium.



Strawberry

Full of antioxidants and vitamin C, strawberries are excellent for fighting free radicals.