

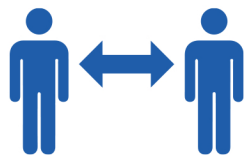
COVID-19 PROTECT YOURSELF AND OTHERS



As the Pueblo of Jemez community continues to be impacted by the COVID-19 virus, we would like to encourage all households to prepare if they should be impacted by COVID-19. *As of March 2022, Public Health will no longer provide quarantine kits for the community.*

REMINDER: Follow COVID-19 safety measures

- Get vaccinated!
- Wear a mask.
- Stay 6 ft away from others and avoid crowds.
- Wash your hands (or use hand sanitizer) often.
- Clean highly touch surfaces regularly.
- Monitor your health daily.



Making a COVID-19 Plan

- If you or any household member begins to display COVID-19 symptoms, please call your nearest healthcare facility to seek medical advice.
- Ensure that you have enough food, water, and other supplies on-hand to take care of your family for at least 2 weeks.
- Create a contact list of family and friends that could help you and your household with any essential items if you should be impacted by COVID-19.
- Check in with family, friends, and coworkers over phone, text and/or email.

Create a COVID-19 kit for your household

Your COVID-19 kit should include sufficient supplies to last at least two weeks:

- Masks
 - Surgical/disposable masks preferred
- Gloves
 - Gloves should be worn when using disinfect/cleaning supplies.
- Hand sanitizer
 - Please ensure that hand sanitizers have at least 60% alcohol.
- Disinfectant/cleaning supplies
 - Please follow the directions on the labels.