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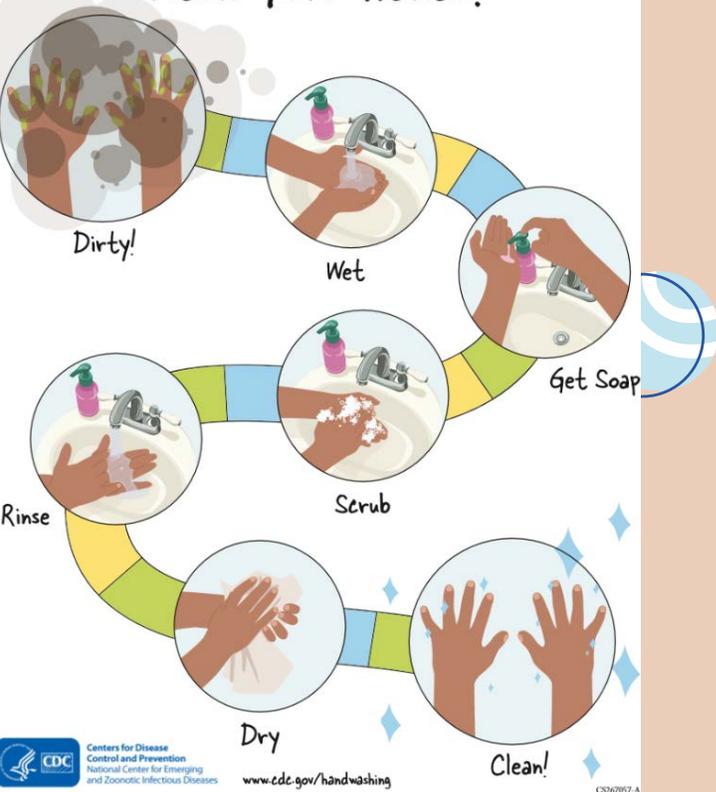


# COVID-19 PREVENTION METHODS



Rocky Mountain Tribal Leaders Council

# Wash Your Hands!

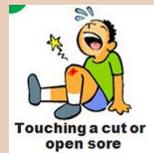
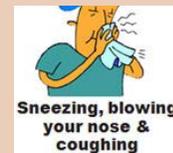


# WASH HANDS

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

## Especially:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

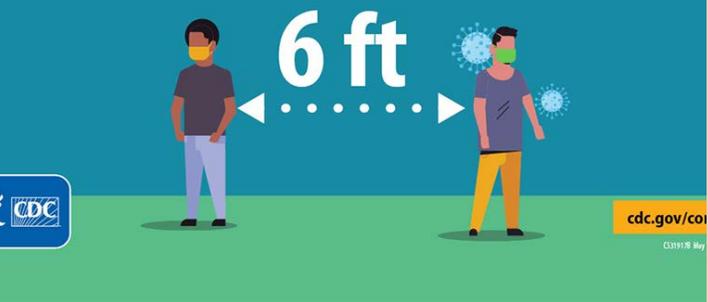


- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

## Homemade Solutions:

1. [Click here](#)
2. [Click here](#)

Stay at least 6 feet (about 2 arms' length) from other people.



# SOCIAL DISTANCE

Social distancing is reducing physical interaction between people and it lowers the chances of spreading illness between people. Practice social distancing by putting space (at least 6 feet) between yourself and others.

Some ways to cope with social distancing (also known as physical distancing) and the stress COVID-19 may cause:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body and mind. Take deep breaths, meditate, stretch, and exercise regularly.
- Try to eat healthy, well-balanced meals.
- Get plenty of sleep.
- Avoid alcohol and drugs.
- Connect with others online or on the phone and talk with people you trust about your concerns.
- Make time to relax and do activities you enjoy that can be done while social distancing.



- Open a window, if possible.
- Stay at home and away from crowds.
- Wait as long as possible before entering the room to clean and disinfect or to use the bathroom.
- Keep people at higher risk separated from anyone who is sick.
- Avoid riding with or providing transportation for multiple passengers, whenever possible.



Always read instructions



Wear protective gear



Do not mix chemicals

\*According to a nationally representative survey of 502 U.S. adults—May 4, 2020

# CLEAN & DISINFECT

Regularly clean frequently touched surfaces with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions.

## Safety measures:

- Wear reusable or disposable gloves and eye protection.
- Clean surfaces using soap and water, then use disinfectant
- Ensure adequate ventilation
- Use water at room temperature for dilution
- Avoid mixing chemical products
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets

**For Electronics:** Use wipes or sprays with at least 70% alcohol and dry thoroughly

**For Laundry:** Use warmest water setting, dry all items completely, do not shake dirty laundry and disinfect area after completion



## Prepare a bleach solution:

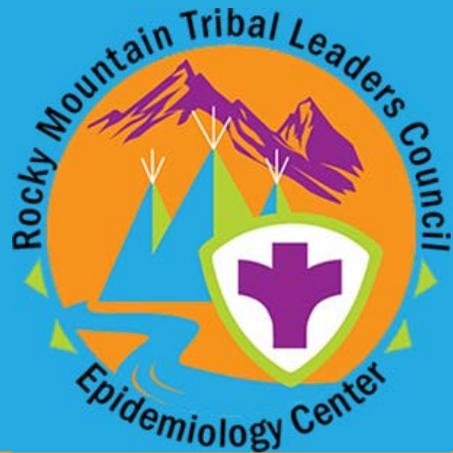
- 5 tablespoons (1/3rd cup) of 5.25–8.25% bleach per gallon of room temperature water OR
- 4 teaspoons of 5.25–8.25% bleach per quart of room temperature water
- Solutions will be effective for disinfection up to 24 hours.

5 Place the lid tightly on the container & gently shake it back and forth a few times to mix



6 Never add any other ingredient to the bleach solution





# THANK YOU



FOR MORE INFORMATION, PLEASE CONTACT:

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Resources:

Content sources

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Image sources

- <https://www.kidsworldfun.com/images/learn-science/wash-your-hands-after.jpg>
- <https://www.cdc.gov/handwashing/images/wash-your-hands-steps-8x11-sm.jpg>
- [https://www.cdc.gov/dotw/covid-19/images/social-distancing\\_928px.png](https://www.cdc.gov/dotw/covid-19/images/social-distancing_928px.png)
- <https://www.timeoutdubai.com/public/images/2020/03/26/social-distancing.jpg>
- [https://www.cdc.gov/mmwr/volumes/69/wr/social-media/mm6923e2\\_KAPSurveyCleaningProducts\\_IMAGE\\_05June20\\_1200x627.jpg](https://www.cdc.gov/mmwr/volumes/69/wr/social-media/mm6923e2_KAPSurveyCleaningProducts_IMAGE_05June20_1200x627.jpg)
- [https://www.verywellhealth.com/thumb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no\\_upscale\(\):max\\_bytes\(150000\):strip\\_icc\(\)/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpge](https://www.verywellhealth.com/thumb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no_upscale():max_bytes(150000):strip_icc()/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpge)

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