REPUTABLE SOURCES FOR COVID-19 INFORMATION

INSTEAD:
- It is NOT advisable to get information from a friend’s social media post!
- It is NOT advisable to listen to rumors!

VISIT the CDC (Centers for Disease Control and Prevention) website:
- You can also find information on their Facebook, Instagram and Twitter pages

VISIT Local Resources:
- State of Montana:
  - https://dphhs.mt.gov/publichealth/cdpe/diseases/coronavirusmt/
- State of Wyoming:

REMEMBER, the minimal side effects from the vaccine outweigh the risk of possible death from being unvaccinated and contracting COVID-19!

If you have questions:
- Ask a medical professional.
- Do NOT seek medical advice from family, neighbors, friends or social media contacts that are not medical professionals.

INSTEAD:
- VISIT RMTLC (Rocky Mountain Tribal Leaders Council) related sources
  - https://www.rmtlc.org/
  - https://www.facebook.com/rmtlc/
  - https://twitter.com/rmtlc
  - https://www.instagram.com/rockymountainslc/

ADDITIONAL RESOURCES:
- IHS (Indian Health Sources) website and its Facebook and Twitter pages:
  - https://www.ihs.gov/
- Johns Hopkins Center for American Indian Health website:
- We Can Do This website:
  - https://wecandothis.hhs.gov/

Remember we have to work as a community in order to return to some sort of normalcy.

REMEMBER TO CONTINUE

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Stay at least 6 feet (about 2 arm’s length) from other people.
Frequently wash your hands.
Wear a mask in public spaces.