



## REPUTABLE SOURCES FOR COVID-19 INFORMATION

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

### INSTEAD:

- VISIT the CDC (Centers for Disease Control and Prevention) website:
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
  - You can also find information on their Facebook, Instagram and Twitter pages

### INSTEAD:

#### VISIT Local Resources:

- State of Montana:
  - <https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt/>
- State of Wyoming:
  - <https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/>

**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/rockymountaintlc/>

### 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:
  - <https://caih.jhu.edu/news/covid-19-emergency-response>
- 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

