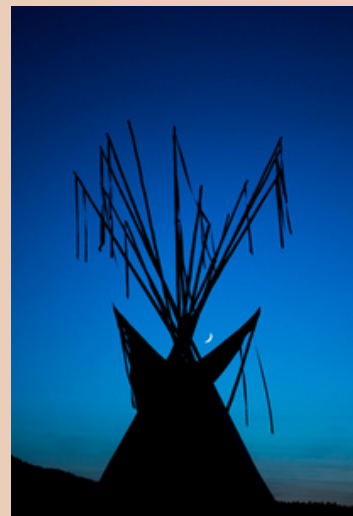


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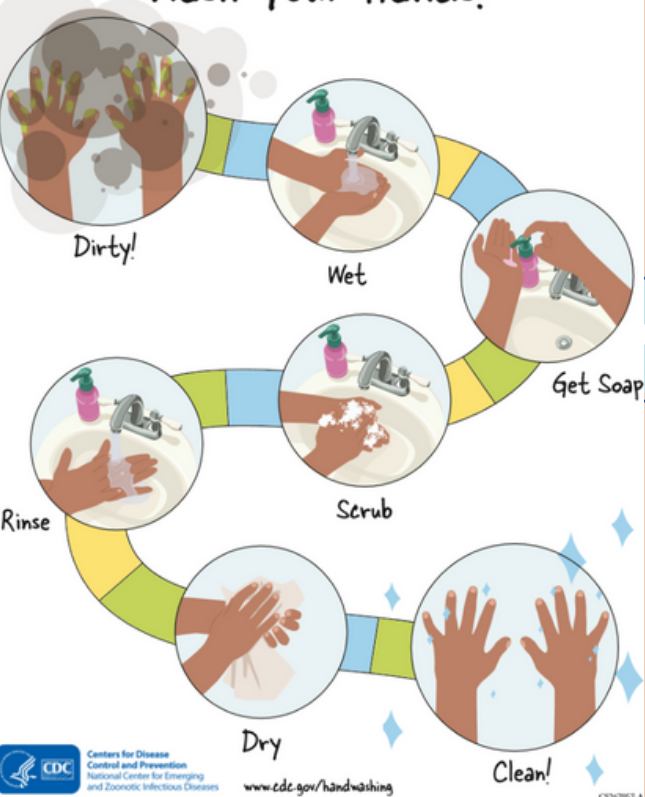


COVID-19 PREVENTION METHODS



Rocky Mountain Tribal Leaders Council

Wash Your Hands!

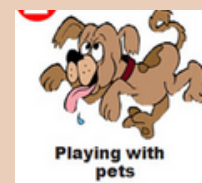
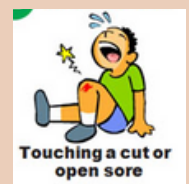
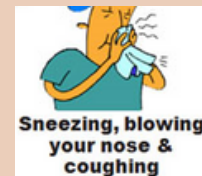
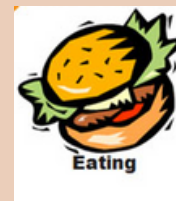


WASH HANDS

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

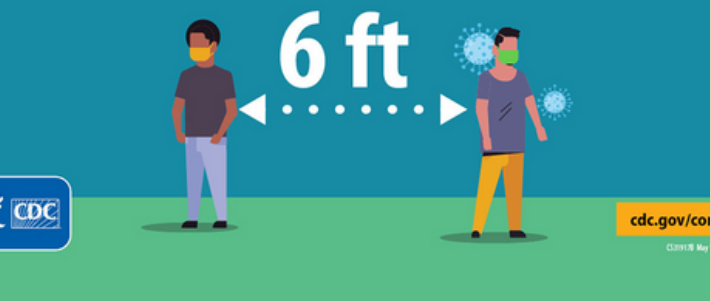


Homemade Solutions:

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

- 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.

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



PHYSICAL DISTANCE

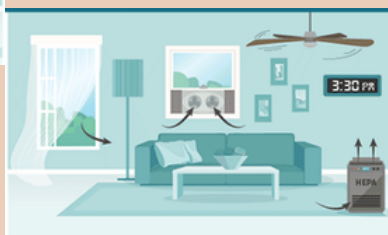
Practice physical distancing by putting space (at least 6 feet) between yourself and others.

Some ways to physical distance:

- Inside your home: Avoid close contact with people who are sick, if possible. If possible, maintain 6 feet between the person who is sick and other household members. If you are taking care of someone who is sick, make sure you properly wear a well-fitting mask and follow other steps to protect yourself.
- Indoors in public: If you are not up to date on COVID-19 vaccines, stay at least 6 feet away from other people, especially if you are at higher risk of getting very sick with COVID-19.



 **GOOD VENTILATION**
Open windows, ceiling fan, window exhaust fan blowing air outside, portable air cleaner



VENTILATE

- Open a window, if possible.
- Stay at home and away from crowds.
- Use fans to improve air flow.
- Avoid riding with or providing transportation for multiple passengers, whenever possible.

RECOMMENDED TO WEAR A MASK

- Ages 2 years and older should properly wear a well-fitting mask indoors in public in areas.
- If you are sick and need to be around others, or are caring for someone who has COVID-19.
- If you are at increased risk for severe illness, or live with or spend time with someone at higher risk.
- Follow your community guidelines***





Always read instructions



Wear protective gear



Do not mix chemicals

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

CDC.GOV

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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



Some ways to cope with COVID-19:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body and mind.
- 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.
- Make time to relax and do activities you enjoy.

FOR MORE INFORMATION, PLEASE CONTACT:

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BILLINGS, MT 59101

(406) 252-2550

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.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.verywellhealth.com/thmb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\)/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpg](https://www.verywellhealth.com/thmb/9Ay6LDhkO4W0EbCmBaU7FVDYzPQ=/3000x2000/filters:no_upscale():max_bytes(150000):strip_icc()/make-your-own-disinfectant-solution-998274-V3-5b40b976efc343f08e9baf0e719e9fae.jpg)



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