

# Stop the Spread: Protect yourself, family, and community

**Life during the coronavirus (COVID-19) outbreak can feel stressful. There are ways to practice traditional ceremonies while keeping a social distance.**

## **Protect families, traditional healers and spiritual leaders**

- Consult tribal guidance for ceremonial support
- Keep 6 feet of distance from other people
- Follow tribal guidance to pause in attending large gatherings

## **Stay at home**

- Smudge/burn sacred medicines at home
- Sing ceremonial songs or hymns at home
- Step out on the porch to do a traditional dance
- Collect tea, herbs, and plants to use at home
- Share seasonal traditional stories or recipes
- Improve Indigenous skills such as beadwork, sewing, or leather tanning
- Sit in silence—practice meditation or open a window to listen to Mother Nature



## **Connect using the phone, radio and internet (messaging apps, social media, video chat)**

- Share prayers through social media messaging
- Pray with loved ones over the phone or through video chat
- Drumming—consider drumming with others over video chat
- Attend a spiritual service through Facebook or online streaming
- Listen to the local radio station to stay connected to community



## **Is there a medicine or vaccine?**

There is currently no vaccine or medicine to protect against COVID-19. The best way to reduce the risk of getting COVID-19 is to take everyday actions, like staying home, practicing social distancing (stay 6 feet away from others) and washing hands often with soap.

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