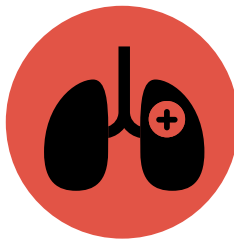


# WHY IS OUR COMMUNITY MORE VULNERABLE TO COVID-19?

## WHO IS AT RISK FOR THE MOST SEVERE EFFECTS?



Older adults tend to have worse outcomes. **Most of our people are over 50.**



People with **chronic lung diseases** or **asthma**. This is also true for **smokers** and **vapers**.



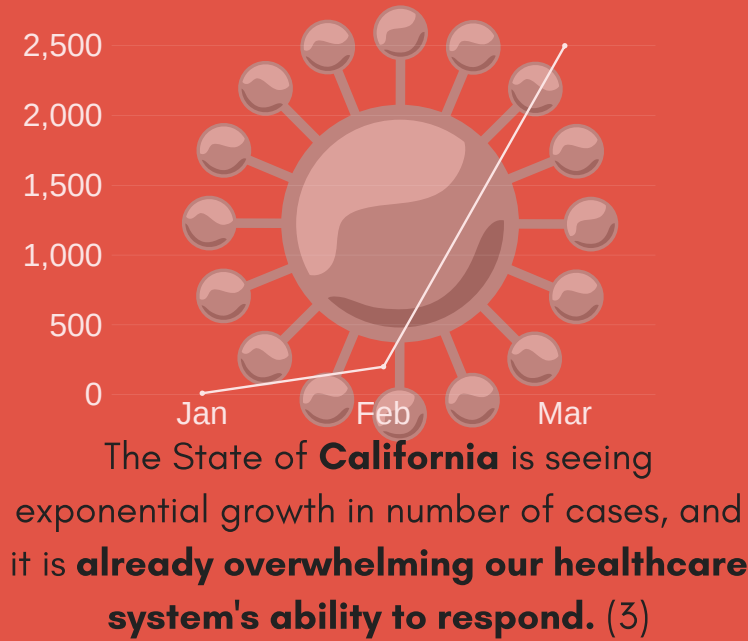
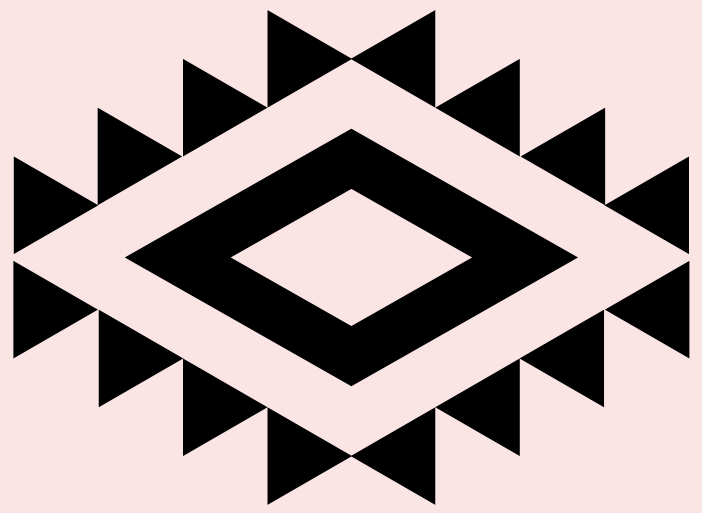
People with weak immune systems from **heart disease, diabetes** or **obesity**. (1)



**Low income** and **rural** communities with limited access to medical facilities and treatments

American Indian and Alaska Native People have 4 times the risk of death from the flu and pneumonia than all other ethnicities in the U.S. (2)

**Experts suggest that COVID-19 could have devastating effects on tribal communities!**



Though COVID-19 is new, the phenomenon of pandemics is not! The 1918 Spanish Flu Pandemic took a **massive toll on Indigenous communities**. For example one Iñupiat village of Alaska saw 72 out of 80 people die within a span of 5 days. Urban Areas during the 1918 Flu Pandemic saw a death rate of about 1%. **Isolated/Rural Communities saw a death rate of 90% (4)(5)**. We cannot let history repeat itself!

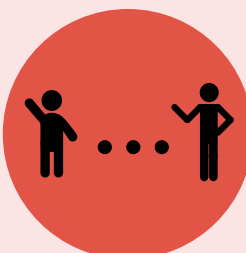
## THESE IMMEDIATE MEASURES MUST BE TAKEN SERIOUSLY IF WE ARE TO SLOW THE SPREAD OF COVID-19 IN OUR COMMUNITY



Stay at home. Do not travel unless it is necessary



Wash Your Hands Frequently, for at least 20 seconds  
Avoid touching your face



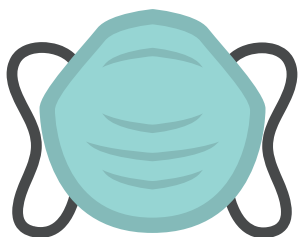
Social Distancing. When you are around people, maintain a distance of at least 6 ft.



Clean and Disinfect Frequently

The stage is set for COVID-19 to devastate our small community, but If everyone does their part to slow the spread, we can save lives.

**We will get through this together**



(1) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/people-at-higher-risk.html>  
 (2) <https://www.cdc.gov/flu/resource-center/freeresources/graphics/aian.htm>  
 (3) <https://www.theguardian.com/us-news/2020/mar/24/california-coronavirus-cases-hospital-beds-new-york>  
 (4) <https://www.nlm.nih.gov/nativevoices/timeline/420.html>  
 (5) <https://www.sciencedaily.com/releases/2011/04/110427092049.htm>



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