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 Inupiat 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!

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

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

(2) https://www.cdc.gov/flu/resource-center/freeresources/graphics/aian.htm

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