



Iqugmiut Traditional Council
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PUBLIC NOTICE

The Iqugmiut Traditional Council is practicing precautions with the COVID-19 virus going around.

- **Our office(s) are still open 9am-12pm & 1pm-4pm**
- **We are limiting three (3) people to come into the office at a time. Please call ahead of time to make sure it is ok to come in**
- **We strongly encourage you to leave your children at home (except when you are getting a tribal id for your child)**
- **Keep washing your hands, drink plenty of water**
- **Keep cleaning the surface of your home furniture, especially where everyone gathers at**
- **IF you are sick-please STAY home**

ANICA
STORE

ATTENTION

THERE WILL BE A LIMIT OF PEOPLE TO
BE IN THE STORE EFFECTIVE 3/19/20.

NO MORE THAN 6 PEOPLE IS ALLOWED
IN THE STORE AT A TIME AND PLEASE
MAKE SURE YOU LEAVE YOUR
CHILD/CHILDREN AT HOME WHEN YOU
COME TO THE STORE.

THIS IS EFFECT UNTIL FURTHER NOTICE.

When you come in
Please wipe your hands
with the sanitizer @ the
counter. Thanks

Protect Yourself and Others From COVID-19



Know How it Spreads

- The best way to prevent illness is to avoid being exposed to this virus
- The virus is thought to spread mainly from person-to-person
 - » Between people who are in close contact with one another (within about 6 feet)



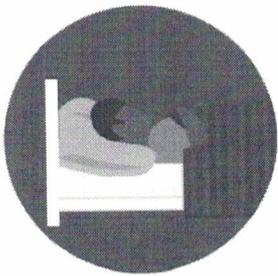
Clean Your Hands Often

- **Wash your hands often** with soap and water for at least 20 seconds
- 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



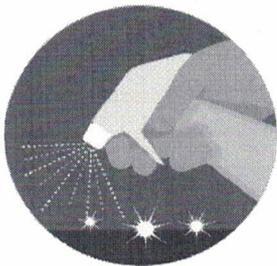
Avoid Close Contact

- **Avoid close contact** with people who are sick.
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



Stay Home If You're Sick

- **Stay home** if you are sick, except to get medical care.
- **If you have been out of state in the past two weeks and you have a fever, cough and shortness of breath, call ahead before seeking care.**
 - » In villages, call your clinic. In Bethel, call 543-6949.



Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

