

# Pascua Yaqui Tribe Health Services Division

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## **Public Health Alert: Addressing “COVID-19 Fatigue”**

The Pascua Yaqui Tribe Health Services Division (PYTHSD) emphasizes that cases are continuing to increase across tribal communities. Our tribal community must continue to be vigilant in following tribal health guidelines pertaining to COVID-19 now more than ever.

### **Be Vigilant and Careful**

- “COVID fatigue” is used to describe collective fatigue attached with adjusting to the enduring status of the COVID-19 pandemic.
- It is crucial that tribal members continue to remain cautious by continuing to wear masks in public spaces and maintain a distance of six feet or more from others.
- It can be expected that cases will increase among tribal members if members grow tired of masking, social distancing, and letting their guards down.



### **Keeping the Community Safe**

- The most effective actions for preventing disease spread is masking and social distancing
- Living with uncertainty about COVID-19 can contribute to stress, fear, and anxiety in our lives.
  - Manage your stress levels by taking breaks from watching, reading, or listening to news stories.
  - Know what to do if you are sick.
  - Know where and how to get treatment.
- Continue to abide by tribal health regulations regarding COVID-19 to help protect vulnerable groups within the tribe.



The Yoeme Health Plan/Managed Care and Community Health Nursing is providing **FREE FLU SHOTS**. For more information, contact the Pascua Yaqui Community Health Nursing Department at **520-879-6119**.

Additionally, PYTHSD will be offering COVID-19 Screening and Testing for Pascua Yaqui Tribal Members and Tribal Government/Casino Employees/PYDC Corporation and its subsidiaries.

Please Note: Testing supplies are very limited, we will test as supplies are available, but there is no guarantee. Call **520-879-5652, 520-334-7691, or 520-879-6129** to schedule a screening.

*Nau te vo'oho'one allae'ewamta vetchivo*  
*Together on the Journey to Health*