

Pascua Yaqui Tribe Health Services Division

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For Immediate Release–November 6, 2020

Public Health Alert: Staying Safe This Holiday Season

As the holiday season approaches, The Pascua Yaqui Tribe Health Services Division (PYTHSD) is offering special considerations to help protect the health of the tribal community. It is important to assess COVID-19 and Influenza levels within the community to determine if you should postpone, cancel, or limit the number of attendees during a holiday gathering. These considerations should be used in addition-not replace- any tribal health and safety laws, rules, and regulations.

Special Considerations:

- Assess current community levels of COVID-19 and Influenza (the flu). Higher levels of the virus can increase the risk and spread of the infection among attendees.
- Holiday gatherings that are indoor could pose a health risk. Additionally, indoor gatherings with poor ventilation could further the risk of infection.
- Gatherings that last longer pose more risk than shorter gatherings.
- The number of people attending a gathering could increase the chance of obtaining the viruses. Holiday celebrations with more people can be an increase health threat to attendees.
- Attendees travelling to holiday parties outside of their own community can increase the risk of infection.
- If you are experiencing a dry cough, shortness of breath, or fever over 100.0 F and think you may have COVID-19 please call to complete screening: [520-334-7691](tel:520-334-7691) or [520-879-5652](tel:520-879-5652)

Assessing Your Risk

Low Risk	Moderate Risk	High Risk
<ul style="list-style-type: none">○ Hosting a virtual holiday celebration.○ Having a small gathering with the people in your household.○ Shopping online the day after Thanksgiving.	<ul style="list-style-type: none">○ Having a small outdoor gathering with friends and family within your community where people are distanced more than 6 feet apart and wearing masks.	<ul style="list-style-type: none">○ Going shopping in crowded spaces the day after Thanksgiving.○ Using drugs or alcohol that could increase risky behaviors.○ Large indoor gatherings with people outside of your household.

The Yoeme Health Plan/Managed Care in collaboration with Community Health Nursing will be providing FREE FLU SHOTS. For more information, contact the Pascua Yaqui Community Health Nursing Department at [520-879-6119](tel:520-879-6119).

Information obtained from the Centers for Disease Control Website

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