DO:
• Stay home
• Watch a movie
• Plant a garden
• Read a book
• Call a friend on the phone
• Take this time to learn something new about Hopi values.
• Learn our language
• Sew a homemade mask for yourself.
• Follow social distancing rules and stay 6 feet apart.

USE CAUTION:
• Grocery shopping
  Try not to go at peak hours
  Send only ONE family member
• Picking up medications
• Exercising in public spaces
• If you MUST go out, wear a mask or face-covering. Wash your hands as soon as possible or use hand sanitizer.

DON’T:
• Take your entire family to the store
• Visit crowded places
• Hang out in groups
• Hold family gatherings – don’t risk their health or yours
• Gather in groups at the basketball court
• Go to your boyfriend/girlfriend’s house
• Visit/invite others from another community

Remember Our Hopi Traditional Ways
Some of our traditional practices and ceremonies that involve larger groups may have to be put on hold for a while but remember, our traditions are always with us.

The Hopi Tribe
Look for announcements and educational materials at www.hopi-nsn.gov
KUYI Listen to KUYI Hopi Radio 88.1 for regular updates

STAY HOME
STAY SAFE
SAVE LIVES

Uma haak umuukikiy ang sun huruyese’ naavaasye’ hakimuy qatsiyamuy ayo’ o’yani.