

PROTECTING OUR ELDERS:

COMMUNITY COMMITMENT TO WELLNESS



Our Elders are the heart of our tribe, holding our stories, language, and sacred ways. Their wisdom guides us, and our collective responsibility is to ensure their well-being. Let's stand together to protect them and our entire community from illnesses like COVID, flu, and RSV.

Here's how we can all contribute:



Staying **up-to-date** on your COVID, flu, and RSV shots is a powerful step in protecting the health of our vulnerable loved ones and our community.



Frequent and thorough **handwashing** helps stop the spread of sickness, allowing us to gather and share without worry.



When sick, please rest and recover **at home**. This prevents germs from spreading to others, especially our Elders.



Consider **wearing a mask** when in indoor gatherings or when near our Elders. It's a small act that offers a big layer of protection.

We're happy to inform you that home test kits and masks are available for pick up at the clinic.



**TULALIP HEALTH
SYSTEM**

The Tulalip Health Clinic
is here to support you
and our community.

Visit us for
vaccinations and
guidance on keeping
our people healthy
and strong.