

Health Department



COVID-19

Tips for staying healthy

-Recommendations from Indigenous communities and partners in the Great Lakes area-
Always follow local protocols to keep Elders, community members and communities safe

EATING HEALTHY

Eating whole foods is essential in getting the nutrients you need to live a healthy life. Be comfortable reaching out to a community food program if you need help.

- Always include fruits & veggies, you can also draw from super foods for diabetics
- The more colorful the better
- Add whole grains, such as wild rice

STRETCHING

Flexibility is as important as building muscle and aerobic fitness.

- Aim for daily stretches 3-4 times/wk
- Warm up muscles before activities
- You should feel a stretch but no pain
- Always discuss your stretching routine with a health care provider

WALKING

Walking is a great way to get exercise while distancing.

- Stay 6 feet or more apart
- Wear a mask
- Walk and connect by dropping off a letter to a friend or family member

CONNECTING

We can still connect with others while staying safe.

- Outdoor visits
- Writing letters
- Drawing pictures
- Calling a loved one
- Or connecting by video chat

DANCING

Dancing is a fun way to get your heart rate up and represent your culture.

- Clear out any space indoors/outdoors
- Share with others virtually
- Dance for those who aren't able to or can't dance themselves
- If dancing hurts your knees, try moving your feet to the music while sitting down

TRY NEW THINGS

Be understanding of a person's home situation or limited access to resources as some may not have available space or reliable internet.

- Meet in public spaces to visit and share experiences
- Be willing to try new ways of doing things



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Driven to Discover



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Virtual Siletz Run to The Rogue 2021

Join the Diabetes Program in a virtual trek to honor our ancestors and get those steps in!

- **All Ages Welcome**
- **Prizes will be offered**
- **Sign-up starts in August 2021**
-Please look for more info to follow!
- **Get the whole family involved!**

Start building your stamina now!

Harm Reduction



Siletz Community Health Clinic Harm Reduction team would like to inform you that World Hepatitis Day is July 28th. We encourage you to get tested and **KNOW YOUR STATUS**. If you are interested, contact one of us today and we will gladly get you connected.

Siletz Harm Reduction
Sissy Rilatos 541-270-9643
Chris Oleman 541-272-2721
Sharon Bruns 541-272-9083



Free Confidential services provided by people who care
HIV & HEP C testing, Syringe exchange, Narcan, Safe Sex supplies, Peer support
6 out of 10 people in Oregon do not know their HIV status

TRIBAL SEXUAL ASSAULT SUMMIT

healing through indigenous ways



What does sexual assault advocacy look like in rural communities?

FREE ONE-DAY VIRTUAL SUMMIT
Open to Professionals & Community Members

JULY 20, 2021