

Healthy People Stronger Community FALL SEASON HEALTH & PREVENTION REMINDERS

Small Steps Make a Big Difference!

As we welcome the Fall season, let's keep ourselves, our families, and our Community healthy, safe, and strong.

CARE
ACCOUNTABILITY
RESPECT
EXCELLENCE
STEWARDSHIP

*Fall into
Wellness*

HEALTHY
COMMUNITIES
BRIGHTER
TOMORROWS



RESPIRATORY ILLNESS PREVENTION

Colds, flu, COVID-19, RSV and other respiratory illnesses may increase in fall and winter.



- Wash your hands
- Cover coughs and sneezes
- Stay home when sick
- Follow current public health guidance



HAND HYGIENE

Frequent handwashing with soap and water helps reduce the spread of many infections.



CLEAN
HANDS
HEALTHY
PEOPLE



CHRONIC DISEASE MANAGEMENT

Cooler weather should not interrupt routine care.



- Take medications as prescribed
- Attend scheduled appointments
- Follow your care plan
- Contact your healthcare provider with any concerns



MENTAL & BEHAVIORAL WELLNESS

Seasonal changes, shorter daylight hours, stress, and isolation can affect emotional well-being.



- Stay connected
- Reach out for support
- Be aware of changes in mood or behavior
- Use available Behavioral Health resources



ELDER WELLNESS

Let's continue to check on our Elders and help them prepare for the changing season.



- Review medication needs
- Plan for transportation
- Check home safety
- Ensure good nutrition
- Prepare for colder weather

Respect Our Elders.



HEALTHY NUTRITION & ACTIVITY

Fall is a great time for nutritious foods, physical activity, and healthy routines.



- Eat healthy, seasonal foods
- Stay active (as appropriate)
- Drink plenty of water
- Get good sleep

HEALTHY
CHOICES
STRONGER
TOMORROWS



ENVIRONMENTAL HEALTH & SAFETY

As heating systems are used again, make sure your home is safe.



- Check smoke and carbon monoxide detectors
- Follow safe heating practices
- Keep living spaces well ventilated
- Use heating equipment safely



FALL & INJURY PREVENTION

Wet leaves, earlier darkness, and changing weather can increase fall and driving risks.



- Wear sturdy footwear
- Use extra caution outdoors
- Be visible in low light
- Drive safely

*Stay Safe.
Stay Active.
Stay Well.*



EARLY CARE WHEN NEEDED

Contact your healthcare provider if symptoms are concerning, persistent, or worsening.



- Seek medical advice when needed
- Use urgent or emergency care for severe symptoms

*Your
Health
Matters.*



Saginaw Chippewa Indian Tribe
Health & Human Services
People. Culture. Wellness. Together.

CARES

Care | Accountability | Respect
Excellence | Stewardship

*Healthy Communities.
Brighter Tomorrows.*