

Sunscreen: Don't forget your sunscreen! The FDA recommends that you use SPF of 15 or higher, even on cloudy days. Reapply every two hours and more often if you are swimming or sweating.

Bug Spray: Protect yourself from mosquito transmitted viruses by wearing insect repellent and long sleeve shirts and pants. Always follow product label instructions and reapply as directed.

COVID: Doesn't it feel good to be back together with family and friends? Let's work together to keep everyone healthy. If you are experiencing COVID-like symptoms we ask that you please stay home and consider getting tested for COVID-19. See an NHBP volunteer for information on where to obtain a free test kit.

Air quality: Air quality across the state of Michigan has recently been impacted by wildfire smoke from Canada, causing air quality alerts to be issued ranging from moderate to hazardous on the air quality index. Go to airnow.gov and enter zip code 49052 to see what the air quality here on the reservation is today and what measures you can do to stay safe.

Lactation/Changing: Need a cool, private place to change or feed your infant? Visit the Lactation/Changing station located at the HHSD cooling center units located near Pow Wow grounds or recreational field.

Fitness Center: The NHBP Fitness Center is available for use throughout the week. Stop into the Health & Human Services Department Monday-Friday 8:30am-5pm to obtain access.

Cooling Center: Feeling hot? Take a few minutes and cool off in the Health & Human Service Department cooling center unit located near Pow Wow grounds or recreational field.

Narcan: A limited supply of free Narcan overdose kits are available. To obtain a kit, please visit the Health & Human Services Department building or cooling center units.

Heat: Beat the heat! Stay cool in air conditioned or shaded areas when possible and by wearing light colored, light weight, loose-fitting clothing. Stay hydrated by drinking water. Water will be available throughout NHBP Gathering events.

Medical: For medical assistance, please seek out medical staff in red shirts, an NHBP volunteer in blue shirts or call 911 for emergencies.