

Don't put your loved ones at risk.



Lewis George
Pit River Tribe

Protect yourself and your family from COVID-19:

- ***Practice physical distancing.***
- ***Wash your hands with soap and water for at least 20 seconds.***
- ***Do not touch your face with unwashed hands.***
- ***Cover coughs and sneezes with your sleeve or a tissue.***
- ***Wash your hands right after you cough, sneeze, or blow your nose.***
- ***Follow guidelines from your Tribal Council and Tribal health clinic.***

California Rural Indian Health Board, Inc.

CRIHB COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>

