Don’t put your loved ones at risk.

Lewis George
Pit River Tribe

#StayHomeSaveLives

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: