Stay home. Give us a chance!

Ways to keep Elders safe during the COVID-19 crisis:
• Designate one or two family members who will be responsible for checking in on us and caring for us.
• Make a plan to keep our food and medicine stocked. (This may mean dropping off food outside of our homes.)
• Visit with us by phone, video, or through the window.

#ProtectOurElders
California Rural Indian Health Board, Inc.