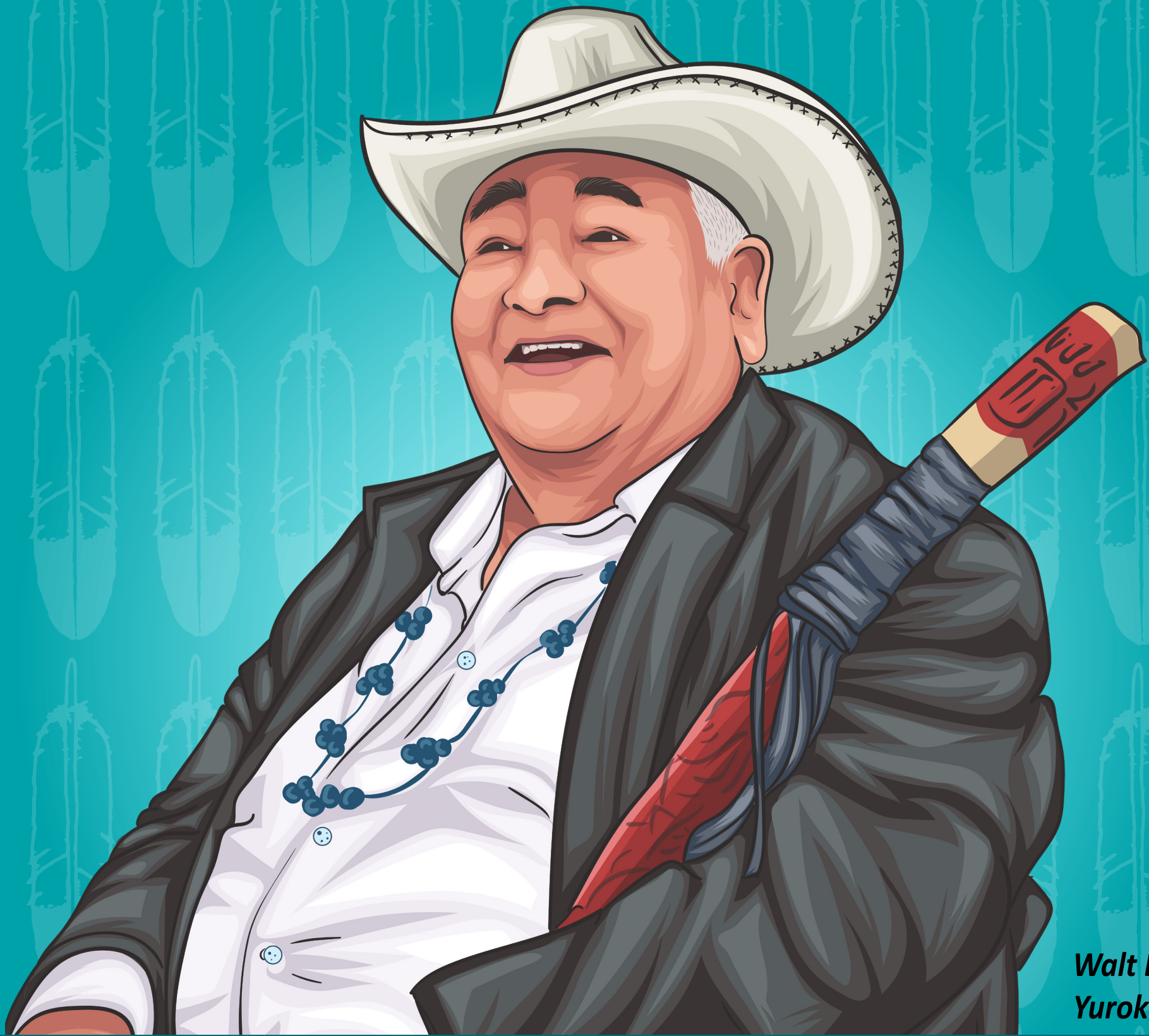


Stay home. Give us a chance!



Walt Lara, Sr.
Yurok Tribe

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.

CRIHB COVID-19 Resources:

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

