

# COVID-19 COMMUNITY POSTER ORDER FORM

\_\_\_\_\_  
Name (please print clearly)

\_\_\_\_\_  
Tribe/Tribal Health Program/Urban Indian Health Organization

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip/Postal Code

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

12X16 POSTER	QUANTITY
#1: Ervin Lent	
#2: Walt Lara	
#3: Lewis George	
#4: Danielle Brewster	
#5: Cutcha Risling Baldy	
#6: Juana Majel-Dixon	
#7: Beverly J. Hunter	
#8: Silver Galletto	
#9: Beverly J. Hunter	
<b>POSTER TOTAL:</b>	

**EMAIL THIS COMPLETED FORM TO:**

Yeoun-Jee Rengnez, CTEC Outreach Coordinator  
 Email: [yrengnez@crihb.org](mailto:yrengnez@crihb.org)  
 Phone: 916-929-9761



**Be respectful.**

*Ervin Lent, Sr.  
Empowerment/Peace/Indian Culture*

**Take responsibility for your people.  
Stay home and practice physical distancing  
during the COVID-19 crisis.**

**#ProtectOurElders**

California Rural Indian Health Board, Inc.  
CRIHB COVID-19 Resources:  
<https://crihb.org/prevention-and-education/public-health/>

#1: Ervin Lent

**Stay home.  
Give us a chance!**

*Walt Lara  
Navajo PI*

**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 home.)  
Visit with us by phone, video, or through the window.

**#ProtectElders**

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#2: Walt Lara

**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.

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#3: Lewis George

**Stay home.  
Limit physical interactions.  
Save lives.**

*Danielle Brewster  
Pit River/Tachi/Menomee*

**Activities you can do at home together as a family:**  
smudging, making herbal teas, reading, baking, meditating, praying, doing puzzles, playing board games, drawing, singing, drumming, and dancing.

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#4: Danielle Brewster

**Nixontah-ding sinda'  
Your home, wait/stay**

*Dr. Cutcha Risling Baldy  
Navajo, Hopi, Karok  
Special thanks to  
Dr. Kayla Bray  
for translating  
the Hopi  
language phrase  
above.*

**Ways to be a good relative during the COVID-19 crisis:**

- Be mindful of others. Maintain physical distancing to keep our families and Elders safe.
- Share cultural values, storytelling, and teachings with those living in your home, and connect online with family and friends.
- Offer and give thanks.
- Show compassion and kindness to each other.
- Our self-care helps us care for others.
- Laughter is the best medicine.
- Strengthen our connection to Mother Nature.

**#StayHomeSaveLives**

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#5: Cutcha Risling Baldy

**Protect the Keepers  
of Our Traditions**

*Juana Majel-Dixon  
Pomo/Navajo of  
Lacahle Indians*

**The Creator gave us heart, mind, and spirit. To heal, you do not need to be physically present. Trust your heart, mind, and spirit to touch each other.**

**#StayHomeSaveLives**

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#6: Juana Majel-Dixon

**Protect our Elders.  
Stay home. Save lives.**

*Beverly J. Hunter  
Tahle Mountain Rancheria*

**The best way to prevent illness is avoid being exposed to the COVID-19 virus.**

- Stay home if possible.
- Wash your hands often.
- Keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces.

**#PrayerWarriorsforAll**

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#7: Beverly J. Hunter

**Protect the future.  
#StayHomeSaveLives**

*Silver and Abel-ow-shaw Galleto  
Cherokee Rancheria  
of Pomo Indians*

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#8: Silver Galleto

**Protect our Elders.  
Stay home. Save lives.  
#PrayerWarriorsforAll**

*Beverly Hunter, Chokchoni/Menomee/Member of Tahle Mountain Rancheria  
and Chairwoman of the Committee for Traditional Indian Health*

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#9: Beverly J. Hunter