Nixontah-ding sinda’
Your home, wait/stay

Dr. Cutcha Risling Baldy
Hupa, Yurok, Karuk

Special thanks to Dr. Kayla Begay for translating the Hupa 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
California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources: