

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:

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

