

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	
POSTER TOTAL:	

EMAIL THIS COMPLETED FORM TO:

Michelle Frase, Admin Assistant
Email: mfrase@crihb.org
Phone: 916-929-9761



Be respectful.



*Ervin Lent, Sr.
Bridgeport Paiute Indian Colony*


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, 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.

©2020 CRIHB
California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources:
<https://crihb.org/prevention-and-education/public-health/>



#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.

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



#3: Lewis George

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



*Danielle Brewster
Paiute/Tech/Mono*

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.*

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



#4: Danielle Brewster

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



*Dr. Cutcha Risling Baldy
Hupa, Yurok, Karok*

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/>



#5: Cutcha Risling Baldy


**Protect the Keepers
of Our Traditions**



*Juana Majel-Dixon
Pauma Band of
Luiseno 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

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



#6: Juana Majel-Dixon



#7: Beverly J. Hunter



#8: Silver Galleto



#9: Beverly J. Hunter