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**Karuk Community Health Clinic**

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# Karuk Tribe

**Administrative Office**

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**Karuk Dental Clinic**

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August 14, 2020

Although we have done well at slowing the spread of Covid-19; the time has come for us to do even more. The pandemic is closing in around us, with cases in the counties surrounding us spiking, and getting much closer to home. The Tribal Council has made contact with the USFS and Sheriff to assist in stopping the onslaught of people continuing to come into our towns from out of the area to recreate using roadside highway signs indicating that Karuk Lands are CLOSED. The goal of this message is to cause others to think before visiting our towns if they do not reside here.

The Emergency Response Team is gearing up for a public education campaign promoting Mask Wearing, including upcoming opportunities to receive masks if your household still needs them. The team will also be pushing out educational information on how **YOU** can help Slow the Spread of Covid, so expect to see more posts like this. There will be yard-sign opportunities for both Tribal Lands and Private Property Owners to support this campaign, once available. The Team is putting the finishing touches on a Karuk Tribe Covid “Dashboard” that will consolidate key information to one location where you can stay updated on the status of this continually changing pandemic we are all navigating, we hope to have this up by next week. The next round of Food Boxes are coming soon as well for those applicants in the system currently.

In the meantime, protect yourself, co-workers, community members, and family by:

- Maintaining six feet of social/physical distance,
- Frequently washing your hands and using hand sanitizer when washing is not possible,
- Covering coughs/sneezes and staying home when sick;
- Avoiding large groups; and
- **Chímí apmareethxúparahi (Put on a MASK);** because
- We are all **#InThisTogether**.

**#KarukCARES**

**Phone:** (800) 50-KARUK, Extension 2500

**Email:** [KarukCovid19@karuk.us](mailto:KarukCovid19@karuk.us)

**Website:** [www.karuk.us/covid19/](http://www.karuk.us/covid19/)

**Facebook:** [Karuk Tribe](https://www.facebook.com/KarukTribe)



#KarukCARES

**MY MASK  
PROTECTS YOU**



**CHÍMI APMAREETHXÚPARAHI**  
PUT ON A MASK!



**YOUR MASK  
PROTECTS ME**

#InThisTogether





# VÚRA YÁVHI

(SAFE & WELL)



## How to keep your family and community COVID-19 safe at the River

- Avoid going to crowded swimming holes and keep a 6ft distance from others\*
- Don't share food, toys, or supplies with others\*
- Carpool only with people in your household
- Watch your kids! It can be difficult for them to keep a social distance from others while playing

\*people who are not a part your household

#KARUKCARES

#INTHISTOGETHER

