



Nutrition News

Five sunflowers are arranged in a row at the bottom right of the "Nutrition News" title.

WIC and the Covid-19 Virus

WIC continues to take precautions to protect the safety of our clients and staff.

To prevent exposure to COVID-19, please do not come to our WIC office.

We will provide services over the phone until further notice.

Please call 530-283-4093 for guidance or to reschedule your appointment.

Please remember to:

Wear a mask in public.

Pay attention to social distancing

Wash your hands or use hand sanitizer.

Avoid others who are ill.

If you have a fever with a cough, trouble breathing, lower respiratory symptoms and any kind of risk factor, please call your physician or clinic. Call before visiting a hospital.



WIC Office: 711 E. Main St. Quincy
530-283-4093



PLUMAS RURAL SERVICES
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Building Communities

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This institution is an equal opportunity provider

**Any Questions?
Ask Your WIC Staff**

Katy Dyrr, R.D. - Program Manager
Carmen Lopez - Nutrition Educator
Pamela Nixon - Nutrition Assistant

**Please follow the
guidance from our
Federal, State and local
governments.**