## January February March 2021





## 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, <u>please do not come to our WIC office.</u>

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: 7II E. Main St. Quincy 530-283-4093



www.plumasruralservices.org
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

Debbie Jones - Nutrition Assistant

Please follow the guidance from our State and local governments.

