
A wooden signpost stands in a grassy clearing. The sign is dark brown with yellow text. In the background, a dirt path leads into a forest of evergreen trees. A large, rocky mountain peak is visible under a blue sky with scattered white clouds. Another smaller sign is visible further down the path.

WHAT YOU NEED TO KNOW IN THE NATIONAL FOREST ABOUT SPREADING DISEASE

PROMPT IDENTIFICATION, VOLUNTARY ISOLATION OR QUARANTINE,
AND MONITORING OF A PERSON DIAGNOSED WITH COVID-19
(OR RACISM) AND THEIR CONTACTS CAN EFFECTIVELY
BREAK THE CHAIN OF DISEASE TRANSMISSION

#KNOWHOWITSPREADS
#BLACKLIVESMATTER



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DEVILS THUMB TRAIL

- ↑ LOST LAKE 1/2
- ↑ WOODLAND LAKE 4
- ↑ KING LAKE 5

DEVILS THUMB BYPASS TRAIL

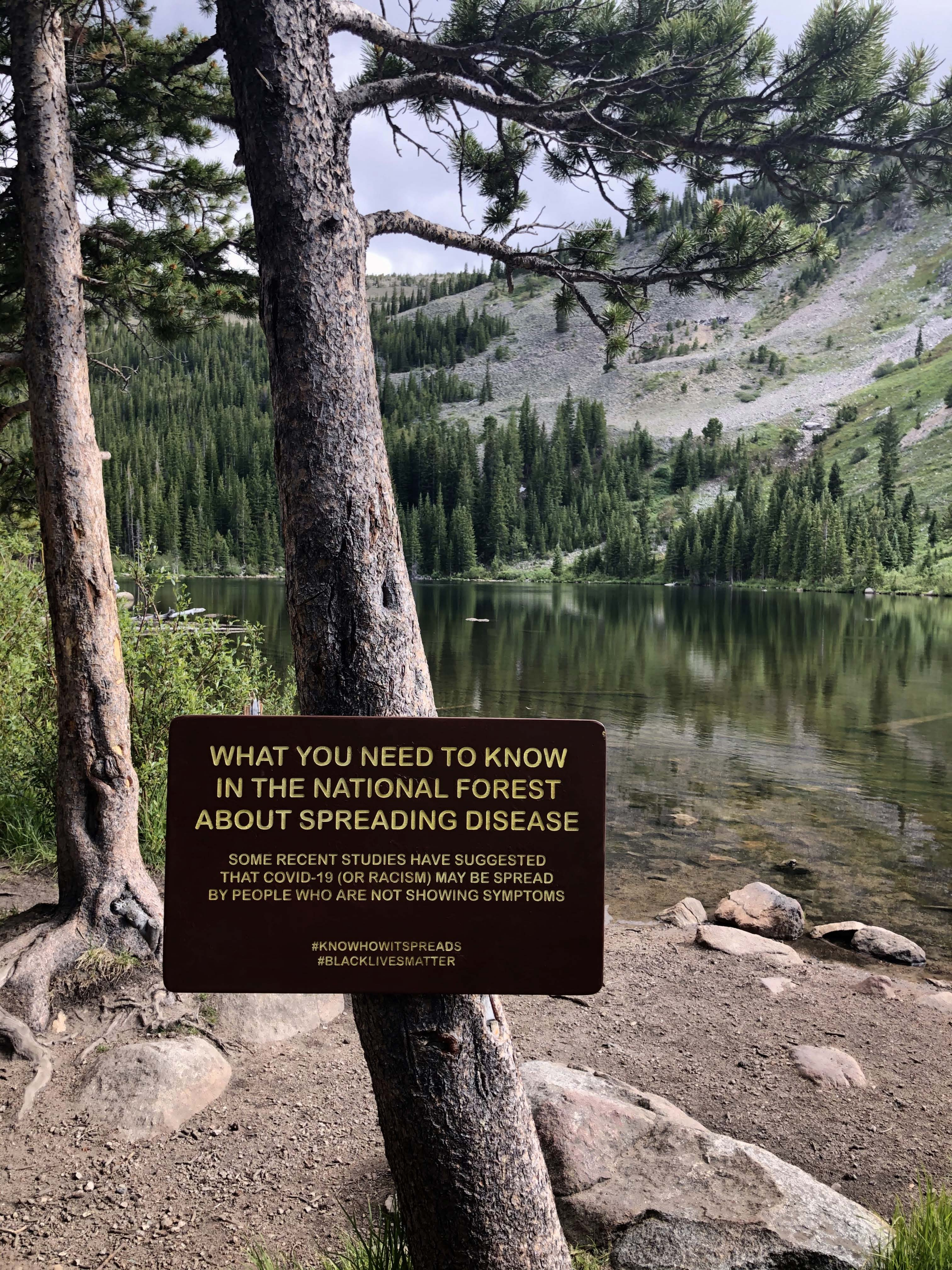
- ↑ JASPER LAKE 4
- ↑ DEVILS THUMB LAKE 5
- ↑ DEVILS THUMB PASS 6

**WHEN TO SEEK MEDICAL ATTENTION
IN THE NATIONAL FOREST
(OR ANYWHERE)**

LOOK FOR EMERGENCY WARNING SIGNS* FOR COVID-19
(OR POLICE BRUTALITY). IF SOMEONE IS SHOWING ANY OF THESE SIGNS,
SEEK EMERGENCY MEDICAL CARE (AND A LAWYER) IMMEDIATELY.

- TROUBLE BREATHING
- PERSISTENT PAIN OR PRESSURE IN THE CHEST
- NEW CONFUSION
- INABILITY TO WAKE OR STAY AWAKE
- BLUISH LIPS OR FACE


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**WHAT YOU NEED TO KNOW
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**SOME RECENT STUDIES HAVE SUGGESTED
THAT COVID-19 (OR RACISM) MAY BE SPREAD
BY PEOPLE WHO ARE NOT SHOWING SYMPTOMS**

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A wooden sign with yellow text is positioned in the center of the image. The sign is dark brown with rounded corners and is placed on a rocky, gravelly ground. In the background, there is a calm lake reflecting the surrounding green forest and mountains. Two large tree trunks are visible, one on the left and one on the right, framing the sign. The overall scene is a natural, outdoor setting.

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