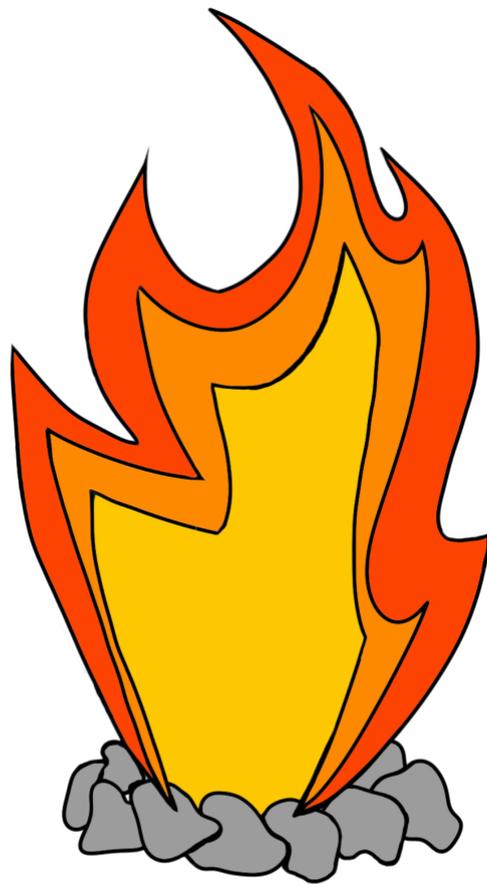


19 Ways for a Healthy Home Fire

Protecting Our Home Fires Strategy

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1. Reading List - Indigenous Children and Young Adults

If they have a phone or tablet, they can use Overdrive or Libby to borrow books from local libraries. Local Libraries such as RPL have numbers that can be called to set up library cards during the COVID

Children:

Daniel, D. (2017) Sometimes I feel like a fox. Groundwood Books Ltd.
<https://www.chapters.indigo.ca/en-ca/books/sometimes-i-feel-like-a/9781773061177-item.html?ikwid=sometimes+i+feel+like+a+fox&ikwsec=Home&ikwidx=13>

Kalluk, C. (2016). Sweetest Kulu. Inhabit Media.
<https://www.chapters.indigo.ca/en-ca/books/sweetest-kulu/9781772271119-item.html?ikwid=Sweetest+Kulu&ikwsec=Home&ikwidx=0>

Van Camp, R. (2013). Little You. Orca Book Publishers. <https://www.chapters.indigo.ca/en-ca/books/little-you/9781459802483-item.html?ikwid=little+you&ikwsec=Home&ikwidx=0>

Webstad, P. (2019) Phyllis's Orange Shirt. Medicine Wheel Education.
<https://www.chapters.indigo.ca/en-ca/books/phylliss-orange-shirt/9781989122242-item.html?ikwid=phyllis%27s+orange+shirt&ikwsec=Home&ikwidx=0#algoliaQueryId=4baeeefd528d4c3f9734930d25ffacc>

Young Adult:

Erdrich, L. 2002. The Birchbark House. Hyperion Books for Children.
<https://www.chapters.indigo.ca/en-ca/books/the-birchbark-house/9780786814541-item.html?ikwid=Birchbark+house&ikwsec=Home&ikwidx=0#algoliaQueryId=f41d29079ab4f4b90c2c6607c7dda303>

Hayden Taylor, D. (2013) The Night Wanderer: A Graphic Novel. Annick Press.
<https://www.chapters.indigo.ca/en-ca/books/the-night-wanderer-a-graphic/9781554515721-item.html?ikwid=the+night+wanderer&ikwsec=Home&ikwidx=0#algoliaQueryId=4c0c8d2e873d7d5ec22263f57c599b4b>

Robertson, D. (2012) 7 Generations: A Plains Cree Saga. Portage & Main Press.
<https://www.chapters.indigo.ca/en-ca/books/7-generations-a-plains-cree/9781553793557-item.html?ikwid=7+generations+a+plains+cree+saga&ikwsec=Home&ikwidx=0#algoliaQueryId=1f4ae8ca991f646ddbe2946a3fc2b6d0>

Wagamese, R. (2011) Keeper'n Me. Doubleday Canada. <https://www.chapters.indigo.ca/en-ca/books/keepern-me/9780385674775-item.html?ikwid=keeper+n+me&ikwsec=Home&ikwidx=5>

2. Reading List - Indigenous Adults

Maracle, L. (1993). Ravensong.

<https://www.amazon.ca/Ravensong-Lee-Maracle/dp/0889740445>

Angus, C. (2015). Children of the broken Treaty. Regina, SK: University of Regina Press

<https://uofrpress.ca/Books/C/Children-of-the-Broken-Treaty2>

Bourassa, C. (2011). Métis Health: The Invisible Problem. Vernon, BC: JCharleton Ltd.

<https://www.jcharltonpublishing.com/product/metis-health-the-invisible-problem/>

Bourassa, C., McKenna, B., & Juschka, D. (2017). Listening to the beat of our drum:

Indigenous parenting in contemporary society. Bradford, ON: Demeter Press.

<http://demeterpress.org/books/listening-to-the-beat-of-our-drum-stories-of-indigenous-parenting-in-contemporary-society/>

Dhillon, J. (2017). Prairie rising: Indigenous youth, decolonization and the politics of

intervention. Toronto, ON: University of Toronto Press

<https://utorontopress.com/ca/prairie-rising-4>

Krasowski, S. (2019). No surrender: The land remains Indigenous. Regina, SK: University of Regina Press

<https://uofrpress.ca/Books/N/No-Surrender>

Manuel, A., & Derrickson, R. (2015). Unsettling Canada: A national wake-up call. Toronto,

ON: Between the Lines

<https://btlbooks.com/book/unsettling-canada>

McAdam, S. (2015). Nationhood interrupted: Revitalizing nêhiyaw legal systems.

Vancouver, BC: Purich Books

<https://www.ubcpress.ca/nationhood-interrupted>

Million, D. (2013). Therapeutic nations: Healing in an age of Indigenous human rights.

Tucson, AZ: University of Arizona Press

<https://uapress.arizona.edu/book/therapeutic-nations>

Poelzer, G., and Coates, K. (2015). From Treaty Peoples to Treaty Nation: A road map for all Canadians. Vancouver, BC: UBC Press

<https://www.ubcpress.ca/from-treaty-peoples-to-treaty-nation>

Saul, J.R. (2014). The comeback. Toronto, ON: Penguin Books

<https://www.penguinrandomhouse.ca/books/417490/the-comeback-by-john-ralston-saul/9780143192725>

Robinson, Eden. (2017) Son of a Trickster. Vintage

Canada. [https://www.chapters.indigo.ca/en-ca/books/son-of-a-trickster/9780345810793-](https://www.chapters.indigo.ca/en-ca/books/son-of-a-trickster/9780345810793-item.html?ikwid=son+of+a+trickster&ikwsec=Books&ikwidx=0#algoliaQueryId=64518d7a61d06734d311b49692f17571)

[item.html?ikwid=son+of+a+trickster&ikwsec=Books&ikwidx=0#algoliaQueryId=64518d7a61d06734d311b49692f17571](https://www.chapters.indigo.ca/en-ca/books/son-of-a-trickster/9780345810793-item.html?ikwid=son+of+a+trickster&ikwsec=Books&ikwidx=0#algoliaQueryId=64518d7a61d06734d311b49692f17571)

Wagamese, Richard. (2008) *One Native Life*. Douglas & McIntyre.
<https://www.chapters.indigo.ca/en-ca/books/one-native-life/9781553653127-item.html?ikwid=one+native+life&ikwsec=Home&ikwidx=0>

Lindberg, Tracey. (2015) *Birdie*. Harper Collins. <https://www.chapters.indigo.ca/en-ca/books/birdie/9781443451352-item.html?ikwid=birdie&ikwsec=Home&ikwidx=0#algoliaQueryId=b1e538d81cb96806f33d24fc05cedb18>

Vermette, Katherena. (2016). *The Break*. Anansi Press. <https://www.chapters.indigo.ca/en-ca/books/the-break/9781487001117-item.html?ikwid=the+break&ikwsec=Home&ikwidx=0#algoliaQueryId=9ae0154e15e72c5655fd1ac8398327b5>

Erdrich, Louise. (1988) *Tracks*. Harper Perennial. <https://www.chapters.indigo.ca/en-ca/books/tracks-a-novel/9780060972455-item.html?ikwid=tracks+louise+erdrick&ikwsec=Home&ikwidx=1#algoliaQueryId=3db4e16e121728d46cc61ee58beccd97>

3. Free Online Reading and Video List - Indigenous Children and Adult

Reading List - Indigenous Adult Books Free Online:

The Treaties of Canada with the Indians of Manitoba and the North-West Territories.
Markham, ON: Fifth House Publishers - Alexander Morris. Retrieved from:
<https://babel.hathitrust.org/cgi/pt?id=mdp.39015026613763&view=1up&seq=15>

Treaty implementation: Fulfilling the covenant. Office of the Treaty Commissioner.
Retrieved from: <http://caid.ca/TreImplFulCov2007.pdf>

Traditional Foods & Recipes on the Wild Side
<https://www.nwac.ca/wp-content/uploads/2015/05/2012-Diabetes-Traditional-Foods-and-Recipes.pdf>

Traditional Plant Foods of Canadian Indigenous Peoples: Nutrition, Botany and Use
http://www.hscdsb.on.ca/wp-content/uploads/2017/03/plantfoods_indigenous.pdf

A traditional foods resource for northern and First Nation communities:
https://www.gov.mb.ca/inr/major-initiatives/pubs/ofohoc_trad-foods_report-2013-_online.pdf

Free American Indian and Indigenous Books Available Online
<https://www.nativevillage.org/Messages%20from%20the%20People/Free%20American%20Indian%20and%20Indigenous%20Books%20Available%20Online.htm>

Reading List - Indigenous Children's Books Free Online:

Johnny National, Super Hero - Tomson Highway
<http://publications.gc.ca/collections/Collection/H21-164-2001E.pdf>

The Learning Circle. Classroom activities on First Nations in Canada
https://www.rcaanc-cirnac.gc.ca/DAM/DAM-CIRNAC-RCAANC/DAM-PPLCOM/STAGING/texte-text/ach_lr_ks_clsrs_learningcircle_lc47_1316538044949_eng.pdf

<http://littlecreebooks.com/wp-content/uploads/2013/01/Grade-1-The-Seasons-Kitten.pdf>

Colouring book
https://web.archive.org/web/20170123203110/http://publications.gc.ca/collections/collection_2015/aadnc-aandc/R3-172-1-2012.pdf

"Share our play". An Aboriginal themed tool kit of games, activities, crafts and recipes for children
http://www.recreationnl.com/wp-content/uploads/2019/06/Physical_Activity_Toolkit_PR.pdf

Indigenous Storybooks
<https://indigenoustorybooks.ca/>

Indigenous Educational Resources

http://www.cangeoeducation.ca/resources/indigenous_resources/

Scholastic

<http://www.scholastic.ca/education/magazines/>

Video list - Indigenous Adult Videos Free Online:

YouTube Video: “Wahkohtowin: Cree Natural Law”

<https://www.youtube.com/watch?v=NTXMrn2BZB0>

NFB Video: “Mother of Many Children”

https://www.nfb.ca/film/mother_of_many_children/

4. Language Apps - All Ages

While you are in quarantine it may be a good opportunity to either learn or improve your Traditional language skills. A free and easy way to access tools to study Traditional languages in Saskatchewan is available on almost all smart devices.

The File Hills Qu'Appelle Tribal Council and Thornton Media have developed a series of language apps that people can use to improve their Cree, Nakota, Lakota, Dakota, and Saulteaux. The apps include dictionaries, games, and quizzes to help you learn the Traditional language of your choosing.

To download the app go to your Apps or to Google Play Store. In the search bar at the top search "FHQTC" and the language that you would like to learn. For example, if you want to learn Dakota, search "FHQTC Dakota" in your search bar and watch for this image:



Once you have downloaded it, simply wait until the download is complete. When that is complete, open the app and enjoy! Again, this app is free for anyone to use and does not have in-app purchases.

Links to the FHQTC language Apps:

Apple:

- FHQTC Language App (Cree): <https://apps.apple.com/ca/app/cree-fhqtc/id839720921>
- FHQTC Language App (Dakota): <https://apps.apple.com/us/app/dakota-fhqtc/id839717117>
- FHQTC Language App (Lakota): <https://apps.apple.com/us/app/lakota/id839717461>
- FHQTC Language App (Nakota): <https://apps.apple.com/ca/app/nakota/id839708514>
- FHQTC Language App (Saulteaux): <https://apps.apple.com/ca/app/saulteaux/id839721397>

Google:

- FHQTC Language App (Cree): https://play.google.com/store/apps/details?id=com.languagepal.creeandroid&hl=en_CA
- FHQTC Language App (Dakota): https://play.google.com/store/apps/details?id=com.languagepal.dakotaandroid&hl=en_CA
- FHQTC Language App (Lakota): https://play.google.com/store/apps/details?id=com.languagepal.lakotaandroid&hl=en_CA
- FHQTC Language App (Nakota): https://play.google.com/store/apps/details?id=com.languagepal.nakotaandroid&hl=en_CA

- FHQTC Language App (Saultaux):
https://play.google.com/store/apps/details?id=com.languagepal.saulteauxandroid&hl=en_CA

5. Traditional Indigenous Foods List

The following is a list of some traditional Indigenous foods compiled by the Morning Star Lodge as told by Elder Betty McKenna in September 2019:

Harvest	Herbs	Berries	Meats
Ground Nuts	(Original potatoes)	Blueberries (low/high bush)	Duck eggs
Ground Plums	Cedar trees	Strawberries	Ducks
Wild Carrots	Pine trees	Pin cherries	Geese
Wild corn	Birch trees	Gooseberries	Deer
Green Bean	Hazel nuts	Buffalo berries	Moose
Yellow beans	Maple trees (sap/syrup)	Saskatoon berries	Elk
Squash	Mint	Chokecherries	Rabbits
Turnip	Muskeg tea	Elderberries	Beavers
Onions	Nettles	Cranberries (Low/high bush)	Muskrats
Celery	Red willow		Ptarmigan
Rhubarb	White willow		Partridge
Cattails	Tree fungus (weekes)		Fish
Mushrooms	Lavender		
Blanket flower	Rose hip		
Tomatoes	Tobacco		
Rice			
Roses/petals			

6. Recipes

Below are some suggested recipes:

Vegan or Vegetarian Soup

Prep time: 15 mins

Cook time: 25 mins

Serving: 8

Ingredients:

- This recipe is easily adjustable and can be altered depending on what you have on-hand and what you like!
- 1-2 tbsp of vegetable oil or butter
- 56 oz vegetable broth (or whatever broth is on hand)
- 1 medium white or yellow onion, finely diced
- 3 stalks of celery, finely diced
- 3 Carrots, finely diced
- ¼ tsp of red pepper flakes (add more or less according to taste!)
- 5 cloves of garlic (or minced/garlic powder)
- 28 oz diced or crushed tomatoes (with liquid)
- 8 oz of pasta of your choice (shells, penne, etc.)
- 2 x 15 oz. cans of beans (white beans, lentils, red kidney beans, etc)
- ½ tsp. Dried oregano
- Sprinkle of dried basil to taste (optional)
- Salt and pepper to taste.

Instructions:

- Cook pasta according to package directions (verge on the side of undercooking or al dente to avoid overcooking pasta once adding back into soup later). Drain and set aside.
- While pasta is cooking, add to a large pot over medium heat 1 tbsp of oil. Once warm, add onion, celery, carrots, salt, and red pepper flakes. Sauté for 3 minutes or until onions are translucent.
- Add in garlic (or garlic powder) and cook for an additional 2 minutes if using fresh garlic.
- Add tomatoes, beans, oregano, basil, and vegetable broth. Stir until well combined and bring to a boil. Once boiling, reduce to a simmer and leave simmering covered for 15-20 minutes.
- Remove the lid and add in pasta. Stir until well combined. Adjust seasonings to your taste and serve warm.

Elk Roast with Tomatoes and Bacon

Ingredients:

- Large Elk Roast
- 1 large can whole or diced tomatoes
- 1 cup water
- 4-5 slices of bacon

- Pepper

Instructions:

Place Elk Roast in a large, oven safe pot, add water. Spread 1 can of tomatoes on top of the roast. Sprinkle it with pepper. Lay bacon slices over top of the tomatoes, enough to cover the top of the roast. Cover and roast at 350 degrees for 2-3 hours. Remove the lid for the last 45 minutes.

Sweet and Sour Moose Meatballs

Prep time: 10 mins

Cook time: 20 mins

Serving: 5

Ingredients for meat:

- 1 pound of ground moose meat
- 2 eggs
- 1 onion, chopped
- 2 cups of dry breadcrumbs
- Salt and pepper to taste

Ingredients for sweet and sour sauce:

- 2 cups of water
- 1 cup of vinegar
- 1 cup of ketchup
- 4 tablespoons of corn starch
- 1 cup of brown sugar
- 4 tablespoons of soy sauce

Instructions:

1. In a large bowl, combine beef, egg, onion, breadcrumbs, salt and pepper. Roll into meatballs about 1 to 1.5 inches in size.
2. In a large skillet over medium heat, sauté the meatballs until browned on all sides.
3. In a separate medium bowl, mix together the water, vinegar, ketchup, sugar, soy sauce, and corn starch. Pour over meatballs and allow sauce to thicken. Continue to heat until the sauce starts to bubble.

Sausage with Rice and Vegetables

Types of Sausage Meat you can use:

- Deer
- Elk
- Moose
- Pork
- Chicken
- Lamb
- Turkey

Ingredients:

- 1-pound sausage sliced (Elk or Pork smoked sausage is good)
- 1 1/2 cups long-grain converted rice
- 2 3/4 cups hot water
- 1 teaspoon of garlic salt
- 1/2 teaspoon of pepper
- 2 sticks of carrots chopped
- 1 can corn
- 1/2 yellow onion chopped
- 1 cup of trimmed ends green beans
- Or, 1 1/2 cup of mixed frozen vegetables

Instructions:

1. Combine all ingredients in a crockpot and mix well.
2. Cover and cook on low for 3 to 4 hours.
3. Check near the end of cooking to make sure rice does not get mushy.

This recipe's time can be reduced by frying the sliced sausage for 10 min, using 2 cups of minute rice, 1 1/2 of water, oven baked in a casserole dish for 1 1/2 hr.

Moose Steak

Ingredients:

- Moose steaks in Porterhouse or T-bone cuts (x4)
- Dash of cracked black pepper
- Dash of table salt
- 2 tablespoons of cooking oil (canola, olive, etc.)
- 4 tablespoons of butter
- 8 -10 sliced mushrooms

Instructions:

- Begin by thawing your steaks until room temperature. Pat your steaks down with a paper towel and lather them with oil. Apply pepper and salt to both sides of each steak.
- Preheat your grill to 350 degrees Fahrenheit. Once the grill is at the appropriate temperature, apply the steaks to the grill and close the lid to retain heat. Allow five minutes for the steaks to cook, flip when this time is done and allow the steaks another 5 minutes to cook. Repeat this process until you have reached the desired doneness of your steak. Keep in mind that moose is a very lean meat, it is recommended to cook at medium-rare in which the meat is about 130 degrees Fahrenheit or appears to be a pinkish red and a little give when pressed with a finger. If desired, heat a saucepan on high heat and sear your steaks 2 minutes per side each.
- If desired, heat a saucepan with medium heat and apply a tablespoon of butter. Place washed and diced mushrooms in the saucepan and apply salt and pepper liberally. Serve on the steaks with melted butter.
- Serve after cooking with any desired sides. Immediately refrigerate any unused meat. Freeze your bones rather than throwing them away as they make a nutritious and delicious source for homemade broths, stews, and soups.

7. Harvesting Wild Meat

Harvesting Wild Meat (Deer, Elk, and Moose) During the COVID-19 Crisis

If possible, it would be optimal to hunt by yourself during the COVID-19 pandemic. If that is not an option for you, hunt in small groups of no more than 5 members. If you are hunting in a group, ensure that all your group members share the same Treaty rights as you or are properly licensed to be hunting with you. If you are unsure of your rights and requirements in your area, please contact your nearest conservation office or the Government of Saskatchewan at 1-800-567-4224.

Whether you are alone or in a group, always wear fluorescent colours (red, yellow, or orange) on your torso and on your head (hats, toques, etc.) when hunting with firearms.

Ensure that your hunting is done on land that is either under Treaty rights or public land in Northern communities. For example, residents of the following communities may hunt within a 16-kilometre radius of their communities so long as the land is not private: Beauval, Black Lake, Buffalo Narrows, Camsell Portage, Cree Lake, Deschambault, Dillon, Fond du Lac, Ile-à-la-Crosse, Kinoosao, La Loche, La Ronge, Patuanak, Pelican Narrows, Pinehouse, Primeau Lake, Sandy Bay, Southend, Stanley Mission, Stony Rapids, Turnor Lake and Wollaston.

Licensed hunting on First Nations Reserves or private land is restricted without permission from either the Chief/Band Council or the landowner respectfully. Ensure that you have proper permissions before hunting and always treat the land with respect, regardless of where it is. Travel by foot as much as possible, leave the land and the plants the same way they were before you got there, and offer the land Cloth and Tobacco if it fits your cultural protocols.

Harvest big game ethically and with compassion. If hunting with a rifle, ensure that you are using a calibre of larger than .22 and avoid using full-metal jacket and lead-based ammunition. Hunting big game with pistols, revolvers, sling bows, and air rifles is strictly forbidden. If you are hunting with a bow, ensure that the poundage of your bow is over 40 lbs. and that your broadheads are larger than 2.2 centimetres (7/8 inches) in length. If hunting with a crossbow the poundage must be equal to or exceed 150 lbs.

Strive to harvest male game of the species that you are hunting. Harvesting males rather than females allows for greater conservation of the species as the males do not carry life or nurse young to adulthood. Avoid hunting females of any species in the springtime when they may be carrying life or caring for young.

It is the responsibility of a hunter to harvest meat with as little suffering as possible for the animal. Before dispatching the animal ensure that your shot is within a kill area. If the game is wounded, diligently track the animal and dispatch humanely.

Responsibly clean and dress the animal after it has been harvested and collected. Before handling the animal, wash and disinfect your hands with soap, warm water, and diluted bleach. Repeat this process when you are done cleaning the animal. Speak to your Elders and Knowledge Keepers for the best practices of cleaning animals. Use as many parts of the animal that are within your Knowledge or the Knowledge of your Elders. For parts that you

cannot reasonably use, contact your local conservation office to inquire on ethical wasting practices.

Once you have cleaned and dressed your animal and have had it processed, provide your community members and Elders with meat before storing it for yourself. During the social isolation protocols of COVID-19 drop meat off for your Elders and community members at times when they are home so that they can pick it up and store it properly as soon as possible. Avoid physical contact with Elders and community members as much as possible.

Source: Saskatchewan Hunters' and Trappers Guide 2019. (2019). Government of Saskatchewan.

8. Fishing

Fishing During the COVID-19 Pandemic

Fishing is a naturally isolated activity that can be enjoyed by all ages and a great opportunity for you to get outside during these cooped-up times. It is also a good solution to find a fresh source of clean meat. Here are some guidelines that you can follow in order to be sure that you and your family are safe while fishing under the COVID-19 pandemic.

Either fish alone or with groups of no more than 5 people and only go fishing with members of your household.

If you are fishing on a First Nations reserve or private property, ensure that you have permission to fish from the Chief/Band Office or the landowner respectfully.

Maintain your limits for the number of species caught within a day and catch-and-release protocols based on weight and length per species. If you are unsure of legal limits with Treaty rights, contact the Ministry of Environment at 1-855-848-4773.

If you are fishing with a group, ensure that all group members have the same Treaty rights to fish as you or are properly licensed to fish with you.

Only fish if you are feeling well and have not travelled outside of Canada in the past 14 days. If you are feeling unwell or have been travelling recently, stay home and rest.

Barbless hooks are mandatory on all waters in Saskatchewan.

Use baits such as frozen minnows, leeches, worms, synthetic, or homemade Traditional jigs and lures. The use of large live baits such as frogs and mice are prohibited by law.

Clean and filet fish as soon as possible once you are done angling. Before handling the fish, wash and disinfect your hands thoroughly with soap, warm water, and diluted bleach. Repeat this process when you are done.

When transporting filets ensure that you leave a piece of skin on them so that the species is identifiable.

Once you have cleaned and fileted your fish, provide your community members and Elders with meat before storing it for yourself. During the social isolation protocols of COVID-19 drop fish off for your Elders and community members at times when they are home so that they can pick it up and store it properly as soon as possible. Avoid physical contact with Elders and community members as much as possible.

9. How to Process Wild Meat and Fish

Processing Wild Meat into Ground Burger

Grinding your wild meat (deer, elk, and moose) may be a good technique for quarantine as ground meat is highly versatile and can be made into a large number of different dishes such as sausage, burgers, pasta and meat sauce, meatballs, and many others. It is simple to cook and can be cooked as easily as pan-frying with butter, salt, and pepper until fully browned, it also does not need to be drained as beef does due to its low-fat content. Preparing your meat into grind is also effective as most dishes with one pound of ground meat can usually feed two to three people and will help you make your meat last during this time. You can use this guide to make your own ground meat from the wild meat that you have harvested from your sustenance hunting.

What you will need:

- Wild meat that has been dressed, halved, and quartered
 - A sharp butcher knife with a blade of at least 6 inches
 - A meat grinder and pusher
 - A butcher apron
 - Plastic bags that can hold one pound of meat
 - A deep freeze
 - 3 buckets for good meat, ground meat, and for waste
 - A butcher block or large cutting board
 - A sink with hot water
 - Rags
 - A water bucket that can hold at least 1 gallon
 - Bleach
1. Begin by placing one of your quarters onto your butcher block or cutting board. If you need assistance in dressing and cutting wild meat before it is halved and quartered refer to your Elders and Knowledge Keepers. Wear an apron and wash your hands thoroughly with warm water and hand soap before handling your wild meat.
 2. Designate two of your buckets for meat that will be put in the grinder and meat that cannot be ground due infection, damage from bullets or arrows, or high blood and sinew content. Refer to your Elders and Knowledge Keepers on uses for the meat and fat that cannot be placed in the grinder.
 3. Begin cutting your meat off of the bone and into long, thin strips of about 6 inches long and 2 inches wide. Remove excess damaged parts and inedible portions such as sinew into your discard bucket. Trim fat to your discretion based on your preference and put in your discard bucket. Once your meat becomes too sparse to cut into long, thin segments begin cutting into smaller pieces. Be diligent in using as much meat as you possibly can. Refer to your Elders and Knowledge Keepers of what to do with the bones and sinew once the meat has been removed.
 4. If you use an electric grinder, plug the unit in and ensure that the hand guard is placed on top and that your bucket is below where the meat will exit below. Feed your strips on meat into the grinder and use a pusher to feed it into the auger. Never place your

hand into the augur while it is plugged in and ensure that no children are nearby while the grinder is plugged in. Unplug the grinder and wash with a rag, hot water, soap, and a 1/10 bleach to water solution afterwards. Rinse with hot water and dry with a clean towel. If using a manual meat grinder repeat this process except place your meat in the unit and crank the handle while pushing the meat into the augur with a pusher.

5. Once your meat is ground you may start scooping into plastic bags by the pound. If you do not have a scale to weigh your meat a handful about the size of a softball is approximately a pound.
6. Tie your plastic bags thoroughly and place in a deep freeze for storage. Remember to contact your Elders and community members to see if they need meat before storing meat for yourself.
7. When you are done, wash all of your supplies and your work area down with a rag, hot water, soap, and a 1/10 bleach to water solution afterwards. Wear rubber gloves at all times when handling bleach. Rinse with hot water and dry with a clean towel. Thoroughly wash your hands when complete, please refer to Morning Star Lodge's guide on handwashing in the "Protecting our Home Fires" strategy.
8. When you are ready, remove a pound of wild meat from the freezer, thaw, and enjoy!

Processing Locally Caught Fish

Once you have caught fish it is important to process them as quickly as possible to maintain freshness of the meat and to keep it safe to consume. Please review the following guide to process the three species that are the most commonly fished and eaten in Saskatchewan: Northern Pike, Walleye, and Perch.

What you will need:

- Fish that you have caught from a local water source
 - A sharp filleting knife with a blade of at least 6 inches
 - A cutting board
 - A sink with hot water
 - Hand soap
 - Bleach
 - Rubber gloves
 - Gripping gloves (optional)
1. Wrap your non-dominant hand around the fish firmly near the centre of its body. If you are processing pike, it is important to know that they produce a natural slime on their skin that makes it easy for a person's hands to accidentally slip and cut themselves. It is recommended that you wear a gripping glove when handling them. If you are cleaning walleye or perch, ensure that your hand is wrapped around the dorsal fin with your thumb pressing down against the fin. Walleye and perch have sharp spikes on their dorsal fins which may fling up and cut you during the cleaning process. Avoid this by keeping the fin pressed down while handling them.

2. Begin by flipping the fish on its back so that its belly is facing upwards. You will see two fins near its breastbone, place your filleting knife under these fins with the blade nearly parallel to the fins and cut them off.
3. Turn the fish onto its side and place your knife at a 45-degree angle near the head but just behind the gills. Begin slicing down until you feel something hard stopping your knife, this is the backbone and where you want to be.
4. Turn the blade inside your cut towards the tail and begin cutting towards the tail, keeping your knife parallel to the backbone. Use a gentle sawing motion while also gently pulling the head of the fish in the opposite direction of your knife.
5. Once you have reached the tail fold it back so that the skin is against your cutting board and the cut is still attached to the body. Cut the meat near the tail and take the fillet off by keeping the knife nearly parallel with the skin and using a sawing motion while gently pulling the fish in the opposite direction of your knife. If you need to transfer the fish, place your cut further from the tail to keep some skin on your fillet so that the species is identifiable.
6. Turn the fish over and repeat this process to cut the other fillet.
7. To remove the bones make a small cut down the centre of your fillet. You will see small, white bones sticking out from your meat. Cut near the bones where the dorsal fin was and along the whole fillet. Next, cut below the bones along the fillet and remove the section of bones from the meat. This will take some practice to master the process so that you do not cut the bones, miss some bones, and waste as little meat as possible.
8. Wash your fillets under cold water thoroughly. Keep your fillets in air-tight containers or air-tight plastic bags and either freeze or refrigerate depending on how quickly you plan on preparing and cooking your fish. Remember to contact your Elders and community members to see if they need any meat during this time.
9. Clean and disinfect your cutting board by filling a large sink with 9 parts water and 1 part bleach. Wash both thoroughly with a cloth or steel wool if necessary and rinse under hot water. Wear rubber gloves at all times when handling bleach. Wash your hands very thoroughly with warm water and hand soap. Please refer to Morning Star Lodge's guide on handwashing in the "Protecting our Home Fires" strategy.
10. Dispose of the fish remains ethically. If you are unsure of where or how to discard or use the remains of your fish refer to your Elders and Knowledge Keepers.
11. Cook the fish to your preference and enjoy!

10. How to Make a Work/Home School Schedule

How to make a schedule for working from home:

To remain organized and focused throughout the workday here are some tips to follow:

1. Wake-up early! Try not to sleep in just because you can. Treat at-home workdays just the same as if you were working on-site. Oftentimes the commute to work can help you to wake up and get ready to work, so treat the transition to your home work station from bed the same.
2. Pretend like you are going to the office when you go to your home work station. Wake-up, get ready for the day, eat breakfast, and then start your transition to the workday.
3. If scheduling your time is an effective tool for organizing your day, structure your at home work day like a normal office day. Schedule when you'll start the day and allot time for breaks and lunch! You can even set reminders on when to switch over to a different work task to keep some variety in your workday.
4. When scheduling and allocating time for working hours, try to be mindful of when you will actually be the most productive as there can be many distractions that may come up in the day. For example, if you are caring for your children at this time, try to schedule working hours around when they have quiet time or are sleeping.
5. Most importantly, and although it is tempting, do not work from your bed! If space is available, allot a different space for your workstation to keep work separate from personal time. Give yourself a dedicated space to work to enhance productivity. We all know how tempting it may be to work from your couch or bed, but this may decrease productivity in the long run. It also may be harder to wind down from the workday if there is no separation from work to home life.
6. Try putting a limit on social media time during work hours. It can be easy to get lost on the internet and lose valuable working hours.
7. If you struggle to stay focused on one task, try using your laundry as a work timer! Try to stay focused on one project or task at a time while your washer or dryer is going, and once the timer is done for your laundry, move to a new task to keep things different and interesting.

Personal or Work Schedule Template:

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Task	Task	Task	Task	Task
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

How to Make a Routine for Home Schooling:

1. Make a weekly routine for your kids so they know what to expect for the week. It doesn't need to be followed exactly as things can vary from day to day. Give some wiggle room within your daily schedule so you can flex your day to fit the needs of your kids. Children benefit from a routine, so make it work for the specific needs of your family! See example for ideas on how to structure your day
2. While your children are eating and getting ready for the day, it may be helpful to have a daily recap discussion with your children to let them know what they can expect from the day. It may also be helpful to set in place a behaviour management plan. This means setting in place rules for behaviours that are acceptable during school hours. Setting behaviour management basically means that your child gets a chance to reflect on positive and negative behaviours they may experience.
3. As the transition from school to home teaching is a big change for both you and your children, it is important to honour your kids' feelings in this big transition. Not only is it hard on your kids, but as a parent or caregiver, be kind to yourself and learn through experience.
4. Give your children the opportunity to learn academically, but also teach your children through experience. This means that teaching your children life skills such as baking, cleaning, or other chores can be just as effective as working through math problems with them. Remember, there are so many other important lessons to incorporate within your child's education such as Indigenous Knowledge, Ceremony, or Traditional Teachings.
5. Although you are practicing social distancing, that does not mean that you cannot go outdoors with your kids. Giving your children time outside can help to alleviate stress for both you and your children. Reconnecting with the land can be spiritually healing and can give other opportunities for teachings on the topic of animals, plants, and reconnecting to land.

Weekly Routine for Kids at Home Template:

	Monday	Tuesday	Wednesday	Thursday	Friday
Time	Tasks	Tasks	Tasks	Tasks	Tasks
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					

11. Counting in Michif

While under quarantine you may take the opportunity to learn some Michif either by yourself or with your family! Follow this guide to count to ten in Michif!

One = Aeñ
Two = Deu
Three = Trwá
Four = Kátr
Five = saeñk
Six = sis
Seven = set
Eight = wit
Nine = naef
Ten = Jis

To hear annunciation, watch the following video produced by the Morning Star Lodge:
<https://www.youtube.com/watch?v=puQ-lxJIC5U&feature=youtu.be>

12. Scavenger Hunt

Scavenger hunts are a great way to get the whole family physically active. A list has been created for items found indoor and outdoor. Individuals scramble to collect the items or perform the activities within a given time limit. Provide healthy snacks and create a friendly competition by handing out prizes for the person that completes the hunt first.

Scavenger Hunts Outdoor and Indoor

Find something that begins with the letter "A"	Find a crooked stick
Find Something blue	Find a pine needle
Find something that is round	Find a flat rock
Find something that has wheels	Find something that begins with the letter "H"
Find something that begins with the letter "B"	Find something that is brown
Find something that is orange	Find a ladybug
Find something you can eat	Find a something that is circled
Find Something you can wear	Find something that is yellow
Find something that begins with the letter "C"	Find something that is used in the snow
Find something that is soft	Find a leaf
Find something that floats	Find a worm
Find something that is smaller than a dime	Find a garden tool
Find something that begins with the letter "D"	Find something that squared
Find something that is Yellow	Find an ant
Find a rubber band	Find something that is orange
Find something the begins with the letter "E"	Find something that is made of wood
Find a food or toy from another country	Find something that is white
Find a beach towel	Find a dandelion
Find a unique hat	Find a bird
Find something with the letter "F"	Find a mailbox
Find a magazine	Find a sidewalk crack
Find something with the letter "G"	Find a flowerpot
	Find a cloud
	Find something that begins with the letter "I"

13. Word Puzzles

Indigenous Principles and Values

O J N L I S B L R J M H W B O W F J Q P
 F Y W X W I S D O M J U X M C H V U I D
 C O U R A G E C N E I L I S E R A Y H I
 T C Z G V D T F R I H G P A Z D D S Z G
 I A C C O U N T A B I L I T Y P G V S N
 H H T D L Y T I S R E V I D E E Y N Z I
 Z W R Y R X M J C M J E C N E I T A P T
 L E V E D P Z B F B Q U T R M Y L Q D Y
 H M E C N E D I F N O C N C G N T J X T
 H B R G A Z W M F I U S Y M A F F O E C
 L V E J W T L X N T Y T U R E S P E C T
 C O L L A B O R A T I O N V L U L M P O
 P L G D Q Z A P S V R E R X M O C H L L
 S O V V F H D E I F E Y G C V K N W H E
 Q U N V Y C N S S L R G K E D A J P L R
 Y W C H T O U J Y Y T I L I M U H X V A
 O A N S H L I A T N E M R E W O P M E N
 R B U D C H F Q E W M L Y G H O S B K C
 Q R K N V M F I K V T R U T H K O Y H E
 T X I B E F L Q A S S E N D N I K K U M

INCLUSIVITY	KINDNESS	PATIENCE
RESILIENCE	RESPECT	TOLERANCE
ACCOUNTABILITY	LOVE	TRUTH
DIGNITY	TRUST	COLLABORATION
COURAGE	WISDOM	CONFIDENCE
HUMILITY	EMPOWERMENT	DIVERSITY
HONESTY		

Animals in Canada Part 1

H O H A C T R U H Z P M E R P
 O C M F J P T N T S J O A Z Y
 D A F X W C V J R L M C G F P
 T P A U W P A P S N I H L K B
 L G A G F S F R U W N L E X S
 K S A L B N W H I C K W T J L
 D U R L W O W O K B F Z T F M
 S H A R B Y B R H X O F N T R
 R W G A V G K C K J R U E H Z
 R Q U N O O C C A R K X V C N
 E D O I T P F W C T A T A B D
 V V C Q S H U Q T H T F R J B
 A O A Z J E B B A D G E R V T
 E F M B E R Z F B S Z J W P P
 B X R E D P P H L O F Y O X S

RACCOON	COUGAR	CARIBOU
BADGER	FOX	RAVEN
BEAVER	EAGLE	MINK
BOBCAT	BAT	GOPHER

Animals in Canada Part 2

W F C U O G Z L C Q N Q H C L
 U V M G V E Y X L O Y U R E T
 H C M F W N M X Y I C S L W K
 M W R A X M U S K R A T B Q L
 K S U N Q J S Z O N P E Z A E
 K B Y T G P J G C B L R N J X
 S W Q E S U O M H P M S F B O
 P V C L U O Y D E G M P M E P
 U B M O A U N R D R S X B A P
 B R X P V R F O N R K I N R F
 X I B E B M J I R E U V O Z V
 F C S O O V O D Y T N O L P W
 T O Z O F G A E N T K N O K W
 U R S Y N E Z E D O N L O M W
 Y E V C D P U R D W O L F W K

MOOSE	ELK	WOLF
BEAR	MUSKRAT	DEER
BISON	OTTER	LYNX
MOUSE	SKUNK	ANTELOPE

Animals in Canada Part 3

B P O J M F K B P L D A Q W U
 I B R M G R I L A L C X A T T
 R A O B B O Y A C Q L Y F R Q
 M D V Y V G T E B H D N A Y I
 G O O S E P O T T D J T D T H
 J I M W Q X U F E N S R Z H U
 V C D L C S C V B R A W L X K
 T S E L B D B E E G Y P A D E
 D O K V M U C B O H L P R H K
 D E H Q E C S N S X J T B E Y
 A Z H O V K F X U G I Q C M R
 W P S V R L A W T B Y Y M R Q
 G C V F Y S V N B F T P C Y F
 A D V M D W E A S E L S D K Y
 C M M F Z Y R P P C S G L M R

SNAKE	GOOSE	DRAGONFLY
HORSE	FROG	WEASEL
BOAR	RABBIT	BEE
DUCK	OTTER	

Plants in Canada

L Y D B E A R B E R R Y W Q L
 V Q V T L K E Z P Z J R E F Q
 N R R U R M Q T A O V W C K H
 G I D M S A W D F E P U H P Z
 Y P P O P F O S E W L T I V W
 O T G G W G S Q R M H Q N U L
 G O L T W O C S N A Q Q A K C
 S O A O X U G L E P P M C V E
 X R O L P M T L S L U P E N D
 T D E M Z N P E O E S U A L A
 F O M T O P O B R Q P D M I R
 T O E N S S W E D K R U X N I
 H L Q Z T A P R L I U R R Z U
 E B U C V J G A I O C X G W I
 M A G K L I A H W R E G K Z R

ASTERS	BEARBERRY	BLOODROOT
CEDAR	FERN	DOGWOOD
ECHINACEA	HAREBELLS	MAPLE
SPRUCE	WILDROSE	POPPY

Colours

M S D S O A F R V M H S P V J
 V Z K J K E P P J J A U N M D
 G J Q T S B Z Q N R Q K P Y E
 K J D T B C P X D H L J Z K T
 A S Q V O P U R P L E Y S V A
 Y B K M E Z N F S G R E E N R
 I J B Y U O L Y N T X L T E O
 V G T Q L Q S E P J U L D F K
 H T V U B I T I U E V O I J Y
 Y K N P E G N A R O M W B U R
 R K D W K K P H J C M W G V A
 G M I L W E Z D D J L U I A P
 H T X O U C H V P E W U D O F
 J J O R D K B Y C C Z G Z Q K
 G F J W V J K P I U F P S J X

RED
 PINK
 ORANGE

YELLOW
 BLUE

PURPLE
 GREEN

Weather

I W D G F H D N I A R J L I W
 J C I R S N O P F H G Y K P F
 T R E D N U H T C W N Q C L D
 D E H R M G D H G Z I O S N S
 F F M S M H O R Z U N O A K Z
 V U H D F R T F B J T E U Y A
 C O L D B D K F W U H S D G X
 X H X F X R C X Z G G N Y I U
 N Y B C P J H B I J I K J I D
 W U M Z Z V I K T W L A U M X
 V W S E F K N V Y S N O W R T
 O F S R B E O O V E R C A S T
 O C J L B P O O Z Z M F X F H
 U G M V E W K G C V W S B L Z
 Z I J H V V F I I C B M D W U

RAIN
 OVERCAST
 HOT
 ICE

SNOW
 WINDY
 THUNDER
 FOG

SUN
 COLD
 LIGHTNING
 CHINOOK

Traditional Foods

S E B C D P S U L B Z O I E K P I P U D
 B T F G E C C H E M B G L K X A Z N C E
 N J A Q O L Z A X E P D U O R E C I R E
 L R A R K C V S A G E H X B R A B U H R
 L C H O K E C H E R R I E S U R V U O J
 S Q Q M R S S A B I G B K M A P L E Z A
 E N C S G B U E B C R C R A B B I T S O
 I N A A W E R M G O U R S N O I N O E T
 R U R G R R E U B D T T E P P O V I E H
 R H U E I R F S E I R R E B E U L B V B
 E C C E V M O I E O O X K M W U G N T I
 B R S G O V R T S E M E B Q Z A R G Z D
 E I M B F C V A S H O U Y R D O R Y E G
 S B Y R A D E C T Y X S S R C B R T I H
 O I I A E U S M C P K L E H E K Q A S S
 O E S S E G D I R T R A P L R L M Y P A
 G T O M D P S V W P T O M A T O E S K U
 O O C R A N B E R R I E S E B T O C I Q
 M O N L A V E N D E R I Q W U X E M Q S
 T U R N I P H D C T U T N I M K M N S P

CARROTS

TURNIP

RHUBARB

RICE

MAPLE

LAVENDER

STRAWBERRIES

ELDERBERRIES

GEESE

ELK

MUSKRATS

FISH

CORN

ONIONS

MUSHROOMS

CEDAR

MINT

TOBACCO

GOOSEBERRIES

CRANBERRIES

DEER

RABBITS

PTARMIGAN

SQUASH

CELERY

TOMATOES

BIRCH

NETTLES

BLUEBERRIES

CHOCHECHERRIES

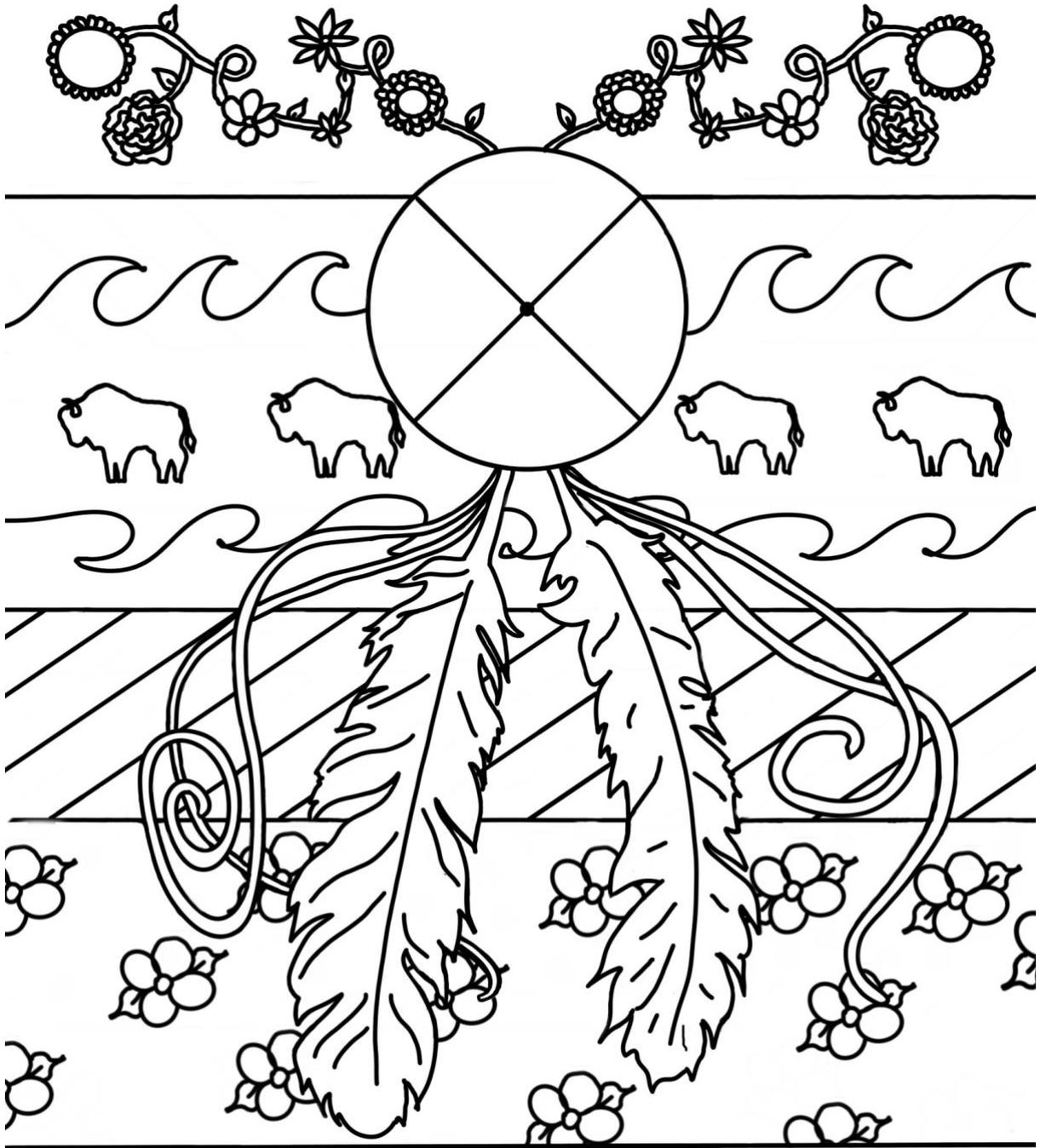
DUCKS

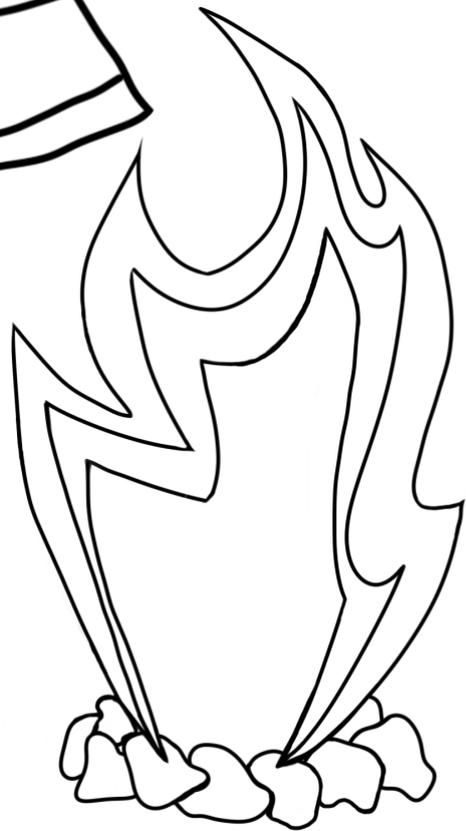
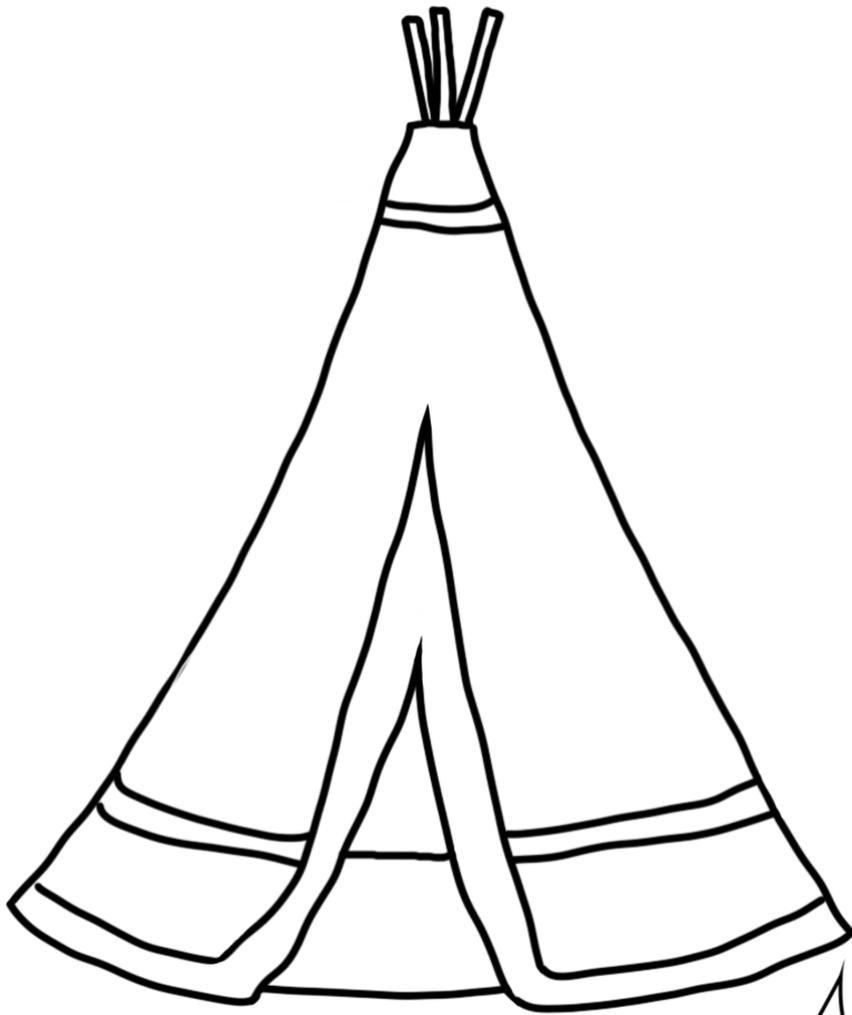
MOOSE

BEAVERS

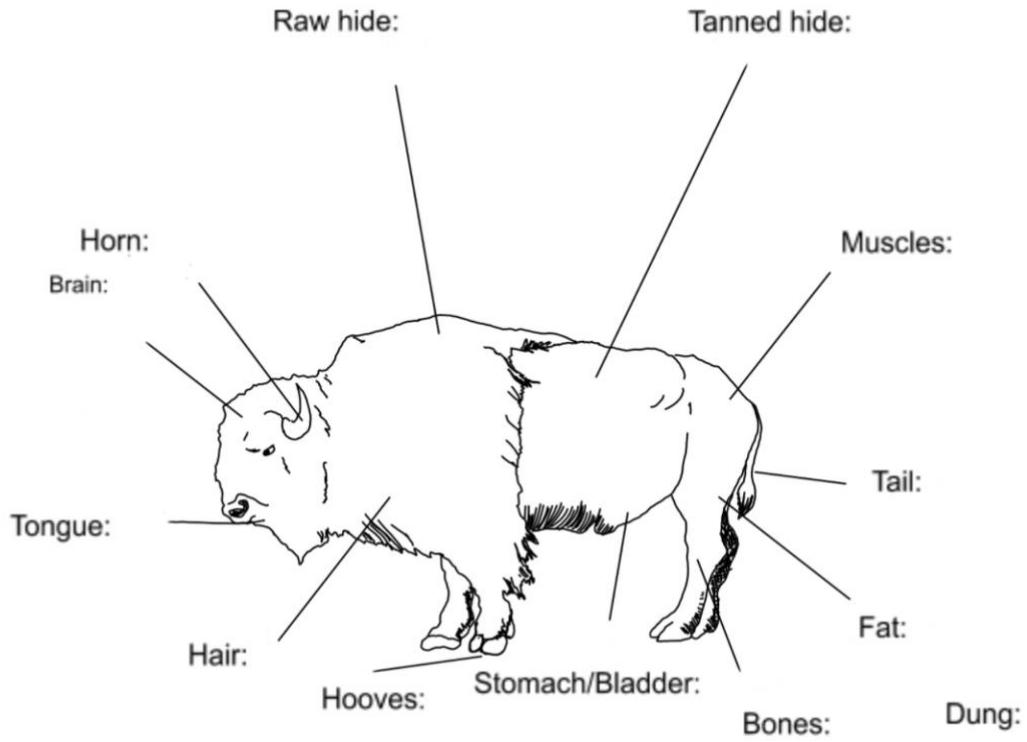
PARTRIDGE

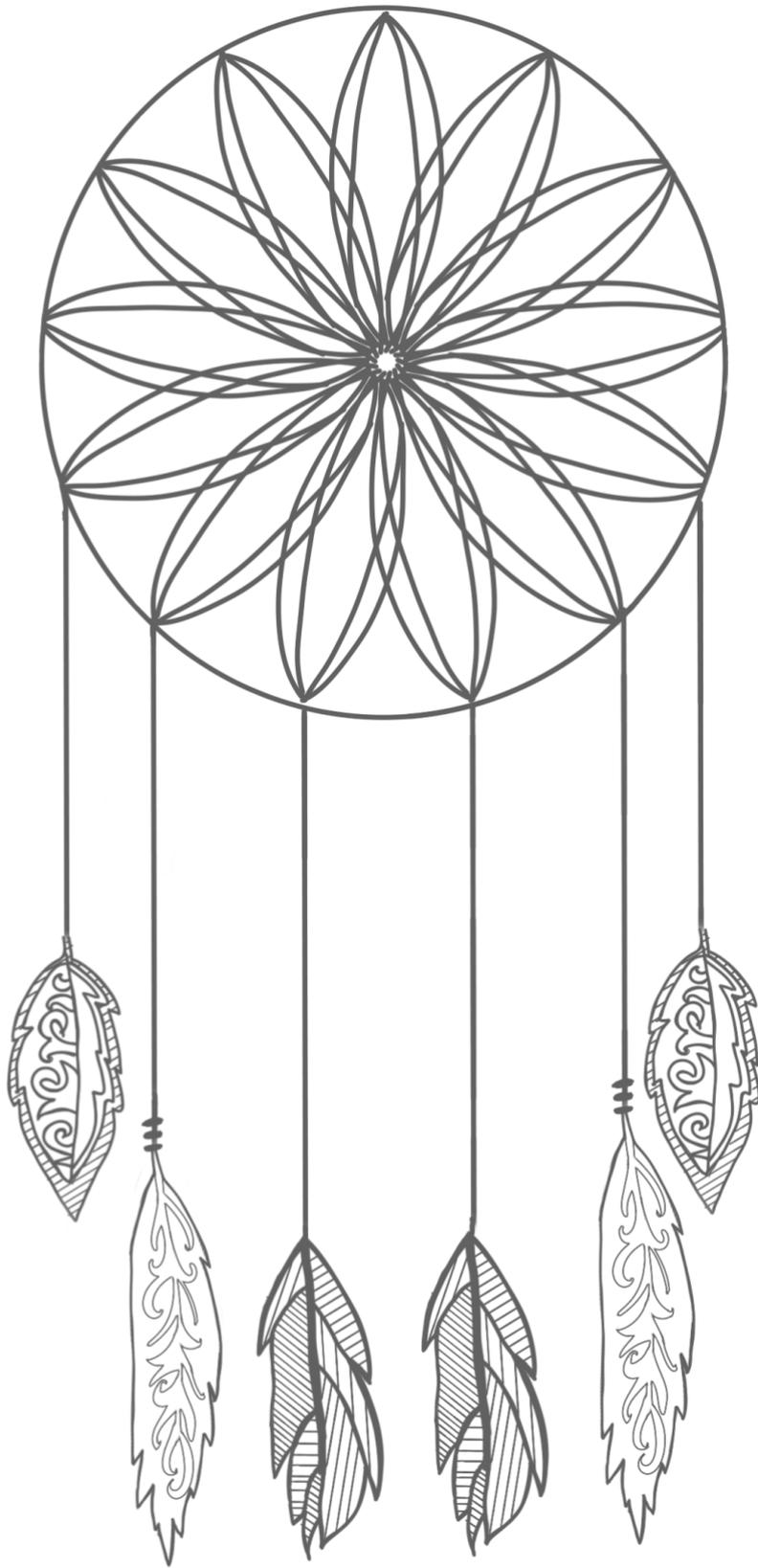
14. Colouring Pages





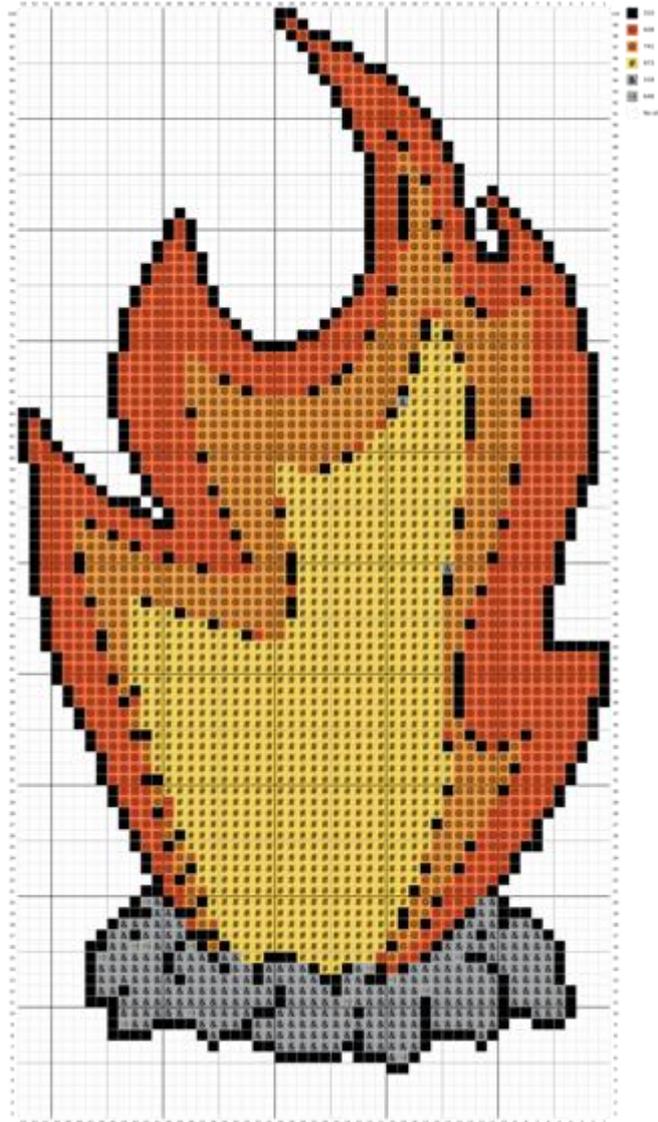
Fill in the Traditional uses for the Buffalo:





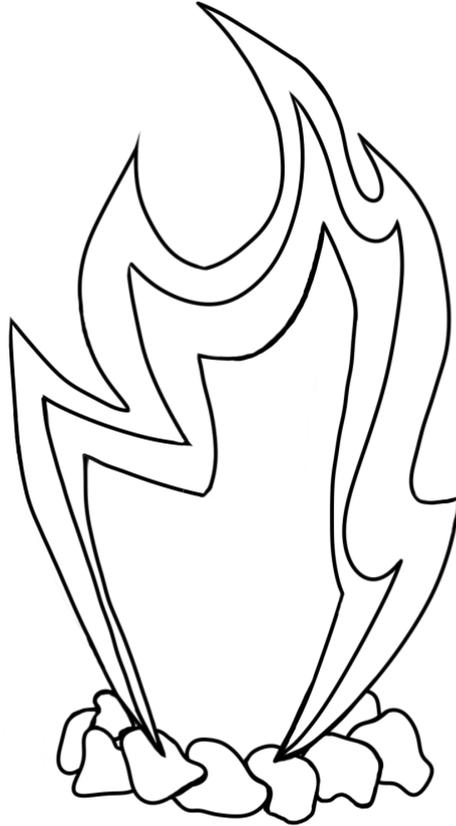
15. Cross Stitch

Cross stitch template. Make your own creation and post it on social media with the tag #ProtectingOurHomeFires. We will be showcasing your creations on our Facebook and Instagram page!

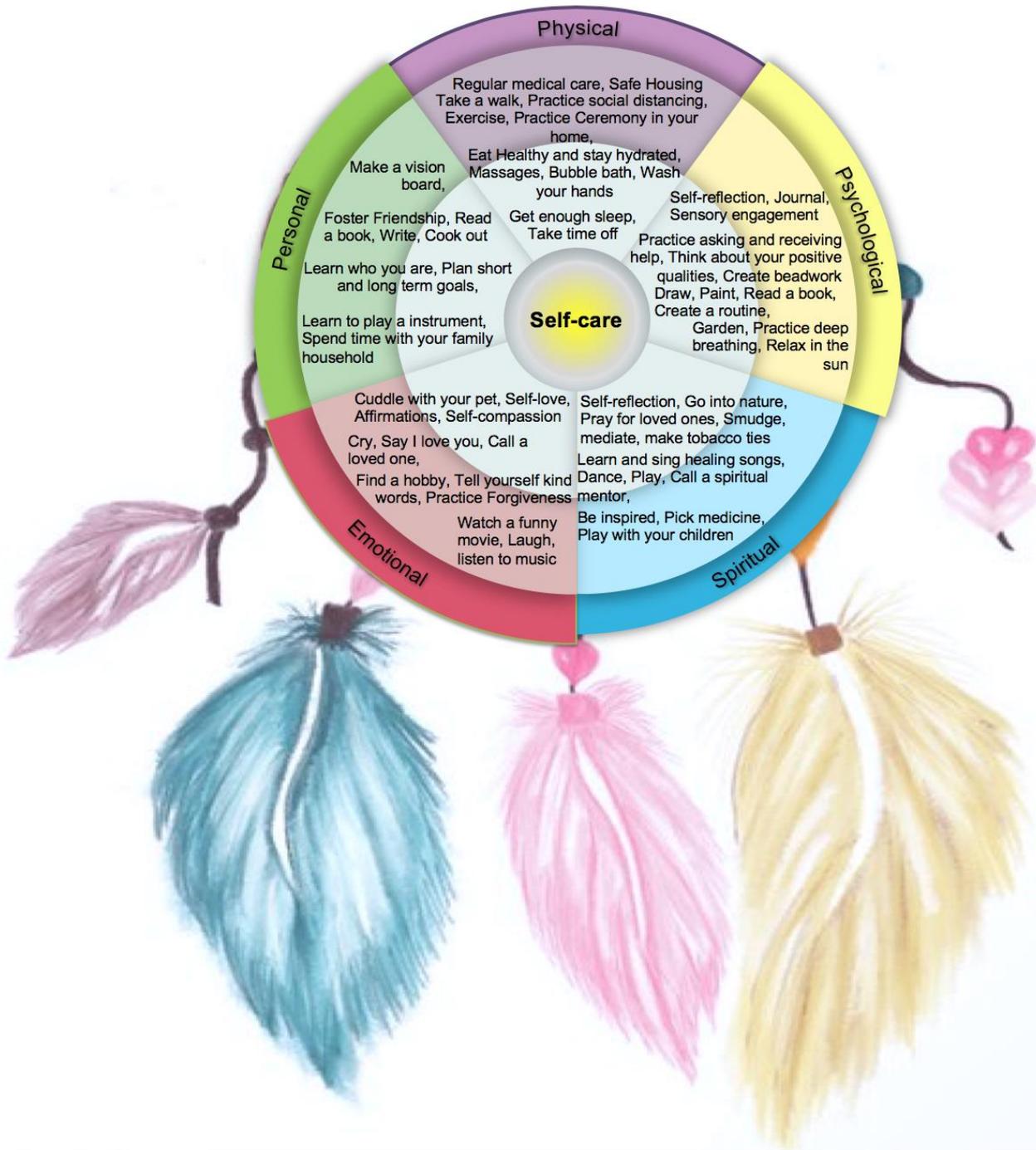


16. Beading Challenge

Beading template. Make your own creation and post it on social media with the tag #ProtectingOurHomeFires. We will be showcasing your creations on our Facebook and Instagram page!



17. Self-Care Wheel



The Self-care Wheel is an empowering, affirming, and positive tool, which helps individuals to manage everyday stress, and increase contentment and life satisfaction. A self-care plan can help you enhance your health and manage your stress. Learn to identify activities and practices that support your wellbeing in a healthy manner. To truly practice it effectively, you need to pay attention to every aspect of the self: the mind, body and soul.

18. National Number Resources

Kids Help Phone:

Need help now? You can reach a Kids Help Phone counsellor 24/7 at 1-800-668-6868.

Or text: 686868

Or visit: <https://kidshelpphone.ca/>

Canadian Revenue Agency:

If you need any assistance or information in regard to the Emergency Funds Response Benefits for COVID 19

Call: 1-800-959-8281

Or visit: <https://www.canada.ca/en/revenue-agency>

For more information on the Emergency Funds Response Benefits visit:

<https://www.canada.ca/en/services/benefits/ei/ceerb-application.html>

Public Health Agency of Canada:

Visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Or call: 1-833-784-4397

Or Email: phac.covid19.aspc@canada.ca

The Canada child benefit (CCB) is administered by the Canada Revenue Agency (CRA)

Call to apply: 1-800-387-1193

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Employment Insurance:

Call for more information: 1-800-206-7218

Or visit: <https://sr-ds.powerappsportals.com/caseintakeen/>

For more information:

Visit: canada.ca/coronavirus

Call: 1-877-784-4397

Information for Indigenous Communities:

Visit: canada.ca/coronavirus-info-indigenous

19. Fact Sheets - Various Translations

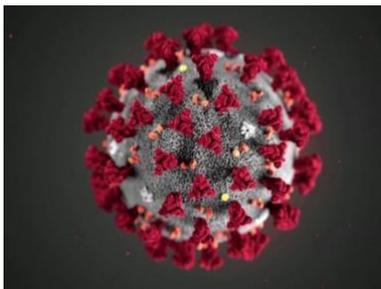
English, French, and Portuguese translations are currently available on our website: <http://www.indigenousealthlab.com/blog>. More translations will be made available in the near future. The English versions can be found below.

COVID-19 Fact Sheet for Indigenous Communities



What is the Coronavirus?

The Coronavirus is the name of a large family of viruses causing the novel COVID-19 respiratory illness initiating this global pandemic (WHO, 2020).



Who is at risk?

We are all at risk as this is a novel virus. There is an increased risk for Canadians that are: 65 and older, those with compromised immune systems, or with underlying medical conditions (such as asthma, diabetes, or blood pressure issues) (Government of Canada, 2020). There are outliers to those who are at risk, meaning there are exceptions.

Protect yourself and others from getting sick

Wash your hands

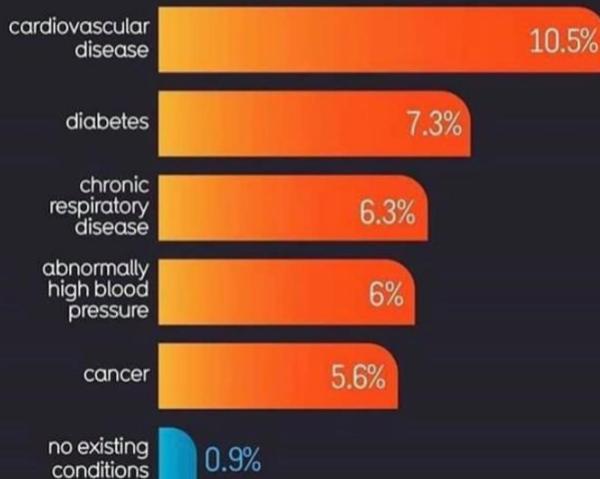


- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Especially Those with Existing Conditions

% with other serious ailments who die



China Centre for Disease Control & Prevention

How many cases are there?

As the number of cases is ever-changing and increasing, to find out how many active cases are present in Canada please visit the following link for accurate information: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

How is COVID-19 different from previous Coronaviruses and Influenzas?

This virus is different as it is novel, meaning NO ONE in the world has antibodies to it yet (or is immune) as no one has been infected by it previously (WHO, 2020). COVID-19 has been misrepresented in the media to be “just another flu”, but it has had a much worse effect than the common cold or influenza (Li et al., 2020; NYT, 2020; The Atlantic, 2020). The fatality rate of COVID-19 is much higher than the flu.

Spread 3 Main Ways (Government of Canada, 2020):

- 1) **Contact** – Hand to hand contact (shaking hands), close contact (kissing, hugging), sharing items (drinks, foods).
- 2) **Droplets** – Respiratory droplets as a result of sneezing, coughing, laughing, cheering, singing, yelling.
- 3) **Surfaces** – All surfaces both hard and soft including clothing and can be active for hours to days.

The virus infected droplets can enter your body through your mucus membrane (eyes, mouth, or nose). This causes infections in the lungs, nose and throat. These infected droplets are able to stay in the air for up to three hours indoors. It should be made clear that just because you don't have any symptoms, does not mean that you cannot spread the virus to other people that may be more vulnerable for developing the illness than you are. It is because of this risk that all Canadians and Indigenous Peoples in Canada, must practice social distancing.

Under ideal conditions, the virus can live for up to 72 hours. Touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands puts you at risk for developing COVID-19. Surfaces that are most often touched should be wiped down with at least 60% rubbing alcohol in order to disinfect the area/surface. The virus attaches itself to all surfaces however, it likes hard surfaces which can hold the virus for hours or days, so cleaning and proper hand hygiene is key (view infographic for proper handwashing protocol).

SOCIAL DISTANCING - SOCIAL DISTANCING REFERS TO TAKING STEPS TO AVOID CLOSE CONTACT WITH OTHER PEOPLE AND ESPECIALLY SETTINGS WHERE PEOPLE MEET IN LARGE NUMBERS IN ORDER TO SLOW THE SPREAD OF INFECTIOUS DISEASE, IN THIS CASE, COVID-19. BELOW IS A GUIDELINE OF SOCIAL DISTANCING THAT YOU CAN FOLLOW IN ORDER TO KEEP YOURSELF AND YOUR LOVED ONES SAFE DURING THIS TIME.

 AVOID	 USE CAUTION	 SAFE TO DO
Bingo Non-Essential Travel Church Services Sleepovers/Playdates Concerts/Movie Sporting Events Public Transportation Dine-In Restaurants Weddings Graduation	Community gatherings of 10 people or more (ie. Ceremonies, Feasts etc.) Round Dances Pipe Ceremonies Funerals Picking Up Medication Buying Groceries Dropping Off Supplies Getting Takeout	Housework Reading a Book Watching TV Playing Video Games Phone and Video Calls Meals Prepared at Home Listening to the Radio/Music Crafting Going for Walks Meditating

What is Social Distancing? - This means avoiding close contact with others, a distance of 2 arms' length or 2 metres has been identified as adequate (Government of Canada, 2020).
What is Self-isolation? - Stay at home, monitor yourself for symptoms for 14 days, and avoid any contact with others. Be diligent in self-isolation (Government of Canada, 2020).
What is Quarantine? - Restricting and separating the movement of well people who may have been exposed to a communicable disease to see if they themselves become ill (Government of Canada, 2020).



To avoid spreading the virus further, it is important to follow the precautions below:

- Proper, thorough and consistent hand washing.
- Change how we greet one another - instead of a handshake give a friendly wave or the nod that we do so well.
- Avoid sharing cigarettes, or any smoking material including Ceremonial Pipes.
- Keep our hands away from our face and others.
- When possible make alternate arrangements for community events including Feasts, Funerals, Wakes, as we must limit our exposure and ensure that large groups of 10 or more are avoided.
- Stay at home if you are sick, let others know you are sick and if you need to self-isolate.
- Avoid outside contact with Elders, seniors, and anyone with an underlying health condition.
- If you feel feverish monitor your temperature, practice proper cleaning and care of thermometers.
- Do not think children and youth and young adults can't catch this virus, that is not true: they can get it, suffer from it and they can carry it.

All soap and cleaning products are effective

To contact Health Canada for any further clarification or inquiries, please call: 1-833-784-4397

Sources or for More Information Please Visit:

Government of Canada. (2020). Coronavirus disease (COVID-19). <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

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The Atlantic. (2020). Coronavirus: COVID-19. <https://www.theatlantic.com/technology/archive/2020/03/what-really-doomed-americas-coronavirus-response/608596/>

The New York Times. (2020). How right-wing pundits are covering coronavirus. <https://www.nytimes.com/2020/03/11/us/politics/coronavirus-conservative-media.html>

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Protecting Our Home Fires

Spend Time Outside



Keep in Touch with Family



Remember Hand Hygiene



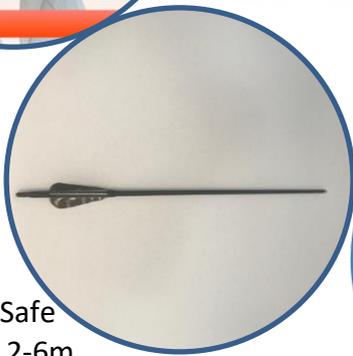
Get Crafty! Try Something New



Get Ready for Spring



Learn a New Language



Keep a Safe Distance 2-6m



Read a New Book



Try a New Recipe

If you are showing signs and symptoms of COVID-19, please visit: <https://ca.thrive.health/covid19/en> to utilize their online self-assessment tool.

For further COVID-19 testing information, please call your local Healthline for a referral to a local testing centre. To contact Health Canada for any further clarification or inquiries, please call: 1-833-784-4397

For more information on COVID-19 please visit www.canada.ca/coronavirus or https://www.who.int/health-topics/coronavirus#tab=tab_1