

COMMUNITY HEALTH PROGRAM NEWSLETTER

February/Enniska 2022

OUR MISSION

The Community Health Program aims to honor our community's culture and traditions; to empower families; and to help community members reach their full potential through innovative health care practices.

OUR VISION

Our vision is to create healthier generations

*Happy
Valentine's
Day*

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Coronavirus disease (COVID-19)

Mandatory requirements for fully vaccinated travellers and for unvaccinated children less than 12 years old travelling with a fully vaccinated parent, or guardian arriving in Canada



WARNING: READ THIS HANDOUT CAREFULLY. IT CONTAINS INSTRUCTIONS FROM A QUARANTINE OFFICER, SCREENING OFFICER AND THE MINISTER OF HEALTH THAT YOU ARE REQUIRED TO MEET UNDER THE MINIMIZING THE RISK OF EXPOSURE TO COVID-19 IN CANADA ORDER (QUARANTINE, ISOLATION, AND OTHER OBLIGATIONS). THEY ARE LEGALLY BINDING UNDER THE ORDER.

Your compliance with this Order is subject to monitoring, verification and enforcement. If you do not comply you may be transferred to a quarantine facility, face fines, and/or imprisonment.

KEEP THIS HANDOUT FOR REFERENCE FOR THE NEXT 14 DAYS.

Government of Canada border measures

The Government of Canada has put in place emergency measures under the Quarantine Act to slow the introduction and spread of COVID-19 and variants in Canada.

Fully vaccinated travellers without signs and symptoms of COVID-19 are not required to quarantine upon entering Canada if they comply with the requirements in this handout.

Unvaccinated CHILDREN LESS THAN 12 YEARS OF AGE who enter Canada with a fully vaccinated parent, step-parent, guardian or tutor, must comply with the conditions of the Minister of Health in this handout. If the fully vaccinated parent/guardian/ tutor develops signs or symptoms, or receives a positive result, the parent/guardian/tutor and the child must quarantine.

Fully vaccinated travellers – if you have been selected for mandatory random testing YOU MUST:

- › Take a COVID-19 molecular test as directed on the day you arrive in Canada.
 - You may be tested on site or receive a self-swab kit. You must follow the directions you receive upon arrival to complete your arrival test. If you receive a self-swab kit, you must complete and submit your specimen collection for processing within 24 hours of entering Canada.
- › If you receive a positive test result, additional instructions are provided below.

Requirements for an unvaccinated child less than 12 years of age

For 14 days after arrival the Child MUST NOT:

- ✗ Attend school, camp or day care.
- ✗ Attend a setting where they may have contact with vulnerable people (e.g. long term care facility), including people who are immunocompromised, regardless of that person's vaccination status or public health measures.
- ✗ Travel on crowded public transportation that does not ensure physical distancing and masking.
- ✗ Attend large crowded settings, indoors or outdoors, such as an amusement park or sporting event.

Further information on what your child can and cannot do can be found at <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>.

Take COVID-19 tests

The child must take COVID-19 molecular tests as instructed (see separate handout for information), unless you have evidence that the child had a positive COVID-19 test taken 10 to 180 days prior to arrival in Canada or the child is under 5 years of age.

continued on next page



Government
of Canada

Gouvernement
du Canada

Canada

Limit the child's contact with others

- › Stay in a place that allows the child to avoid all contact with any person that:
 - has an underlying medical condition that makes the person susceptible to complications related to COVID-19;
 - has a compromised immune system from a medical condition or treatment; or
 - is 65 years of age or older.
- › The child must remain with their fully vaccinated parent or guardian, as much as possible.
- › The child must wear a mask and physically distance when in contact with non-household members.

Requirements for fully vaccinated travellers and unvaccinated children less than 12 years of age

For 14 days following entry into Canada, you and any unvaccinated children under the age of 12 who travelled with you must:

- › **Maintain a list of the names and contact information** of each person with whom you came into close contact and a list of locations visited.
- › **Wear a well-constructed, well-fitting mask in public settings.**
- › **Keep a copy of the following** and provide them on request to the Government of Canada or government of the province or territory where you are located, or to the local public health authority:
 - All COVID-19 pre-arrival test results;
 - All on-arrival COVID-19 test results, including results from random testing and results for children under 12; and
 - Proof of vaccine.
- › **Monitor for signs and symptoms of COVID-19.** If you start showing signs and symptoms, or received a positive test result for COVID-19 before the expiry of the 14 day period you must immediately:
 - Report within 24 hours to PHAC by calling 1-833-641-0343. A Public Health Agency of Canada official will provide you with additional details and instructions.
 - Isolate for an additional 10 days;
 - Contact the appropriate public health authority, as specified below, and follow their instructions.
- › If you receive an indeterminate or invalid test result, you are required to take another test. Please contact your testing provider within 24 hours of receiving your test result to make arrangements to complete another self-swab kit.
- › If you or your child are exposed to someone with signs and symptoms of COVID-19 during the next 14 days, you and the child must isolate for 10 days starting the day of the exposure.

Common signs and symptoms of COVID-19 can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>.

Public health authorities

Provinces and territories	Telephone number
British Columbia, Alberta, Saskatchewan, New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador, Northwest Territories and Yukon	811
Manitoba	1-866-626-4862
Ontario	1-866-797-0000
Quebec	1-877-644-4545
Nunavut	1-867-975-5772

Links to provincial/territorial COVID-19 information and resources can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>.

For more information:  1-833-784-4397  Canada.ca/coronavirus

What kind of activity is best?

Both aerobic and resistance exercise are important for people living with diabetes.

Aerobic exercise

Aerobic exercise is continuous exercise such as walking, bicycling or jogging that elevates breathing and heart rate.

Resistance exercise

Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands or one's own body weight to build muscle strength. If you decide to begin resistance exercise, you should first get some instruction from a qualified exercise specialist, a diabetes educator or exercise resource (such as a video or brochure) and start slowly.

Interval training

Interval training involves short periods of vigorous exercise such as running or cycling, alternating with 30 second to 3 minute recovery periods at low-to-moderate intensity or, rest.

Why is activity so important for people with diabetes?

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels.

Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels.

Safety first

- If you have been inactive for some time, talk to your doctor before starting any exercise program that is more strenuous than brisk walking.
- Make sure you wear comfortable, proper-fitting shoes.
- Wear your MedicAlert® bracelet or necklace.
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain.
- If you take insulin or medications that increase insulin levels, monitor your blood sugar before, during and many hours after your activity to see how it affects your blood sugar levels.
- Carry some form of fast-acting carbohydrate with you in case you need to treat low blood sugar (hypoglycemia), for example, glucose tablets or Life Savers®.
- If you live with type 1 diabetes, speak to your health-care provider about additional strategies to reduce the risk of hypoglycemia during and after exercise.

	Minutes	Times per week
My plan for aerobic exercise is :		
My plan for resistance exercise is :		



How much is enough?

Your goal should be to complete **at least 150 minutes of moderate- to vigorous-intensity aerobic exercise each week**, (e.g. 30 minutes, 5 days a week).

You may have to start slowly, with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal. The good news, though, is that multiple, shorter exercise sessions of at least 10 minutes, adding up to 90-140 minutes per week, can have some benefits for people with diabetes. As you begin your exercise program and continue to build on it, be sure that you have no more than 2 consecutive days without exercise.

If you are able and when you are ready, try adding **resistance exercises like lifting weights 2-3 times a week**.

When you add resistance exercise, you should get some help from a qualified exercise specialist.

Note: You may consider **interval training** to increase improvements in fitness levels for type 2 diabetes, and to lower the risk of hypoglycemia in type 1 diabetes. Speak with your health-care provider or qualified exercise specialist if you plan to start interval training.

Keep going!

Habits can be hard to change, so be prepared with a plan in case your motivation starts to fade:

- Do something you like! It is hard to stick to an activity that is not fun. It may take you a few tries before you find the activity that is right for you.
- Have a support network. Ask your family, friends and co-workers to help you stay motivated by joining you for a walk or a workout at the gym.
- Set small, attainable goals and celebrate when you reach them. Reward yourself in healthy ways.
- Add physical activity to your daily routine. While you are working or watching TV, get up every 20-30 minutes.
- Seek professional help from a personal trainer, or someone knowledgeable who can help you find a fitness regimen that will work for you.
- Using a step monitor (pedometer or accelerometer) can be helpful to track your activity.

Physical activity and diabetes can be a complex issue. For more information, talk to your health-care team or visit diabetes.ca.

Regardless of your age, making the decision to become more physically active is one of the greatest gifts you can give yourself and the people who love you. Take that first step today!



Related articles: *Benefits of physical activity, Planning for regular physical activity, Introductory resistance program, Maintaining aerobic exercise, and Resistance exercise guidelines*

**DIABETES
CANADA**

diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

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chair abs

DAREBEE WORKOUT @ darebee.com



10 crunch kicks



10 side-to-side knee sweeps



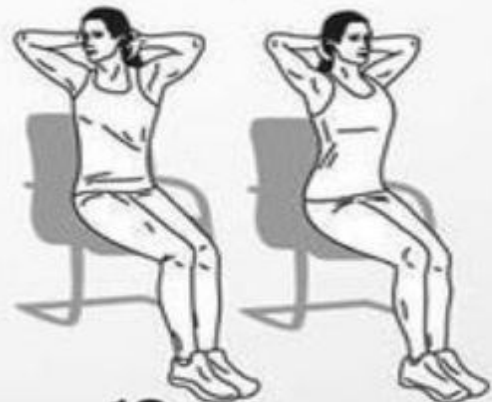
10 knee-to-elbows



10 leg raises



10 cycling crunches



10 sitting twists

Outdoor Winter Safety: Staying Safe During Winter Activities



Temperature and weather

Children should not play outdoors if the temperature or the wind chill factor falls below -25°C (-13°F). When it is this cold outside, exposed skin can freeze in a few minutes.

Always check the weather forecast before children go out in the cold. Just because it is mild in the morning does not mean it will remain so in the afternoon. Even mild temperatures have their own danger: your child may get wet because of melting ice and snow, and ice surfaces may break more easily.

Stay hydrated, take breaks and use sunscreen

Always make sure children drink plenty of warm fluids to help the body maintain its temperature. If hot drinks are not available, drink plenty of plain water. It is easy to get dehydrated in the cold, often without noticing.

Take frequent breaks from the cold to let the body warm up.

Use sunscreen, even on cloudy days.

Clothing

All winter activities require layers of warm, dry cold-weather clothing.

Dress in three layers:

1. Thin moisture-wicking materials such as polyester should be next to the skin.
2. Next is a middle insulating layer of wool or fleece.
3. An outer water- and wind-proof layer made of nylon or Gore-Tex.

An outer layer should be removed just before starting strenuous activity to avoid overheating, which will make your child wet from sweat. Layers should go back on during rest to stay warm. Include a hat, mitts, a tube scarf and waterproof boots.

Hard Boiled Egg Boats



This Yummy, high protein snack that kids will love! This is easy to assemble and you can even have the kids help cut the cheese and cucumbers (if your child is 9 and under you could have them use a plastic knife). Eggs are an inexpensive source of protein that also contains:

- Choline: Vital for brain development
- Lutein: Which protects eyes
- Vitamin B12, which is important for energy
- Naturally occurring Vitamin D- important for regulating calcium levels and enhancing absorption of calcium.

This also could be a quick breakfast too!

Tips for Indoor Wood Burning



Reduce emissions from wood burning by taking the following actions:

- Only burn dry, seasoned wood. Seasoned, dry wood burns quicker and produces more heat. This means that fewer emissions are released which can harm health.
- When purchasing a wood burning appliance or insert, check with the store to make sure it is EPA or CSA Approved/Certified because they are more efficient in burning wood and they also reduce the amount of pollutants released.
- When changing an existing or purchasing a new wood burning appliance, consider a different heat source (natural gas, electric).
- Do not burn wood on poor air quality days.
- Keep an eye on your fire. Watch for excessive smoke, burn according to manufacturer's directions for your appliance, be a good neighbour and try not to impact others.

DO NOT BURN:

- Garbage, plastic, magazines, rubber, cardboard or Styrofoam
- Treated wood (coated with preservatives or paint), plywood or particle board
- Wet, rotted, diseased or moldy wood

Kanoronhkwahtshera Awenhnisera



Ratironhia'kehronón:ke



Aksikeh'ta



Ha' énska bah!



Konoronhkhwa



Awériahsa



Akoniasa



Otsikhè:ta



Katsikhe'tahón:tsi



Otsi'tsia