

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.

June
Ohiari:ha
2020



Contact Us

Kanohkwat'sheri:io
Health Facility

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Green Food Bag/Tetewatska:hon

To order a Green Food Bag you can call or go to the Community Health office, located at the Kanonhkwat'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
POSTPONED

June Pick Up Dates

Kana:takon

Date: POSTPONED
Time: 11am – 4pm
Place: St. Regis
Recreation

Tsi Snaihne

Date: POSTPONED
Time: 1pm – 5pm
Place: Tsi Snaihne
Homemaker's Club

Kawehno:ke

Date: POSTPONED
Time: 11am- 4pm
Place:
A'nowara'ko:wa Arena



Immunization Clinics

The MCA Community Health Program now provides immunizations by appointment only.

To book an appointment, please call
613.575.2341 ext. 3220

IMPORTANT! Please remember to bring your yellow immunization record.

Immunizations are also available at the Kawehno:ke Medical Clinic. They are provided by appointment only.
To book an appointment, please call 613.932.5808

NUTRITION, IMMUNITY AND COVID-19

Steps to maintain your health & immunity

01 Healthy eating and staying hydrated is important to protect against illness, regardless of age.



02 Make sure you are eating and drinking regularly, even if you have low appetite.

03 For older adults, include protein foods at each meal and 1 snack to maintain strength and a healthy immune system.

04 Use the 'Eat well plate' from Canada's food guide to guide food choices: 1/2 plate vegetables and fruits, 1/4 plate protein foods, 1/4 plate whole grains.

05 Wash your hands frequently when preparing foods at home.

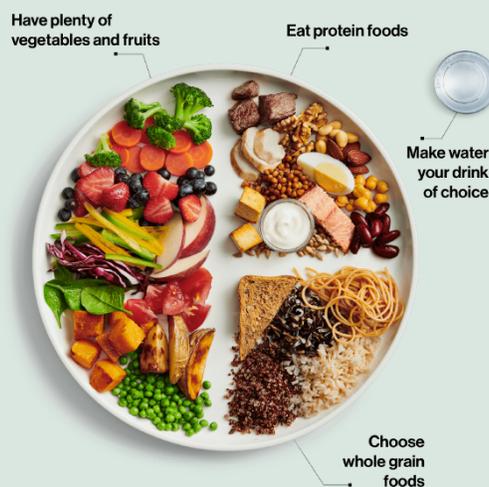
06 When preparing fresh fruits and vegetables, wash or scrub them under cold, running tap water before eating.

07 Enjoy meals with members of your household except if a family member is self-isolating.

08 When eating together:
-don't share snacks, like a family popcorn bowl
-don't share drinks, cups, or utensils

09 Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store.

10 If ordering take-out or having home meal delivery, unpack the food and wash your hands before you eat.



Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases.

Myths and Facts on COVID-19: Food, Supplements and Your Immune System



in·fo·dem·ic

/,ɪnfəˈdemɪk/

noun

noun: **infodemic**; plural noun: **infodemics**

Infodemic: “An over-abundance of information—some accurate and some not—that makes it hard for people to find trustworthy sources and reliable guidance when they need it.” (WHO, 2020)

With an overwhelming amount of information online and media influencers promoting so-called ‘cures’ for coronavirus, it can be hard to decipher myth from fact. Let’s take a look at some of the common questions and claims circulating around with regards to COVID-19.

Can I “boost” my immune system?

The immune system is a complicated system. The short answer to this question is **no**. We can’t *boost* our immune system so that it’s functioning at a higher than normal level. However, many different factors can impact one’s immune system including: age, genetics, disease, sleep, smoking, nutritional status/deficiencies, as well as other things like stress and our environment. Some of these factors we can change and others we can’t. Of course, it’s not helpful to stress over what we can’t change!



Focusing on positive lifestyle behaviors like managing our stress, eating a variety of foods, and quitting smoking can help **support** our immune systems. However, supporting your immune system does not mean you will prevent or treat diseases. You may be wondering, “What about if I do get sick? Will I not get as sick if I am doing what I can to support my immune system?” The answer is *maybe*, but there are still many other complex factors involved in your immune response which makes things a bit more complicated.

Key point: We can help support our immune health through positive lifestyle behaviors, but this does not mean that they will prevent or treat diseases like coronavirus.



Can eating specific foods or supplements help prevent or treat the new coronavirus?

Unfortunately, **no**. You may have heard people promoting supplements to combat the coronavirus, such as: Vitamin D, Vitamin C, zinc, garlic or elderberry. However, there is currently no evidence that these supplements or foods protect people from COVID-19.

While there is some evidence for certain nutrients having a small benefit with the cold or flu, this **cannot be extended to COVID-19**. Further research is needed on the effectiveness and safety of different supplements or products. At this time, Health Canada has not approved **any** product or



supplement to prevent, treat or cure COVID-19. Keep in mind that just because a product is considered natural, doesn't necessarily mean it's safe. It's also good to remember that while vitamins which we get from our food are important for good health, high doses of some supplements could actually be harmful. More is not always better!

Eating a variety of foods, including fruits and vegetables, can help your body get the different vitamins and minerals that are needed for good health, including the functioning of your immune system. In certain cases, when we are not able to get enough of specific nutrients from foods, supplements may be recommended by your health care provider.

If you have questions about your diet or need for supplements, consult with a Registered Dietitian on your primary care team.

Will sipping water every 15 minutes help prevent coronavirus?

Another myth that has been circulating on social media is the idea that sipping water throughout the day will help to 'wash down' coronavirus and therefore prevent it from infecting someone. **There is no evidence** that this will help to prevent you from contracting COVID-19.



Hydration is important for good health, so drinking adequate water is a good practice. However, keep in mind that drinking excessive water is also not good for you.



How Can I Identify Misinformation? Ask yourself...

- Does it sound like a miracle cure? If it sounds too good to be true, it probably is.
- Does it contradict trusted sources? (eg. CDC, WHO, Health Canada). This is a red flag!
- Are they trying to sell me something? Beware of scams.

Key Point: There is lots of misinformation floating around. Be critical with the information and claims you hear or read and stick to trusted sources of information. If you have questions about your health, consult with your medical team.

Further reading and references:

<https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200202-sitrep-13-ncov-v3.pdf>

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?fbclid=IwAR0cmfVweaalBr4exZ-0HSr2gmsC20LDT6ZD3DqxKGmMYi_b9CbT86prZh0

<https://examine.com/topics/coronavirus-myths/#supplements>

https://examine.com/topics/coronavirus/?ck_subscriber_id=668678115

<https://www.pennutrition.com/KnowledgePathway.aspx?kpid=16006&trid=18279&trcatid=38>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#f>

The months before the birth of your baby are very special.

Regular visits to your health care provider are important for your health and your baby's health.

It is also important to know about the programs and services in the community that are also helpful to pregnant women.



Healthy Tips for a Healthy Pregnancy

- Keep your body strong. Exercise and stay active.
- Have a good mind. Think positively.
- Rest when needed.
- Early and regular prenatal visit.
- Food is medicine. Healthy food choices will help your baby grow strong.
- Making healthy choices during your pregnancy can help protect you and your baby.

**HEALTHY PREGNANCY =
HEALTHY GENERATIONS**

Due to COVID-19, we are taking the necessary precautions to ensure the health and safety of our clients.

We are still offering services for prenatal and postpartum care either by telephone or virtual visit. No office/home visits will be done until further notice.

Food vouchers are still available through curbside pick up or prearranged delivery.

Are you expecting?

The MCA Community Health Program offers the following services just for you:

- *Individual sessions to learn "what to expect" and tips for having a healthy pregnancy.*
- *Individual sessions to prepare for giving birth.*
- *Breastfeeding education sessions.*
- *Healthy eating ideas from a Registered Dietitian.*
- *Access to Tahonata'karita'kie Healthy Arrivals Program which provides prenatal food vouchers to help you access healthy foods.*



**MCA Community Health Program
(613) 575-2341 Ext. 3220**



Top 10 Tips for Supporting a Breastfeeding Mother

Breastfeeding is a full time job and mom is working overtime in those first few months. A support person can have an amazing positive impact on the mother's experience of breastfeeding. It is natural to breastfeed although it is not always automatic and most of the time a good latch will take some work. A baby might not take a bottle when they are used to breastfeeding so offering to feed the baby is not always a helpful solution. Anyone can read these tips and learn more about breastfeeding to support the mothers in the community who are breastfeeding.

1. Learn about breastfeeding basics. Understand the “demand and supply” nature of breast milk production. Check this out! <http://www.medelabreastfeedingtips.ca/demand-and-supply-how-breastmilk-production-really-works/>
2. Know baby hunger cues. Early hunger cues include: sucking sounds, moving around, tongue and hand-to-mouth movements. If you see these, bring the baby to mom to breastfeed. Understand normal feeding patterns and expect the baby to nurse every hour at times. What is cluster feeding? Check it out! <https://kellymom.com/parenting/parenting-faq/fussy-evening/>
3. Provide privacy for mom and make her comfortable. Use pillows for arms or back. Stress is not only bad for our health in general; it can also be bad for breast milk production! What is laid back nursing? Check it out! <https://youtu.be/KYRg8DTbZCc>
4. Feed mom; bring her meals & snacks, place items and a water bottle in reach.
5. Allow mom some time for self-care. Do skin to skin with the baby or try a baby carrier while mom takes a peaceful bath or long shower! Have you heard of babywearing?
6. Talk, read and sing to the baby. Sometimes dads have a magic power to soothe a baby.
7. Praise mom; tell her she's doing a good job! This is often all she needs. The support person may not be able to fix a problem but can always show they understand and acknowledge the hard work that breastfeeding is. Let her know she is an awesome mom and you are proud of her.
8. Get all those other things done such as laundry and dishes. Change diapers, bring the baby to mom, make them comfortable and burp the baby for example.
9. If you need help call the Community Health Program at extension 3220 AND be present when a health care provider or lactation consultant gives instructions and tips. When you are home and mom doesn't remember what she learned, you can help her put it into practice.
10. Advocate for her and know her rights! She should never have to breastfeed in a washroom. Read more here: <http://www.ohrc.on.ca/en/pregnancy-and-breastfeeding-brochure>

BONUS TIP: Talk proudly to your friends and family about breastfeeding!

Here are more tips for how to enjoy sex and to avoid getting or passing Covid-19.

TAKE CARE DURING SEX

Kissing can easily pass the virus. Avoid kissing anyone who is not part of your small circle of close contacts.

Wear a face covering or mask. Maybe its your thing, maybe it's not, but during COVID-19 wearing a face covering that covers your mouth and nose is a good way to add a layer of protection during sex. Heavy breathing and panting can spread the virus further, and if you or your partner have COVID-19 and don't know it, a mask can help stop the spread.

- ◆ Condoms and dental dams can reduce contact with saliva, semen or feces during oral or anal sex.
- ◆ Washing up **before and after** sex is more important than ever.
 - ◆ Wash hands with soap and water for 20 seconds.
 - ◆ Wash sex toys with soap and water.
 - ◆ Disinfect anything you touch or share with others.

SKIP SEX IF YOU OR YOUR PARTNER ARE NOT FEELING WELL

If you feel unwell, or even start to feel unwell, avoid kissing, sex or any other close contact with others

PREVENT HIV, OTHER STIs AND UNINTENDED PREGNANCY

MCA Community Health offers Safer Sex Supplies.

- Condoms
 - Classic, Extra Large, Female, Flavored, Glow in the dark, & Latex-Free
- Dental Dams
- Lubricant



Remember

to always check expiration dates on condoms or other products before use.

If you need any of our FREE safer sex supplies, call the MCA Community Health Office at (613) 575-2341 ext. 3220. and ask to speak confidentially to a Nurse.

****Curbside pick up is available****



Tobacco use and COVID-19

Information for people who smoke

As the COVID-19 pandemic continues, it is important to understand the role that smoking may play in catching and passing on the virus. Although more research is needed, this resource is based on the latest evidence as of March 2020. It also includes tips and resources for quitting or reducing smoking during the pandemic.

How does smoking affect the risk of getting COVID-19?

- COVID-19 affects your lungs, chest and other parts of your breathing system. When you inhale cigarette smoke, chemicals damage your lungs and weaken your immune response. This can cause viruses to enter your lungs more easily and increase your chance of getting respiratory infections, such as COVID-19.
- The action of moving cigarettes from your hand to your mouth, as well as sharing cigarettes with others, can also increase your risk of catching and transmitting COVID-19.

Do smokers have worse symptoms of COVID-19?

- Current and past smokers are more likely than other people to have severe symptoms of COVID-19, such as pneumonia.
- Current and past smokers are also at a higher risk than others of needing admission to the ICU and mechanical ventilation, and are at a higher risk of death.
- Exposure to second-hand smoke can cause damage to the heart and lungs, which could increase the risk of more serious symptoms of COVID-19 for those around you.



CV26a / 05-22-2020

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

camh
mental health is health

How can I manage my smoking during the pandemic?

You may feel a strong urge to smoke to help you cope with feelings of stress, loneliness and boredom. But quitting is the most important thing you can do for your overall health, and may reduce your chance of getting COVID-19. Here are some tips for managing cravings during the pandemic:

Seek support and stay connected with family and friends by phone, text and video.

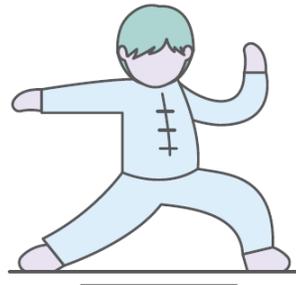


You can also share your thoughts and progress on Twitter with the hashtag #QuitforCovid.

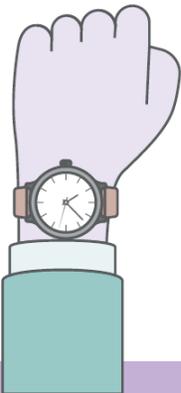
Keep busy with healthy and enjoyable activities, while staying at a safe distance from others.



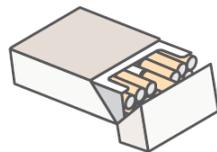
Track your cravings, cigarettes, mood and activities each day. You might start to identify triggers for your smoking. iPhone users can use the My Change Plan app (download for free from the App Store).



Plan how you will manage triggers and cravings. For example, spend more time doing things that keep you from smoking or away from cigarettes.



A craving may pass, so delay smoking for as long as you can.



Call your pharmacist to explore whether quit-smoking medications might be an option for you and how you can get them during the pandemic.



Resources for support on smoking and vaping

- Mental Health and the COVID-19 Pandemic: www.camh.ca/covid19
- FAQs on Smoking, Vaping and COVID-19: www.otru.org/wp-content/uploads/2020/03/otru_covidfaqs_mar2020.pdf
- Smoker's Helpline: A free service offering support and information about quitting smoking. Visit www.smokershelpline.ca for online support, text iQUIT to 123456, or call Telehealth Ontario at 1 866 797-0000.
- ConnexOntario: Free and confidential services for people experiencing issues with addictions and mental health. Call 1 866 531-2600 or visit www.connexontario.ca
- CAMH Nicotine Dependence Service: Information and resources on quitting smoking. Visit www.nicotinedependenceclinic.com

Below are a few resources you may find helpful:

- **Tobacco use and mood management**
- **Tobacco use and physical activity**
- **Tobacco use nutrition and weight**
- **My Change Plan app**: Download for free from the Apple App Store (iPhone users only)



CV26ab / 05-22-2020

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

Management and self-care

**DIABETES
CANADA**

Management and self-care

There are seven key areas of self-care behaviours that help manage diabetes.

Healthy eating

Learn more about the different tools used by people with diabetes. Eating healthy food is part of living a wholesome life. However, having diabetes doesn't exclude you from eating your favourite foods or going to your favourite restaurants. But you need to know that different foods affect your blood sugar differently.

Physical activity

Activity has many health benefits in addition to losing weight. Physical activity lowers cholesterol, improves blood pressure, lowers stress and anxiety, and improves your mood. Being active can also keep your blood glucose levels in check and your diabetes under control.

Monitoring

Regular monitoring of your blood sugar levels gives you the information you need to make decisions. Testing your blood sugar lets you know when your levels are on target and it informs your decisions on activity and food so that you can live life to the fullest.

Taking medication

Taking the right medications will help you have greater control over your diabetes and help you feel better. Insulin, pills that lower your blood sugar, aspirin, blood pressure medication, cholesterol-lowering medication are a few of the medicines used to reduce your risk of complications.

Problem solving

Encountering struggles with your diabetes control will happen. You can't plan for every situation you may face. However, learning from struggles and developing plans for dealing with problems in the future will help you be successful.

Reducing risks

Having diabetes puts you at a higher risk for developing other health problems. Understanding the risks is the first step towards reducing your chances of diabetes-related complications.

Healthy coping

Diabetes can not only affect you physically, but emotionally as well. Diabetes and diabetes management can leave you experiencing emotional highs and lows, but the important thing is to realize these emotions are normal and take the steps to reduce the negative impact they can have on your self-care.

Article taken from: Diabetes Canada

Link: <https://www.diabetes.ca/about-diabetes/management-and-self-care>

Beaches Safety in Akwesasne

The risk of COVID-19 transmission through swimming in natural bodies of water is believed to be quite low; however, there is an increased risk of person-to-person transmission when a minimum of 2 meters radius of physical distancing is not observed. There is also a considerable risk of COVID-19 transmission via surfaces; therefore, it is important to:

- I. Avoid the use of common surfaces as much as reasonably possible,
- II. To disinfect surfaces between uses when unavoidable and
- III. To practice hand hygiene frequently.

Environmental Health Recommendations

Do not go to the beach if:

- 1- You have symptoms such as sore throat, headache, fatigue, malaise, etc. or
- 2- If you are under self-isolation because you have been diagnosed with COVID-19 in the last 14 days, are awaiting test results for COVID-19, have come in contact with someone who was diagnosed with COVID-19 in the last 14 days, or
- 3- If you have been advised to self-isolate by community health program.

Beach water testing

Water is tested for *E. coli bacteria*, which is an indicator that there is fecal contamination present from either animal or human or both. *E. coli*, as well as the presence of other disease-causing organisms, **can cause intestinal illness or infections of the eyes, ears, nose or throat.** Weather conditions can also adversely affect water quality. If the water is cloudy from **rough water or heavy rains, it may have high levels of bacteria for up to two days. The community is advised to consider recent weather conditions when deciding on whether or not to go swimming.**

If water results show a public beach is unsafe for swimming, the community is informed and a warning sign can be posted at the beach to indicate the water may pose a risk to your health and swimming is not recommended.

7 Key Steps to Diabetes Prevention



Be more active.



Eat fiber-rich foods.



Eat whole grains.



5% or more weight reduction



Make healthier choices.



Don't Smoke.



Drink in Moderation.