

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.



Contact Us

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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 Kanonhkwa'tsherio Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
Postponed

October Pick Up Dates

Kana:takon

Date: Postponed

Time:

Place:

Tsi Snaihne

Date: Postponed

Time:

Place:

Kawehno:ke

Date: Postponed

Time:

Place:

IT'S FLU SEASON

*Did you know **KIDS UNDER 5** are at higher risk of serious complications (like pneumonia) from the **flu**?*

Their immune systems are still developing, making infections harder to fight off.

To prevent getting or spreading the flu:

- + Everyone over 6 months of age should get a flu vaccine every year
- + Teach your kids to:
 - > Clean their hands frequently and thoroughly
 - > Cough and sneeze into their arm, not their hands
 - > Keep their hands away from their face
- + Keep common surface areas clean and disinfected
- + If you or your child get sick, stay home



TO LEARN MORE AND TO FIND OUT WHERE TO
GET YOUR FLU VACCINE VISIT **CANADA.CA/FLU**

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STOP

THE SPREAD OF THE FLU



Adults 65+ are at a higher risk of serious complications from the flu

PROTECT YOURSELF AND THOSE AROUND YOU.

- + Get your flu shot
- + Clean your hands often
- + Cough and sneeze into the bend of your arm, not your hand
- + Stay home if you are sick

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)



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HELP REDUCE THE SPREAD OF COVID-19



TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19



follow the advice of your **local public health authority**



wash your hands often with soap and water for at least 20 seconds



use an **alcohol-based hand sanitizer** containing at least 60% alcohol if soap and water are not available



try not to touch your eyes, nose or mouth



cough and sneeze into your sleeve and not your hands



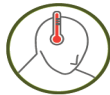
avoid close contact with people who are sick and practice **physical distancing**



avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:



FEVER



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

FOR INFORMATION ON COVID-19:

☎ 1-833-784-4397

@ canada.ca/coronavirus



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Essential Tummy Time Moves

To Develop Your Baby's Core

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The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to Tummy Time and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love Tummy Time. This helps develop the muscles in their back, neck, and trunk on their way to meeting developmental milestones.

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Here are the top five moves you can begin as soon as your baby is born:



Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



Eye-Level Smile

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



Lap Soothe

Place your baby face-down across your lap to burp or soothe him. A hand on your baby's bottom will help him feel steady and calm.



Tummy-Down Carry

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



Tummy Minute

Place your baby on her tummy for one or two minutes every time you change her. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!

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SMOKING, VAPING, AND COVID-19 Q & A

Q. Are people who smoke or vape at a greater risk of exposure to COVID-19?

- A. COVID-19 is a respiratory virus which spreads through saliva or the droplets produced when an infected person sneezes or coughs near other people or onto frequently touched surfaces. Smoking and vaping requires frequent hand to mouth contact which means people who use these products may be more vulnerable to COVID-19 exposure. Sharing these products also increases the chance of spreading the virus. Not sharing these products and washing your hands frequently is key to stopping the spread of COVID-19. See [Hand Hygiene](#) for hand washing tips.

Q. Are people who smoke or vape at a greater risk of getting COVID-19?

- A. Smoking is known to decrease the body's immunity making people who smoke more susceptible to lung and chest infections. As a result, it is likely that people who smoke are at a higher risk for getting COVID-19 compared to someone who does not smoke. Although not as much is known about the effects of vaping, preliminary research does support that the damage done by vaping is similar to that of smoking and therefore it is possible that vaping could increase the risk of developing COVID-19.^{1,2}

Q. Are people who smoke or vape more likely to have complications if they do get COVID-19?

- A. COVID-19 is a respiratory virus that causes lung illness with mild to severe symptoms. Pre-existing lung disease or reduced lung capacity may greatly increase the severity of illness experienced. As a result, activities that reduce the ability of the body to use oxygen properly, like smoking and vaping, could put users at higher risk of complications from COVID-19.¹ The best thing someone can do to reduce their risk is quit.

Q. Are people who breathe in secondhand cigarette smoke more vulnerable to COVID-19?

- A. Being exposed to secondhand smoke has always been dangerous. Just like smoking, secondhand smoke lowers immunity, lung function, and affects cardiovascular health. As a result, it is likely that people who breathe in secondhand smoke will be more vulnerable to contracting COVID-19 and are at an increased risk of developing serious complications from the virus.^{3,4}

Q. Can people get COVID-19 from breathing in secondhand vapour from an electronic cigarette?

- A. Research has only begun to study the effects of secondhand vapour and its effects on health so not enough is known to confirm whether COVID-19 can travel in exhaled vapour and infect another person. Based on what is known, exhaled vapour does not travel far so even if COVID-19 was present, the spread into the environment would be far less compared to that of coughing or sneezing.^{5,6}

Q. Where can I get support to quit?

- A. Quitting smoking and breaking the addiction to tobacco industry products isn't easy but it's the best thing you can do to protect your health. Visit [DontQuitQuitting.ca](#), or [SmokersHelpline.ca](#), or [SimcoeMuskokaHealth.org/Topics/Tobacco/Quitting](#) for tips and online support with your quit attempt.

During these uncertain times, it is understandable that people may be feeling increased levels of stress and anxiety. Turning to substances is not a healthy or productive way to deal with these feelings. The Centre for Addiction and Mental Health (CAMH) is offering an online peer to peer support group where people can share encouragement and talk about their experiences with managing stress and anxiety related to the COVID-19 virus. For more information visit [CAMH COVID-19 Discussion Forum](#) or contact covidmoderator@camh.ca.⁷



HOW TO PREVENT FALLS

Many falls can be prevented. By making some changes, you can lower your chances of falling.

FOLLOW THESE STEPS TO HELP PREVENT SLIPS, TRIPS AND FALLS... SO THAT YOU CAN GET ON WITH ENJOYING THE FUN THINGS IN LIFE.

6 Things YOU can do to prevent falls:



1. Exercise and Improve your balance and strength.

2. Improve your diet.

3. Wear shoes with traction.

4. Have your eyes checked.

5. Speak to your health care provider.
If you fallen speak to a health care provider right away & have your meds reviewed

6. Make your home safer-
install handrails on staircases-clear away loose cords-use non slip mats in the shower.

GRAVEYARD TACO CUPS



INGREDIENTS

- 2 FlatOut pizza crusts
- 1 can refined black beans
- 2 avocados
- 2 cloves garlic
- juice of 1 lime
- 8 black olives, chopped
- green onion, chopped

INSTRUCTIONS

- 1 Preheat your oven to 375 degrees.
- 2 Stencil out a tree on a piece of paper first and cut it out to use it as a stencil for the pizza crusts. You can do this for the tombstones too or use a Halloween cookie cutter.
- 3 Cut out your trees and tombstones. I used an Exact-O-Knife for precision. Kids, use only with parental supervision!
- 4 Lightly coat with olive oil and a sprinkle of sea salt. Place on a baking sheet and cook for 5-8 minutes, or until just lightly browned. Allow to completely cool and using an edible pen, write R.I.P. on each tombstone.
- 5 Heat up your refried beans over medium-low heat until warmed through. Remove from heat and set aside.
- 6 To make the guacamole, scoop out the avocado flesh into a bowl. Add the minced garlic, lime juice and sea salt for taste. Mash until smooth.
- 7 Layer your cups with the black beans, guacamole and top with the chopped black olives and green onions.

How often one should pump-out the septic tank?



Regular maintenance is the single most important consideration in making sure that the septic system, whether it is a conventional septic system, an innovative/alternative (I/A) system, or a cesspool, works well over time. Regular pumping helps prevent solids from escaping into the drain field and clogging soil pores. The factors such as the size or capacity of the tank, the age of the system, how much wastewater is entering the tank, and the volume of solids in the wastewater will affect the frequency. While pumping frequency is a function of use, as a general rule following points are strongly recommended:

1. The systems should be pumped at least once every three years for homes not having a garbage disposal. If the home's system has a garbage disposal, it should be pumped every year.
2. It is recommended that with a family of 4 and a standard 500 gallon (1,892 L) septic tank, the system should be pumped out after 1 year of regular use.
3. With a family of 4 and a 1000 gallon (3,785 L) tank, pump out should be every 2.6 years.
4. With a family of 4 and a 1500 gallon (5,678 L) tank, pumping every 4.2 years is acceptable.
5. For occasional or seasonal usage (i.e. cottages), pumping can be done less frequently.

Following additional points should also be kept in consideration:

- The best time to pump is in summer or early fall. That way, bacteria—necessary for breaking down the waste—have time to get reestablished in the tank before the winter hits.
- An amazing number of system owners believe that if they haven't had any problems with their systems, they don't need to pump out their tanks. Unfortunately, this is a serious and sometimes costly misconception.
- When hiring a pumper, be sure the contractor has the related license, and always make sure you get a paid receipt from the pumper that spells out the details of the transaction (how many gallons were pumped out of the tank, the date, the charges, and any other pertinent results). Retain this receipt for your records.