

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.

November
Kentenhko:wa
2020



Contact Us

Kanonhkwa'tsheri:io
Health Facility

31 Hilltop Drive,
Akwesasne, Quebec,
HOM 1A0

Phone: 613.575.2341
ext. 3220
Fax: 613.575.1152

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Facebook



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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't'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
CANCELLED

November Pick Up Dates

Kana:takon

CANCELLED

Tsi Snaihne

CANCELLED

Kawehno:ke

CANCELLED

LET'S BRING AWARENESS! WORLD DIABETES DAY 2020

This years activities for World Diabetes Day are virtual!
See below for the activities planned by
MCA Community Health Program.

1

World Diabetes Day checklist

Complete a list of activities for a chance to win a prize.
See a seperate flyer for more information.



2

Series of videos found on MCA Community Health Program Facebook page

- Food highlight on pulses
- 30 minute total body workout
- Are you at risk for diabetes? Looking into the CANRISK.
- Importance of preconception care
- ... & more

3

The theme for World Diabetes Day 2020 is *The Nurse and Diabetes*. Catch the diabetes team on CKON Tetewatharen on November 3.

Questions? Call MCA Community Health Program,
Diabetes Services
613-575-2341 Ext: 3247



Expecting to Quit

GETTING READY TO QUIT

Women often feel intense pressure to stop smoking when they become pregnant. This pressure comes from partners, family members, the media, etc. Pregnant women who are unable to reduce or stop smoking often feel guilty and ashamed about their smoking.

Remember, it's your decision if you want to smoke, reduce or quit. There are lots of paths to quitting smoking - you can find yours in your own time. In the meantime, here are some ideas on what to do until you're ready to take that first step.

WAYS TO REDUCE THE HARMFUL EFFECTS OF SMOKING:

- Get into the habit of smoking outside. Then, when the baby comes home, you'll be used to smoking outdoors not inside.
- Talk with your doctor about using nicotine replacement therapy
- Try smoking only part of each cigarette - such as three-quarters of it - instead of the whole cigarette
- Work towards reducing or quitting smoking in the last three months of your pregnancy

WHAT TO SAY IF PEOPLE TELL YOU THAT YOU SHOULDN'T BE SMOKING BECAUSE YOU ARE PREGNANT:

You can remind them that there are many things you do for your health in general and for a healthy pregnancy in particular. Some of the healthy things that women do because they are pregnant include:

- getting enough rest
- eating regularly
- learning how to better deal with stress
- exercising
- going for regular health check-ups
- beginning to prepare the home for baby
- staying emotionally healthy



www.expectingtoquit.ca

The Canadian Diabetes Association has become Diabetes Canada*

Key Messages for People with Diabetes

- It is natural to have questions about what food to eat. A registered dietitian can help you develop a personalized meal plan that considers your culture and nutritional preferences to help you achieve your blood glucose and weight management goals.
- Food is key in the management of diabetes and reducing the risk of heart attack and stroke.
- Try to prepare more of your meals at home and use fresh unprocessed ingredients.
- Try to prepare meals and eat together as a family. This is a good way to model healthy food behaviours to children and teenagers, which could help reduce their risk of becoming overweight or developing diabetes.
- With prediabetes and recently diagnosed type 2 diabetes, weight loss is the most important and effective dietary strategy if you have overweight or obesity. A weight loss of 5% to 10% of your body weight may help normalize blood glucose levels.
- There are many strategies that can help with weight loss. The best strategy is one that you are able to maintain long term.
- Adoption of diabetes-friendly eating habits can help manage your blood glucose levels as well as reduce your risk for developing heart and blood vessel disease for those with either type 1 or type 2 diabetes.
 - Select whole and less refined foods instead of processed foods, such as sugar-sweetened beverages, fast foods and refined grain products.
 - Pay attention to both carbohydrate quality and quantity.
 - Include low-glycemic-index foods, such as legumes, whole grains, and fruit and vegetables. These foods can help control blood glucose and cholesterol levels.
 - Consider learning how to count carbohydrates as the quantity of carbohydrate eaten at one time is usually important in managing diabetes.
 - Select unsaturated oils and nuts as the preferred dietary fats.
 - Choose lean animal proteins. Select more vegetable protein.
 - The style of eating that works well for diabetes may be described as a Mediterranean style diet, Nordic style diet, DASH diet or vegetarian style diet. All of these diets are rich in protective foods and have been shown to help manage diabetes and cardiovascular disease. They all contain the key elements of a diabetes-friendly diet.

THE CANADIAN DIABETES RISK QUESTIONNAIRE

CANRISK

→ Are you at risk?

The following questions will help you to find out if you are at higher risk of having pre-diabetes or type 2 diabetes. Pre-diabetes is a condition where a person's blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. You can have pre-diabetes or undiagnosed type 2 diabetes without having any obvious warning signs or symptoms.

Knowing your risk can help you make healthy choices now that will reduce your risk or even prevent you from developing diabetes.

Please answer the questions as honestly and completely as you can. If you wish, a friend or family member can help you to complete this form. The answers to these questions are completely confidential. Answer all questions. Enter your scores for each question in the box on the right-hand side and then add them up to calculate your total risk score.

This questionnaire is intended for adults aged 40 to 74 years.

→ AS YOU GET OLDER, YOUR RISK OF DEVELOPING DIABETES GOES UP.

1. Select your age group:

- ☐ 40-44 years
☐ 45-54 years
☐ 55-64 years
☐ 65-74 years

0 points
7 points
13 points
15 points

2. Are you male or female?

- ☐ Male
☐ Female

6 points
0 points

→ BODY SHAPE AND SIZE CAN AFFECT YOUR RISK OF DIABETES.

3. How tall are you and how much do you weigh?

On the left-hand side of the BMI chart below, circle your height, then on the bottom of the chart circle your weight.

Find the square on the chart where your height crosses with your weight, and note which shaded area you fall into.

For example, if you were 5 feet 2 inches (or 157.5cm) and 163 pounds (or 74kg) you would fall in the LIGHT GREY area.

Select your BMI group from the following choices:

- ☐ White (BMI less than 25)
☐ Light grey (BMI 25 to 29)
☐ Dark grey (BMI 30 to 34)
☐ Black (BMI 35 and over)

0 points
4 points
9 points
14 points

HEIGHT

feet/
inches cm

6'4"	192.5	12	13	13	14	15	16	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	29	30	31	32	33	34	34
6'3"	190	12	13	14	15	16	16	17	18	19	20	21	22	23	24	24	25	26	27	28	29	29	30	31	32	33	34	34	36
6'2"	187.5	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	29	30	31	32	33	34	34	36	37	37	38
6'1"	185	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	29	30	31	32	33	34	34	36	37	38	39
6'0"	182.5	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	29	30	31	32	33	34	34	36	37	38	39
5'11"	180	14	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	36	37	38	39	40
5'10"	177.5	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	36	37	38	39	40	41
5'9"	175	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	36	37	38	39	40	41
5'8"	172.5	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	36	37	38	39	40	41	42
5'7"	170	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	34	36	37	38	39	40	41	42
5'6"	167.5	16	17	18	19	20	21	22	23	24	25	26	27	29	29	31	32	33	34	34	36	37	38	39	40	41	42	43	45
5'5"	165	16	17	18	19	21	22	23	24	25	26	27	28	29	30	32	33	34	34	36	37	38	39	40	42	43	44	45	46
5'4"	162.5	17	18	19	20	21	22	23	24	26	27	28	29	30	31	33	34	34	36	37	38	39	41	42	43	44	45	46	47
5'3"	160	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	34	36	37	38	39	41	42	43	44	45	46	48	49
5'2"	157.5	18	19	20	21	23	24	24	26	27	29	29	31	32	33	34	36	37	38	40	41	42	43	44	46	47	48	49	50
5'1"	155	18	20	21	22	23	24	26	27	28	29	31	32	33	34	36	37	38	40	41	42	43	45	46	47	48	50	51	52
5'0"	152.5	19	20	21	23	24	25	27	28	29	31	32	33	34	36	37	38	40	41	42	43	45	46	47	49	50	51	52	54
4'11"	150	20	21	22	24	24	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46	48	49	50	52	53	54	56
4'10"	147.5	20	22	23	24	26	27	28	29	31	33	34	35	37	38	40	41	42	44	45	46	48	49	51	52	53	55	56	57
4'9"	145	21	22	24	25	27	28	29	31	32	34	35	37	38	39	41	42	44	45	47	48	49	51	52	54	55	57	58	59
4'8"	142.5	22	23	24	26	28	29	31	32	33	34	36	38	39	41	42	44	45	47	48	50	51	53	54	56	57	59	60	62

WEIGHT (kg) 44 47 50 53 56 59 62 65 68 71 74 77 80 83 86 89 92 95 98 101 104 107 110 113 116 119 122 125

WEIGHT (lbs) 97 103 110 117 123 130 136 143 150 156 163 169 176 183 189 196 202 209 216 222 229 235 242 249 255 262 268 275

4. Using a tape measure, place it around your waist at the level of your belly button.

Measure after breathing out (do not hold your breath) and write your results on the line below.

Then check the box that contains your measurement. (Note: this is not the same as the "waist size" on your pants).



MEN – Waist circumference: _____ inches OR _____ cm

- ☐ Less than 94 cm or 37 inches
☐ Between 94-102 cm or 37-40 inches
☐ Over 102 cm or 40 inches

0 points
4 points
6 points



WOMEN – Waist circumference: _____ inches OR _____ cm

- ☐ Less than 80 cm or 31.5 inches
☐ Between 80-88 cm or 31.5-35 inches
☐ Over 88 cm or 35 inches

0 points
4 points
6 points

→ **YOUR LEVEL OF PHYSICAL ACTIVITY AND WHAT YOU EAT CAN AFFECT YOUR RISK OF DEVELOPING DIABETES.**

5. Do you usually do some physical activity such as brisk walking for at least 30 minutes each day?

This activity can be done while at work or at home.

- ☐ Yes
☐ No

0 points

1 point.....

6. How often do you eat vegetables or fruits?

- ☐ Every day
☐ Not every day

0 points

2 points.....

→ **HIGH BLOOD PRESSURE, HIGH BLOOD SUGAR, AND PREGNANCY-RELATED FACTORS ARE ASSOCIATED WITH DIABETES.**

7. Have you ever been told by a doctor or nurse that you have high blood pressure OR have you ever taken high blood pressure pills?

- ☐ Yes
☐ No or don't know

4 points

0 points.....

8. Have you ever been found to have a high blood sugar either from a blood test, during an illness, or during pregnancy?

- ☐ Yes
☐ No or don't know

14 points

0 points.....

9. Have you ever given birth to a large baby weighing 9 pounds (4.1 kg) or more?

- ☐ Yes
☐ No, don't know, or not applicable

1 point

0 points.....

→ **SOME TYPES OF DIABETES RUN IN FAMILIES.**

10. Have any of your blood relatives ever been diagnosed with diabetes?

Check ALL that apply.

- ☐ Mother
☐ Father
☐ Brothers/Sisters
☐ Children
☐ Other
☐ No/don't know

2 points

2 points

2 points

2 points

0 points

0 points

Add your score.

Your combined score cannot be more than 8 points.

(2 points for each category, do not count multiple children or siblings twice).

11. Please check off which of the following ethnic groups your biological (blood) parents belong to:

MOTHER FATHER

- ☐ ☐ White (Caucasian)
☐ ☐ Aboriginal
☐ ☐ Black (Afro-Caribbean)
☐ ☐ East Asian (Chinese, Vietnamese, Filipino, Korean, etc.)
☐ ☐ South Asian (East Indian, Pakistani, Sri Lankan, etc.)
☐ ☐ Other non-white (Latin American, Arab, West Asian)

0 points

3 points

5 points

10 points

11 points

3 points.....

Choose only one score, the highest.

Do not add mother plus father scores together. (Your score cannot be more than 11 points for this section).

→ **OTHER FACTORS ARE ALSO RELATED TO DEVELOPING DIABETES.**

12. What is the highest level of education that you have completed?

- ☐ Some high school or less
☐ High school diploma
☐ Some college or university
☐ University or college degree

5 points

1 point

0 points

0 points.....

Total Score

Add up your points from questions 1 to 12

These risk scores are in no way a substitute for actual clinical diagnosis.

If you have any concerns, please consider discussing your results with a health care practitioner (eg. family doctor, nurse practitioner, pharmacist).

Lower than 21 → low risk

Your risk of having pre-diabetes or type 2 diabetes is fairly low, though it always pays to maintain a healthy lifestyle.

21-32 → moderate risk

Based on your identified risk factors, your risk of having pre-diabetes or type 2 diabetes is moderate. You may wish to consult with a health care practitioner about your risk of developing diabetes.

33 and over → high risk

Based on your identified risk factors, your risk of having pre-diabetes or type 2 diabetes is high. You may wish to consult with a health care practitioner to discuss getting your blood sugar tested.

Diabetes is a serious chronic disease and uncontrolled diabetes can lead to heart disease, kidney disease and other conditions.

While you can't change some factors such as, age, gender, family history, and ethno-cultural background, other risk factors for diabetes may respond to lifestyle changes. These include weight, physical activity, diet, and smoking.

If your BMI is 25 or higher, lowering your weight may help you reduce your risk of developing type 2 diabetes. Even a small change in body weight or physical activity can reduce your risk. Embrace a healthy balanced diet which emphasizes vegetables, fruit, and whole grains. Consult Canada's Food Guide for helpful suggestions. If you are not active, begin slowly and increase your activity gradually. Check with your doctor before beginning any exercise program.

If you smoke, it's never too late to quit. Every step you take to improve your health counts!

Thank you for completing the Canadian Diabetes Risk Questionnaire.

Risk Factors for Diabetes

Factors that may increase your risk of type 2 diabetes include:



Weight. Being overweight is a main risk factor for type 2 diabetes. However, you don't have to be overweight to develop type 2 diabetes.

Fat distribution. If you store fat mainly in the abdomen, you have a greater risk of type 2 diabetes than if you store fat elsewhere, such as in your hips and thighs. Your risk of type 2 diabetes rises if you're a man with a waist circumference above 40 inches (101.6 centimeters) or a woman with a waist that's greater than 35 inches (88.9 centimeters).



Inactivity. The less active you are, the greater your risk of type 2 diabetes. Physical activity helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.

Family history. The risk of type 2 diabetes increases if your parent or sibling has type 2 diabetes.



Race or ethnicity. Although it's unclear why, certain people — including Black, Hispanic, American Indian and Asian American people — are at higher risk.

Age. The risk of type 2 diabetes increases as you get older, especially after age 45. That's probably because people tend to exercise less, lose muscle mass and gain weight as they age. But type 2 diabetes is also increasing dramatically among children, adolescents and younger adults.



Prediabetes. Prediabetes is a condition in which your blood sugar level is higher than normal, but not high enough to be classified as diabetes. Left untreated, prediabetes often progresses to type 2 diabetes.

Gestational diabetes. If you developed gestational diabetes when you were pregnant, your risk of developing type 2 diabetes increases. If you gave birth to a baby weighing more than 9 pounds (4 kilograms), you're also at risk of type 2 diabetes.



Polycystic Ovary Syndrome (PCOS)

- **Polycystic ovarian syndrome.** For women, having polycystic ovarian syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.
- **Areas of darkened skin, usually in the armpits and neck.** This condition often indicates insulin resistance and is referred to as Acanthosis nigricans.

INFLUENZA

PREVENTION IN CHILDREN

Influenza is a serious cause of illness in children.



Children 5 years of age and younger are at high risk of influenza-associated complications and hospitalization.



Influenza is more severe in children under 2 years of age and in children with chronic health conditions such as heart, lung or neurological problems.

ANNUAL IMMUNIZATION IS AN EFFECTIVE AND SAFE WAY TO LOWER YOUR CHILD'S INFLUENZA RISK.



Does your child need 2 doses?

Children 6 months through 9 years of age who are immunized for the first time require 2 doses to be fully protected.



Talk to your doctor, nurse, pharmacist or local public health office about immunizing your child against influenza.

References:

Schanzer DL, Langley JM, Tam TW. Hospitalization Attributable to Influenza and Other Viral Respiratory Illnesses in Canadian Children. *Journal of Pediatric Infectious Diseases*. 2006; 25(9): p795-800.

Moore DL, Vaudry W, Scheifele DW, et al. Surveillance for Influenza Admissions Among Children Hospitalized in Canadian Immunization Monitoring Program Active Centers. *Pediatrics*. 2006; 118 (3): p e610-9.

National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020-2021. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2020-2021.html>

INFLUENZA

PREVENTION IN ADULTS

Influenza is a highly contagious respiratory infection.

INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years and older



who are pregnant



with a chronic illness



who are Indigenous



residing in nursing homes and other chronic-care facilities

THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR ADULTS:

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.

Children and Domestic Violence

Listening and Talking to Your Child About Domestic Violence

Domestic violence is a pattern of behavior that one person in a relationship uses to control the other. The behavior may be verbally, emotionally, physically, financially, or sexually abusive. You as a parent may have left an abusive relationship or you may still be in one. This fact sheet is **#4** in a series of 10 sheets written to help you understand how children may react to domestic violence, and how you can best help them to feel safe and valued and develop personal strength. For other fact sheets in the series, visit www.nctsn.org/content/resources

When children see, hear, or know about abuse by one parent against the other, they may have many feelings, thoughts, and questions. As a caring parent, you are the most important person to your children as they try to sort things out. It may not be easy for you to talk about what's happened. In some families' culture and religion it is not the custom to talk to children about adult problems. However, your communication and support can help your kids do better in the aftermath of their experiences.

If you still feel unsafe at home, you may worry that talking with the children will put the family at greater risk. If this is the case, talk to a domestic violence advocate or someone else you trust to help you increase the family's safety. Let your kids know that you are taking steps to make them safer. And remember, if you are in immediate danger, call 911 for emergency assistance.

*Call 613-575-2000 for emergency services in Akwesasne.

HOW TO TALK, WHAT TO LISTEN FOR

Conversations with children can't always be planned—sometimes they just happen. The following tips will help you make the most of the conversation whether it's planned or spontaneous:

- Take the lead: when you open the conversation, you're telling your child it is safe to talk and that she doesn't have to be alone with her thoughts and worries.
- Open with messages of support, like "I care about you and I will listen to you."

Helpful Messages for Kids About Domestic Violence

- Violence isn't OK.
- It isn't your fault.
- I will do everything I can to help you be safe.
- It's not your job to fix what is wrong in the family.
- I want you to tell me how you feel. It's important, and I can handle it.
- It's OK to have mixed feelings about either or both of your parents.

The Co-chairs of the NCTSN Domestic Violence Work Group Betsy Groves, Miriam Berkman, Rebecca Brown, and Edwina Reyes along with members of the committee and Futures Without Violence developed this fact sheet, drawing on the experiences of domestic violence survivors, research findings, and reports from battered women's advocates and mental health professionals. For more information on children and domestic violence, and to access all fact sheets in this series, visit www.nctsn.org/content/resources

Jonathan's mother and stepfather were quarreling, and the stepfather started shoving. Jonathan, who is 12, stepped in to stop it. When things calmed down his mother said to him, "I understand and appreciate your concerns about my safety, but it isn't your job to stop the fighting. I want you to stay safe."

- ▶ Ask what your child saw or heard or already knows about the troubling events in the home.
- ▶ Support and acknowledge your children's feelings, experiences, and their version of the story.
- ▶ Expect that your children will know more than you think, no matter how young they are. Sometimes when adults assume children are asleep or not paying any attention, they are actually listening to everything. If they are too young to get what's going on, they may fill in the gaps with their imaginations and end up worrying about something that's worse than reality.

- ▶ Let your child know it is always OK to ask you questions. Often the ideas or questions that trouble children are different from the ones that adults think about. Listening to your child's questions helps you know what is really on his mind.
- ▶ Talk to your children in a way that's right for their ages. Use words that you know they understand. Be careful not to talk about adult concerns or at an adult's level of understanding.
- ▶ If your child asks a question you're not ready to answer, you can say, "That's a really important question. I need some time to think about it and then we can talk again."

Seven-year-old Janet was at home when her parents began shouting. Her father threatened to take Janet away from her mother. Afterward, Janet's mother told her, "I will always be there for you. What Daddy said wasn't true. Even when you are angry, it isn't OK to scare other people."

- ▶ Monitor your own feelings. If you are able to talk calmly and confidently, you convey a sense of security. A calm tone sends the message that you are in charge and capable.
- ▶ Be alert to signs that your child is ready to end the conversation. Children who have heard enough may get restless or silly, stop listening, or stop asking questions.
- ▶ Have other adults for your own support so your children are not your only support system. You don't want to put undo worry or stress on your children.
- ▶ Be mindful of the age of your child. For younger children, sharing too much of your worries or fears may make them more worried or upset.

Going out? Do it safely.

Your actions matter.

Make informed choices to keep yourself and others safe.

Avoid



Closed spaces



Crowded places



Close contact

Always



Stay home and
away from others if
you feel sick

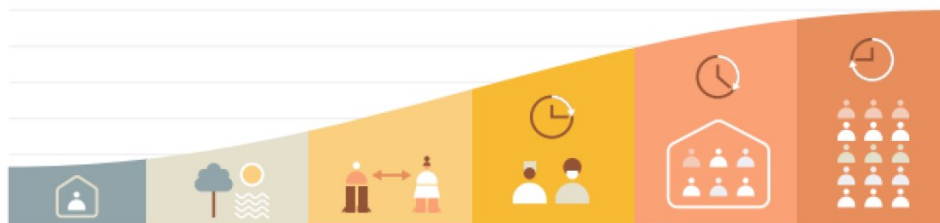


Follow local public
health advice



Stick to a small and
consistent social
circle

Understand risk factors



Home alone
or with household
contacts

Outdoors
with housemates
or social bubble

Outdoors
with physical
distancing

Outdoor / Indoor
Short amount of
time in close
proximity

Indoors
Large groups
Long time

Outdoors / Indoors
Crowded
Longer time



Help limit the spread.

Download the COVID Alert app.

Download on the
App Store

GET IT ON
Google Play

For more information on COVID-19:

 canada.ca/coronavirus

 1-833-784-4397



Government
of Canada

Gouvernement
du Canada

Canada

Assess the risk level

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Some examples of low, medium, high risk are provided below but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).

Low risk

Medium risk

High risk



Getting mail and packages



Grocery and retail shopping with public health measures



Camping



Driving Car (solo or with household contacts)



Going for a walk



Backyard BBQ with your 'bubble' contacts



Restaurant takeout



Community / Outdoor parks and beaches



Running / hiking / biking solo or at a distance from others



Socially distanced picnic



Playing "distanced" sports outside (tennis/golf)



Hair salon / barbershop



Medical, health and dental appointments



Hotel / BnB



Taxi / ride shares



Working in an office



Playing on play structures



Movie theatre



Outdoor restaurant/patio



School / camp / daycare



Public pools



Malls / museums / galleries



Weddings and funerals of limited size



Visiting elderly or at-risk family / friends in their home



Bars and nightclubs



Gyms and athletic studios



Cruise ships and resorts



Hugging, kissing or shaking hands



Large religious / cultural gatherings



Watching sporting events in arenas and stadiums



Casinos



Crowded public transportation (bus, subway)



Crowded indoor restaurant / buffet



Amusement parks



High-contact sports with shared equipment (football/basketball)



Conferences



Music concerts, or places where people are singing or shouting



Sexual activity with new people



Indoor party

Pregnancy & KEEPING WELL DURING COVID-19

Welcoming a new baby into the family is a sacred time. The COVID-19 pandemic will impact how you plan for your birth. The ways your family and community can support you may be different than hoped. Here is how to keep you and your loved ones safe.

How To Stay Well

CONTACT A CARE PROVIDER AS SOON AS YOU KNOW YOU ARE PREGNANT.

Communicating with your care providers is the best way to share information and discuss how you are feeling. You know your baby and body best!

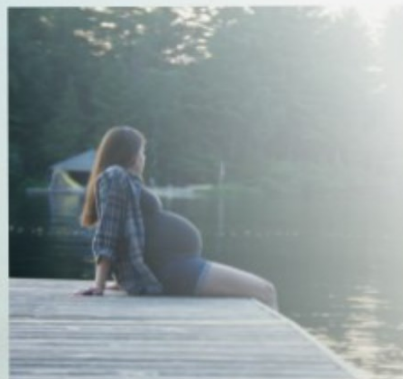
NOTICE HOW AND WHEN YOUR BABY MOVES.

Let your care provider know if there is anything concerning you.

STAYING ACTIVE DURING PREGNANCY IS HEALTHY AND RESTORATIVE!

Walking and going out on the land are great ways to get fresh air. Gentle stretches, yoga and workout videos are good options for indoors.

Moving your body, eating foods from the land, and connecting with cultural activities and teachings are all healthy during pregnancy.



Tips For Preventing COVID-19



Stay at home except for essential outings and time outdoors.



Wash your hands for 20 seconds with soap and water.



Wear a face covering if you need to go out and stay 2m away from others.



Clean hard surfaces in the home frequently with soap and water.



Avoid those with symptoms like a dry cough or a fever.



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This document provides client-friendly information designed to help you better understand some of the considerations and choices you may face while receiving care from your midwife. It is not intended to replace the informed choice discussions that you and your midwife will have. If you have any questions, concerns or ideas after reading over this document, please share them with your midwife.

This initiative was supported by the Johnson & Johnson Foundation in partnership with the Johnson & Johnson Center for Health Worker Innovation.

Sexual Wellness DURING COVID-19

*Your sexual and reproductive health matters as much during the pandemic as it ever has.
You have the right to be protected against intimate partner violence and sexual violence at all times.*

Sexual health services during COVID-19:

- *Continue to seek care for your sexual health*, including birth control, care for sexually transmitted infections, and breast and cervical cancer screening exams.
- *Abortion care is an essential service* and remains available during the pandemic.
- *Care following a sexual assault is essential* and remains available during the pandemic.



Protecting yourself



Physical contact is not recommended with anyone from outside your home. This includes hugging, kissing and having sex. You are your safest sex partner. The next safest sex partner is someone from within your home.



Avoid sex and especially kissing if you or your sexual partner feel unwell. COVID-19 is not sexually transmitted. It is transmitted by being physically close.



Condoms continue to protect against sexually transmitted infections and unplanned pregnancy.



Sex with multiple partners or group sex is not recommended during the COVID-19 pandemic.



If your sexual partner(s) live in a different household than you, consider non-physical options for sexual connection, like sexting and online dates.



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Iako'nawí:ne's Aota'karitétshera

TSI NIKARÌ:WES NE COVID-19

Tsi sa'nawí:ne's táhnon sawiraién:ta's aota'karitétshera né:'e sha'teiotirihowá:nen tsi nikarì:wes kanhratarì:ne tsi ní:ioht ne nonwén:ton. Saianerenhserá:ien karihwakwé:kon aesaia'tanohstá:tonke ne tóhsa aiesakaré:wahte ne tesenirihwaienawà:kon táhnon iako'nawí:ne's kakarewahtà:tshera.

Iako'nawí:ne's Aota'karitétshera Kaia'takehnha:tshera tsi nikarì:wes ne COVID-19:

- Satahsónteren tsi serihwí:saks ne aiesaia'takéhnha tsi sa'nawí:nes aota'karitétshera aorihwá:ke, kwah né:ne tóhsa aiakoné:ron'ne, teiako'tahón:karote taiéhsnie'ne, táhnon ienón:takon táhnon iewiraráhkwakon í:waks kaka'én:sions watkén:se.
- Teiotonhwentsióhon akaia'takehnha'tsheraíén:take ne taiontáthsnie'ne tsi tekontiwiria'ks tsi nikarì:wes kanhratarì:ne.
- Teiotonhwentsióhon akaia'takehnha'tsheraíén:take iotohétston wa'ákokaré:wahte tsi wahshakonónhton'se táhnon tsi nikarì:wes kanhratarì:ne enkaién:take.



Tsi Satatia'tanónhstats



Iah teka'nikonhrá:wi ne ahsheiatsté:rihste ónhka'k akó:ren a'é:ren nitiakawé:non. Ne kíken ó:ni kén:ton aiontathniá:sa, aiontatkwénion táhnon iako'nawí:ne. Í:se ne aonhá'a tkanonhstá:ton sonhá'ok aesa'nawí:ne. Ne ó:ia nón:wa aonhá'a tkanonhstá:ton aese-ni'nawí:ne ne ónhka'k sanónhsakon ié:teron.



Tóka' tesenirihwaienawà:kon ó:ia kanónhsote ié:teron tsi ní:ioht ne í:se, sate'nién:ten taese-ni'nawí:ne tóka' iah tha'tetsiatsterihstha, kwah né:ne "sexting" táhnon karonwará:ke taetsiátera'ne.



Skarenhrákwaht taesení'nawí:ne táhnon ne kwah ne taetsiatkwénion tóka' í:se káton tesenirihwaienawà:kon seninonhwák-tani. COVID-19 iah teiohetstáhkwen ne iako'nawí:ne's. Iohetstáhkwa tsi ákta tehon-tera'nekhánions.



Tóhkara niionkwé:take aesewa'nawí:ne tóka'ni kanén:ra aesewa'nawí:ne iah teka'nikonhrá:wi tsi nikarì:wes ne COVID-19 kanhratarì:ne.



Ionthno'kohrókstha shé:kon iakoia'tanónhstats ne tóhsa aiakoié:na ne kánhra táhnon tóhsa aiakoné:ron'ne.

Beat the Silent Killer

Make sure **YOUR** household is safe from carbon monoxide poisoning.

Ensure all fuel-burning appliances and vents in your home are inspected annually. Find a registered contractor at **COsafety.ca**



Install and regularly test carbon monoxide alarms



of all carbon monoxide deaths and injuries in Ontario occur in homes



Symptoms of carbon monoxide poisoning are similar to the flu without the fever

It is often referred to as The Silent Killer



No Odour



No Colour



No Taste

Many Ontario homes have on average **4-6 fuel-burning appliances** that produce carbon monoxide



Fireplace



Portable Fuel Heater



Dryer



Furnace



Stove



Water Heater



Portable Fuel Fired Generator



COsafety.ca
@TSSAOntario



ontario.ca/firemarshal
@ontfiremarshal