

# 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.

December  
Tsiiothohrha  
2020



### Inside this issue:

December Green Food Bag	2
Reduce Radon in Home	2
Positive Affirmation for Health	3
World AIDS Day	4
HIV Prevention	5
Safe Sex Information	6
Pregnancy and COVID-19	7
Tobacco Use and COVID-19	8-10
Diabetes Mellitus	11-12
Falls Prevention	13
Violence Against Women	14



## Contact Us

Kanonhkwa'tsheri:io  
Health Facility

31 Hilltop Drive,  
Akwesasne, Quebec,  
HOM 1A0

Phone: 613.575.2341  
ext. 3220  
Fax: 613.575.1152

Like Us on  
Facebook



## 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:  
CANCELLED

### December Pick Up Dates

Kana:takon

CANCELLED

Tsi Snaihne

CANCELLED

Kawehno:ke

CANCELLED

**HOW TO REDUCE RADON IN YOUR HOME**

-  **HIRING**  
a certified professional  
LOWERS RADON BY UP TO **90%**
-  **INCREASING**  
home ventilation  
LOWERS RADON BY **25–50%**
-  **SEALING** cracks  
LOWERS RADON BY LESS THAN **15%**

**RADON**

CANADA.CA/HEALTH

Canada

# Positive Affirmations For Health

- My body grows stronger every day.
- I nourish my body with healthy choices.
- Every cell in my body is thriving.
- My body heals quickly and easily.
- I am grateful for my health, strength, and vitality.

## World AIDs Day December 1

The 2020 theme focuses on the global commitment to deliver quality, people-centered HIV prevention and treatment services for impact. The theme also speaks to strengthening the capacity and resilience of communities and health systems to address HIV prevention services in the midst of a global pandemic.



## What is your chance of getting HIV?

While there is no perfect formula for knowing your exact chance of getting HIV, you can estimate your risk by thinking about:

- the types of sex you are having
- if you are sharing drug use equipment
- the number of people you have sex or use drugs with
- how often you are having sex or sharing drug use equipment
- what prevention method (or methods) you and the people you have sex or take drugs with use and if they are used every time

The highest chance of getting HIV comes from having vaginal or anal sex or sharing injection drug use equipment when no prevention method is used by either partner.

You are most likely to get HIV from someone who has HIV but doesn't know it. This is because when someone doesn't know that they have HIV, they will not be taking treatment to stay healthy and prevent passing HIV to others. The only way for someone to know if they have HIV is to be tested.

If you're at risk of HIV, it's important you are prepared to use a prevention method that is right for you!

If you're not sure about your risk of getting HIV, talk to a healthcare worker or someone at your local HIV organization.



# HIV Prevention

## What you need to know



**2,561**

newly diagnosed cases of HIV in Canada in 2018



Early diagnosis and treatment lead to better health outcomes

The only way to know if you have HIV is to get tested!



### It's Unforgettable! Undetectable= Untransmittable



People living with HIV, who take HIV medication as prescribed, and maintain an undetectable viral load, have effectively no risk of passing HIV to their sexual partner(s).

#### What does an undetectable viral load mean?

Viral load is the amount of HIV in a person's blood. Treatment can lower the amount of virus in the blood, to a level that is too low to be measured on a test. This means undetectable.

Having an **undetectable viral load** does not mean a person is cured of HIV. It is important to **take HIV medication daily and visit a healthcare provider regularly.**

People who are on treatment, are engaged in care, and maintain an undetectable viral load, do not transmit HIV to their baby during pregnancy and delivery.



### Be PrEPared



A pill a day can keep HIV away:

There is a pill to reduce your risk if you are likely to be exposed to HIV. Talk to your healthcare provider about **Pre-Exposure Prophylaxis**.

### PEP Talk

- There is medication that can be taken after HIV exposure, which can help prevent HIV infection.
- If you think you may have been recently exposed to HIV, visit a health professional right away and ask them if Post-Exposure Prophylaxis (PEP) is right for you.



PEP should be started as soon as possible after exposure, up to a maximum of 72 hours afterwards.



Use condoms and other barrier methods, as well as lubricants to protect against HIV and other sexually transmitted infections



Don't share drug-use equipment

During this time of COVID-19, your sexual health and wellness is still important.  
**Always remember to practice safer sex!**



All Akwesasnoron are being advised to stay home as much as possible and to minimize contact with others to reduce the spread of COVID-19. Sex is a part of life and should always be done safely and with the consent of all parties. Sexual health and wellness are always important.

**Safer Sex Kits are available.**

**What's Inside...**



**\*\*Contents of the kits could change depending availability of some items.\*\***



**Say YES to Safer, Responsible Sex**



Call the MCA Community Health Program for  
**FREE, NO QUESTIONS ASKED** safer sex supplies.

**(613) 575-2341 Ext. 3220.**





## I'm pregnant. How can I protect myself against COVID-19?



Wash your hands  
frequently



Avoid touching your  
eyes, nose and mouth



Put space  
between yourself  
and others



Cough or sneeze into  
your bent elbow or a  
tissue

If you have fever, cough or difficulty breathing, seek care early.  
Call beforehand, and follow medical advice.



World Health  
Organization

#COVID19 #CORONAVIRUS

## Before, during and after childbirth, all women have the right to high quality care. This includes:



Antenatal and  
intrapartum



Newborn



Postnatal



Mental health



World Health  
Organization

#COVID19 #CORONAVIRUS



## All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.



Respect and dignity



A companion of choice



Clear communication  
by maternity staff



Pain relief strategies



Mobility in labour where possible  
and birth position of choice



World Health  
Organization

#COVID19 #CORONAVIRUS



## Close contact and early, exclusive breastfeeding helps a baby to thrive.

A woman with COVID-19 should  
be supported to breastfeed safely,  
hold her newborn skin-to-skin,  
and share a room with her baby.



World Health  
Organization

#COVID19 #CORONAVIRUS



## Women with COVID-19 can **breastfeed** if they wish to do so. They should:



Practice respiratory  
hygiene and wear a mask



Wash hands before and  
after touching the baby



Routinely clean and  
disinfect surfaces



World Health  
Organization

#COVID19 #CORONAVIRUS

## If a women with COVID-19 is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:



Expressing  
milk



Relaxation



Donor human  
milk



World Health  
Organization

#COVID19 #CORONAVIRUS

# Tobacco use and COVID-19

*Information for people who smoke*

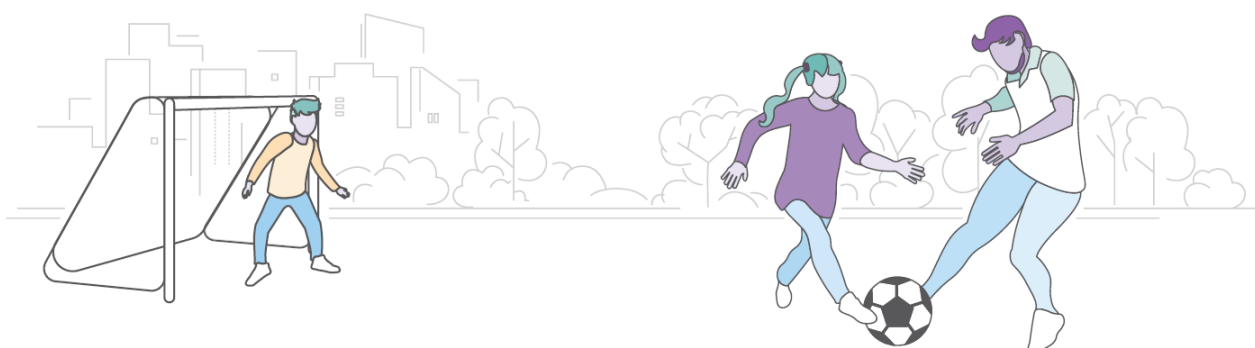
As the COVID-19 pandemic continues, it is important to understand the role that smoking may play in catching and passing on the virus. Although more research is needed, this resource is based on the latest evidence as of March 2020. It also includes tips and resources for quitting or reducing smoking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

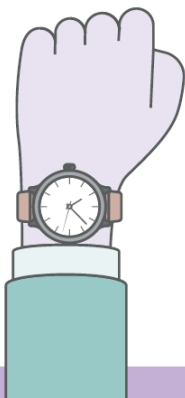
Keep busy with healthy and enjoyable activities, while staying at a safe distance from others.



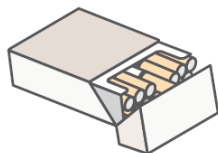
Track your cravings, cigarettes, mood and activities each day. You might start to identify triggers for your smoking. iPhone users can use the My Change Plan app (download for free from the App Store).



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.

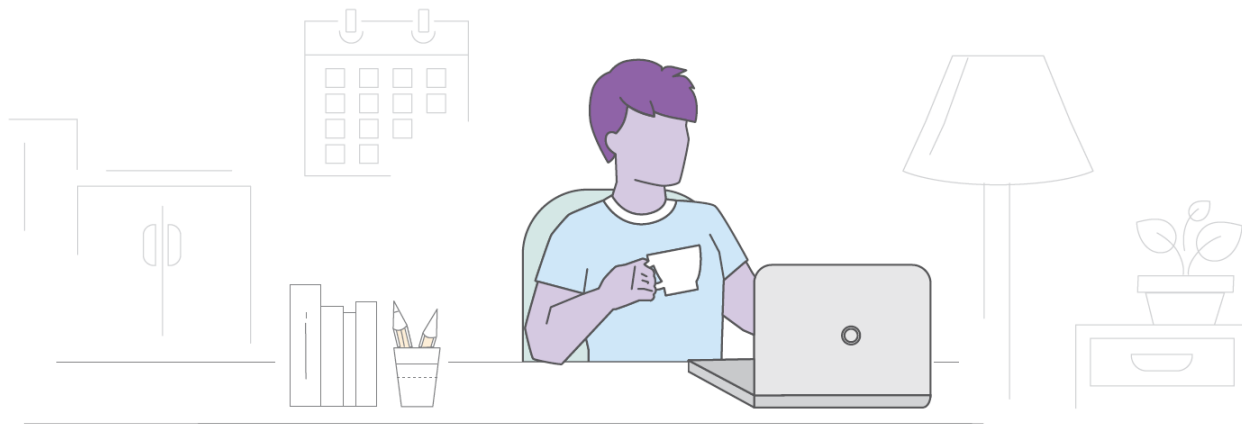


## Resources for support on smoking and vaping

- Mental Health and the COVID-19 Pandemic: [www.camh.ca/covid19](http://www.camh.ca/covid19)
- FAQs on Smoking, Vaping and COVID-19:  
[www.otru.org/wp-content/uploads/2020/03/otru\\_covidfaqs\\_mar2020.pdf](http://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](http://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](http://www.connexontario.ca)
- CAMH Nicotine Dependence Service: Information and resources on quitting smoking. Visit [www.nicotinedependenceclinic.com](http://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](http://www.camh.ca/covid19)

**camh**  
mental health is health

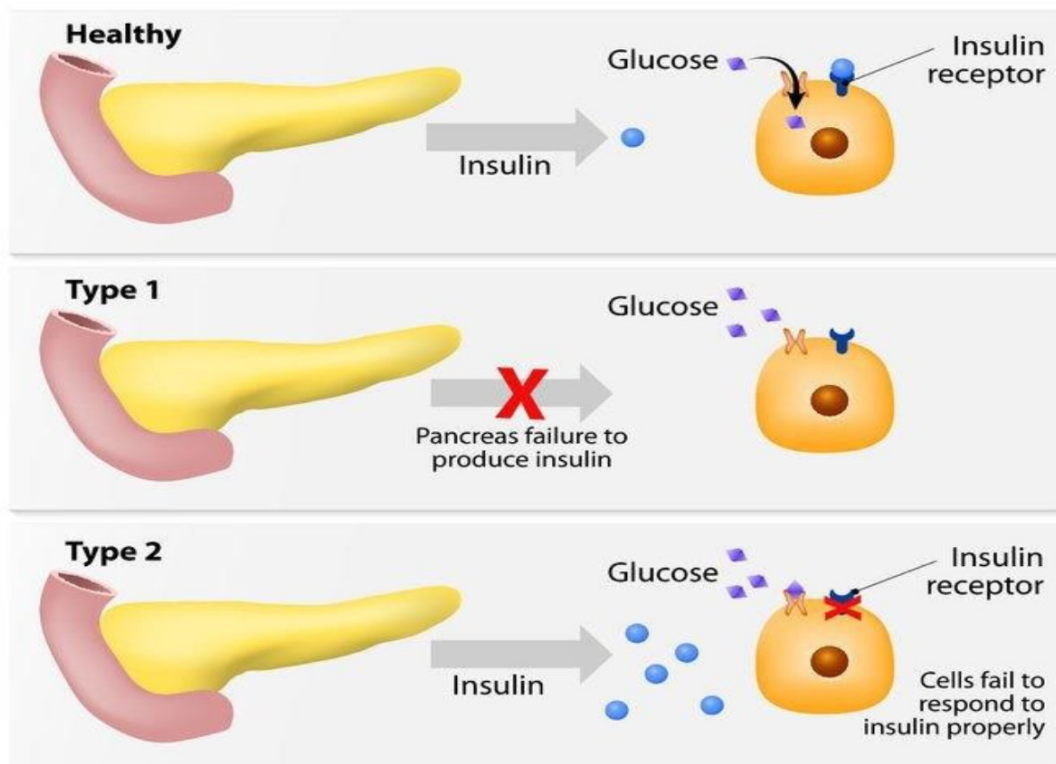
## IS TAKING INSULIN BAD FOR YOU?



Insulin is a hormone naturally made by your pancreas. When you eat your body releases insulin to help your body make energy out of blood sugars(glucose). It also helps you store energy. Insulin is a vital part of metabolism.

Without insulin, your body would cease to function.

## DIABETES MELLITUS



**Type 1 Diabetes:** your body does not produce the hormone insulin and without this your body cannot get the energy it needs

**Type 2 Diabetes:** your body cannot make enough insulin or the insulin it does make does not function efficiently



# 7 Key Steps to Diabetes Prevention



**Be more active.**



**Eat fiber-rich foods.**



**Eat whole grains.**



**Lose weight.**



**Make healthier choices.**



**Don't Smoke.**



**Drink in Moderation.**

# 6 STEPS TO PREVENT A FALL

1



## Find a good balance and exercise program

Look to build balance, strength, and flexibility.  
Contact your local Area Agency on Aging for referrals.  
Find a program you like and take a friend.

2



## Talk to your health care provider

Ask for an assessment of your risk of falling.  
Share your history of recent falls.

3



## Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling.  
Take medications only as prescribed.

4



## Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5



## Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe,  
and install grab bars in key areas.

6



## Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are  
not just a seniors' issue.

## **December 6: The National Day of Remembrance and Action on Violence against Women**

It has been over 30 years since the murder of 14 young women at Polytechnique Montréal (December 6, 1989). This act of violent misogyny shook our country and led Parliament to designate December 6 as The National Day of Remembrance and Action on Violence against Women.

In Canada and around the world, women, girls, LGBTQ2 (lesbian, gay, bisexual, transgender, queer, two spirit) and gender diverse individuals face unacceptable violence and discrimination. Gender-based violence in Canada has been magnified and amplified by the COVID-19 pandemic. There have been reports from police services, shelters and local organization of an increase in calls related to gender-based violence across Canada during the pandemic.

The National Day of Remembrance and Action on Violence against Women is about remembering those who have experienced gender-based violence and those who we have lost to it; it is also a time to take action. Working together we can help prevent and address gender-based violence by remembering and learning from our past, listening to survivors, and speaking up against harmful behaviour.

### **What is gender-based violence?**

Gender-based violence is violence that is committed against someone based on their gender, gender identity, gender expression or perceived gender. Women; girls and young women; Indigenous women and girls; LGBTQ2 and gender diverse individuals; women living with a disability; and women living in Northern, rural and remote communities are at greater risk of experiencing gender-based violence.

Full article: [cfc-swc.gc.ca](https://cfc-swc.gc.ca)



### **Community Resources**

#### **Akwesasne Family Wellness Program**

613-937-4322 or 1-800-480-4208 (toll-free)

#### **Akwesasne Mohawk Police Services & Akwesasne Mohawk Ambulance**

613-575-2000

#### **Mental Health Crisis Line**

1-866-996-0991

#### **Youth & Family Crisis Line**

1-877-377-7775