

# 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.

April  
Onerahtokha  
2021



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# “ABATE” the stress:

## understanding the stress response

These are the 4 elements of the stress response:



**B** BODY  
(Physiology)

**A** ACTIONS  
(Behaviour)

**T** THOUGHTS  
(Cognition)

**E** EMOTIONS  
(Affect)

Identifying which element of the stress response will help us understand what purpose it is serving- even though it might be a unhealthy coping strategy.

## Healthy Coping Strategies:



# COVID-19 and CANNABIS SMOKING

## 4 things you should know



Smoking cannabis can negatively affect lung health, which may worsen the symptoms of COVID-19.

### What you should know:



1. Cannabis smoke contains chemicals that are known to negatively affect lung health.



2. Smoking cannabis regularly can cause coughing, wheezing and tightness in your chest. Long-term cannabis smoking can also cause chronic bronchitis.



3. Smoking cannabis can suppress the immune system, which can make you more prone to infection.



4. Vaping cannabis products that are purchased from the illegal market has been linked to severe lung illnesses and should be avoided.

**Smoking cannabis does not prevent, treat or alleviate symptoms of COVID-19. It may even worsen symptoms that can put your health at risk.**

## Coronavirus Disease 2019 (COVID-19)

# Reduce Your Risk from COVID-19

This fact sheet is intended for people at greater risk of serious illness from COVID-19, such as older adults and people with chronic medical conditions. It will help you determine what you can do to decrease your risk of exposure to COVID-19.

### Who is at increased risk?

Risk for hospitalization or death from COVID-19 increases with:

- Age, as you get older the risk increases especially in older adults;
- Having a chronic medical condition including obesity, diabetes, lung/heart/kidney/liver diseases, stroke, high blood pressure, and conditions that weaken the immune system (e.g., some cancers, untreated HIV/AIDS);
- Taking medications that weaken the immune system (e.g., chemotherapy, oral steroid medications).

### Limit the number of people you are physically near

- Aside from those you live with:
  - Limit the number of people you are near;
  - Stay as far apart as possible from people (at least 2 metres/6 feet apart).
- Stay in touch with friends and family through phone, video chats, or text whenever possible.
- Work from home if possible.
- See your health care providers virtually (e.g., doctors, physiotherapists) whenever possible.

### Avoid closed indoor spaces and crowded places

- Visit with your friends and family outdoors whenever possible.
- If you must meet indoors, open windows and doors to improve ventilation whenever possible.
- Avoid crowded stores and other indoor spaces if possible. Choose less busy times to go shopping, and use delivery services or ask others to pick-up food and supplies for you.
- Limit the use of public transportation, taxis and rideshares. If you must use these forms of transportation, choose less busy times where possible, practice physical distancing, wear a mask and wash hands frequently. If you must take a taxi or rideshare, wear a mask, ensure the driver wears a mask, sit in the back and open the window.

## Wear a mask and ensure those near you do too

- Wear a non-medical mask to help you from spreading infection to others.
- Wear a mask when you are indoors with people outside of your household and ensure those near you do too (assuming that you know them and it is safe to discuss mask use with them).
- Wear a mask whenever you are outdoors within 2 metres/6 feet of people outside of your household and ensure those near you do too.

## Clean your hands frequently

- Wash hands often with soap and water. Don't share hand towels.
- Carry and use an alcohol-based hand rub (60% - 90% alcohol) if soap and water are not available.
- Clean your hands whenever you touch objects or surfaces touched by others, and also if you touch another person. Avoid touching your face, and if you need to, clean your hands first.

## Other strategies to help stay healthy

- Get your influenza vaccine when available to protect you from influenza virus.
- Clean and disinfect frequently touched surfaces in your house (e.g. door knobs, light switches).
- If you develop symptoms consistent with COVID-19, contact your health care provider or visit an assessment centre as per [Ministry of Health guidance](#).
- If you have concerns about your or a loved one's mental health, seek help.

## Resources

- Public Health Agency of Canada: [Vulnerable Populations and COVID-19](#)
- The Canadian Coalition for Seniors' Mental Health:
  - [Tips for Battling Anxiety During this Public Health Situation](#)
  - [Things to Do While Physical Distancing](#)
- CATIE: [Coronavirus Disease \(COVID-19\), HIV and Hepatitis C: What You Need to Know](#)
- Ministry of Health: [Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic](#)
- Canadian Cancer Society: [Cancer and COVID-19](#)
- About Kids Health: [Information for Parents of Immunocompromised Children and Children with Chronic Medical Conditions](#)
- Public Health Ontario: [Public Resources](#)

## Learn about the virus

To learn more and access up-to-date information on COVID-19 visit the Ontario Ministry of Health's website at [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information please contact: \_\_\_\_\_

The information in this document is current as of November 18, 2020



## Common Plant Allergens

**Ragweed** is the most common cause of seasonal allergies. It's estimated that 75 per cent of people with hay fever are bothered by ragweed. Among North American plants, weeds are the most prolific producers of allergenic pollen. Grasses and trees are also important sources of allergenic pollens.



Dandelions shed airborne pollen, but cause limited allergies because the pollen is heavy and tends to fall straight down rarely reaching human noses. The floating fluff is actually the seed, not the pollen, and does not cause allergies.

### What are the symptoms?

In most cases, when you have allergies you may experience some of these symptoms:



- sneezing
- itchy and watery eyes
- coughing
- wheezing
- a scratchy, irritated throat
- headaches
- difficulty sleeping

Coughing and wheezing may be worse in people with asthma and Chronic Obstructive Pulmonary Disease (COPD).

## How do I find out if I have allergies?

To find out if you have allergies, talk to your doctor about your symptoms, when you get them and what makes them worse or better.

If you have severe symptoms, you may need to have allergy tests to find out what you are allergic to.

Your doctor may do a skin test. In this test your doctor puts a small amount of an allergen into your skin to see if it causes an allergic reaction.

## How can I treat my allergies?

Unless you have other health problems, such as asthma, you may take over-the-counter medicine to treat your symptoms at home. If you have other health problems, talk to your doctor first. Older adults, children and women who are pregnant or breastfeeding should also talk to their doctor before taking medication.

If home treatments do not help or the over-the-counter medicines make you sleepy or cause other side-effects, then your doctor can prescribe medication. If your allergies continue to bother you and you cannot avoid the things you are allergic to, you and your doctor can decide if you should get allergy shots (immunotherapy) to help control your symptoms. For allergy shots to work, you may need to do skin or lab tests first.

## How do I prevent allergic reactions?

- Stay inside when pollen counts are high (mid-day to late afternoon). Pollen counts are generally lowest just after sunrise.
- Watch local weather reports or visit the [Weather Network](#) for local pollen counts.
- Keep windows closed and use air conditioning at home and in the car to reduce exposure to outdoor pollens. If a window-type air conditioner is used, keep the vent closed.
- Do not use a fan with an open window, as this can bring more pollen into your home.
- Mow your grass often. If possible, have a family member or friend do it for you. If this is not possible, wear a dust/pollen mask while you mow.
- Take your holiday during the peak of the pollen season in a place where the plants you are allergic to don't grow.
- Wear wrap-around sunglasses to prevent pollen from blowing into your eyes.
- Avoid places with lots of weeds and tall grasses, like parks or fields.
- Ask your doctor about anti-histamine medications and prescription nose and eye drops to relieve symptoms. Be careful when driving or using machinery as some allergy medicines can make you sleepy.
- Clean your furnace/air-conditioner filter frequently to remove pollen.

# What To Do If You Fall

**Try not to panic, rest for a moment**

## If You Can Get Up



- Roll onto your side
- Push up into sitting position



- Turn onto your hands and knees
- Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet



- Place your hands on the seat



- Place one foot flat on the floor



- Lean forward and push up with your other foot



- Sit, rest, then tell someone you have fallen

Figures used with permission: Malvern Health Centre, Worcestershire, UK

## If You Are Injured

**DO NOT** try to get up.



### Get Help

Drag yourself to a phone.  
Call 911 and stay on the line.



### Keep Warm

Use anything that is near:  
bedding, a coat, even a tablecloth.

### If You Are Wet

If your bladder "lets go" in the fall, move away from the damp area to keep warm.

### Move Your Limbs

Gently moving your arms and legs will help your circulation, and reduce pressure areas.

## BE PREPARED

- ✓ practice getting up **before** a fall occurs
- ✓ activate your personal alarm call system if you fall
- ✓ have your phone at table level for easier access
- ✓ find a daily telephone buddy



Monitor and/or  
lower your blood  
pressure and  
cholesterol



# DIABETES PREVENTION 101



30 minutes of  
activity per day  
five days per week  
or 150 per week.  
*Helps lowers risk  
of developing type  
2 by* **58%**



Manage your  
weight and BMI




Quit smoking



Eat a healthy diet.  
Less fats, more  
fiber, whole grain,  
veggies, fruits,  
lean meat.



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Information from American Diabetes Association.

# Tsi Nensatónhere

## Easter Sunday



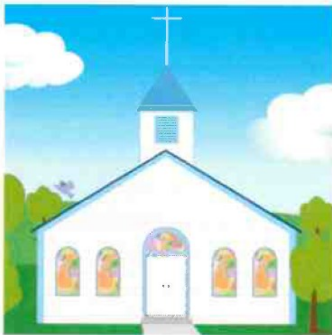
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