

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.

July
Ohiarihko:wa
2021



Contact Us

Kanonhkwa'tsheri:io
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Facebook



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UPCOMING COVID-19 VACCINE CLINICS

If you are interested in receiving the COVID-19 vaccine, the Community Health Program has the following clinics scheduled, with spots still available:

PFIZER (AGES 12+):

JUNE 30, 2021 • 1 PM – 2:30 PM

KAWEHNO:KE MEDICAL CLINIC

MODERNA (AGES 18+):

JULY 7, 2021 • 10 AM – 12 PM

KANA:TAKON RECREATION CENTRE

MODERNA (AGES 18+):

JULY 14, 2021 • 10 AM – 12 PM

KANA:TAKON RECREATION CENTRE

Vaccine clinics are by appointment only. No walk-ins are scheduled at this time.

If you need more information about the public health guidelines, or to register for one of the upcoming vaccine clinics, please contact the Community Health Program at 613-575-2341.





AKWESASNE COVID SAFETY

COVID- 19 VACCINE INGREDIENTS

To help you make an informed decision, you may consult this list of ingredients in the COVID-19 vaccines.

PFIZER-BIONTECH

COVID- 19 VACCINE INGREDIENTS (0.3ML)

In Scientific Terms

In Common Terms

<ul style="list-style-type: none">• Medicinal ingredient<ul style="list-style-type: none">◦ mRNA	<ul style="list-style-type: none">• Medicinal ingredient<ul style="list-style-type: none">◦ The "recipe" our body uses to create antibodies against the real COVID-19 virus.
<ul style="list-style-type: none">• Non-medicinal ingredients<ul style="list-style-type: none">◦ ALC-0315 and ALC-0159◦ 1,2-Distearoyl-sn-glycero-3-phosphocholine◦ cholesterol◦ dibasic sodium phosphate dihydrate◦ monobasic potassium phosphate◦ potassium chloride◦ sodium chloride◦ sucrose◦ water for injection	<ul style="list-style-type: none">• Non-medicinal ingredients<ul style="list-style-type: none">◦ Generic lipids (fat) used to encase and protect the mRNA. All microscopic cells are encased in lipid to protect it.◦ acidity regulator used in medication and food◦ additive to balance acidity also found in medication and food◦ another type of salt (nutrient)◦ table salt (nutrient for mRNA)◦ table sugar (nutrient for mRNA)◦ water for injection

MODERNA

COVID- 19 VACCINE INGREDIENTS (0.5ML)

In Scientific Terms

In Common Terms

<ul style="list-style-type: none">• Medicinal ingredient<ul style="list-style-type: none">◦ mRNA	<ul style="list-style-type: none">• Medicinal ingredient<ul style="list-style-type: none">◦ see left
<ul style="list-style-type: none">• Non-medicinal ingredients<ul style="list-style-type: none">◦ 1,2-distearoyl-sn-glycero-3-phosphocholine (DSPC)◦ cholesterol◦ lipid SM-102◦ polyethylene glycol (PEG) 2000 DMG◦ acetic acid◦ sodium acetate◦ sucrose◦ tromethamine◦ tromethamine hydrochloride◦ water for injection	<ul style="list-style-type: none">• Non-medicinal ingredients<ul style="list-style-type: none">◦ Generic lipids (fat) used to encase and protect the mRNA. All microscopic cells are encased in lipid to protect it.◦ used to balance acidity◦ acidity regulator◦ table sugar (nutrient)◦ acidity regulator◦ electrolyte regulator◦ water for injection

"mRNA vaccines are a new type of vaccine. Many types of vaccines use a weakened or inactivated virus or part of a virus to trigger an immune response inside our body. However, instead of using the live virus that causes COVID-19, mRNA vaccines teach our cells how to make a protein that will trigger an immune response. Once triggered, our body then makes antibodies. These antibodies help us fight the infection if the real virus does enter our body in the future." (Health Canada)

The non-medicinal ingredients are simply nutrients and ingredients that keep the mRNA intact and ensure the vaccine is safe to inject into the bloodstream.

In that ingredients list, they use the scientific names for common nutrients already found in our bodies and in things we ingest regularly such as medication, food, etc.

Positive Parenting Tips for Healthy Child Development

Toddlers (1-2 years of age)

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

During the second year, toddlers are moving around more, and are aware of themselves and their surroundings. Their desire to explore new objects and people also is increasing. During this stage, toddlers will show greater independence; begin to show defiant behavior; recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children. Toddlers also should be able to recognize the names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

For more details on developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early." campaign website.

<http://www.cdc.gov/ncbddd/actearly/index.html>

Positive Parenting Tips

Following are some things you, as a parent, can do to help your toddler during this time:

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a *bottle*."
- Encourage your child's growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she should do instead.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.



Child Safety First

Because your child is moving around more, he will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

- Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Ensure that your home is toddler proof by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters out of reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors, knives, and pens in a safe place.
- Lock up medicines, household cleaners, and poisons.
- Do NOT leave your toddler alone in any vehicle (that means a car, truck, or van) even for a few moments.
- Store any guns in a safe place out of his reach.
- Keep your child's car seat rear-facing as long as possible. According to the National Highway Traffic Safety Administration, it's the best way to keep her safe. Your child should remain in a rear-facing car seat until she reaches the top height or weight limit allowed by the car seat's manufacturer. Once your child outgrows the rear-facing car seat, she is ready to travel in a forward-facing car seat with a harness.

Healthy Bodies

- Give your child water and plain milk instead of sugary drinks. After the first year, when your nursing toddler is eating more and different solid foods, breast milk is still an ideal addition to his diet.
- Your toddler might become a very picky and erratic eater. Toddlers need less food because they don't grow as fast. It's best not to battle with him over this. Offer a selection of healthy foods and let him choose what she wants. Keep trying new foods; it might take time for him to learn to like them.
- Limit screen time. For children younger than 2 years of age, the AAP recommends that it's best if toddlers not watch any screen media.
- Your toddler will seem to be moving continually—running, kicking, climbing, or jumping. Let him be active—he's developing his coordination and becoming strong.

A pdf of this document for reprinting is available free of charge from
<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddlers.html>

Additional Information:

<http://www.cdc.gov/childdevelopment>
1-800-CDC-INFO (800-232-4636) <http://www.cdc.gov/info>

WORLD HEPATITIS DAY

July 28, 2021

HEPATITIS C IS PASSED BLOOD TO BLOOD



Know how to
protect yourself
and others

 **CATIE** Canadian Association
of Transfusion Infection Experts

For more information, visit www.catie.ca
or call 1-877-485-2729. CATIE is a registered charity.
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TREATMENT CURES OVER 95% OF PEOPLE WITH HEPATITIS C

Talk to your nurse
or doctor about your
treatment options



 **CATIE** Canadian Association
of Transfusion Infection Experts

For more information, visit www.catie.ca
or call 1-877-485-2729. CATIE is a registered charity.
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YOU CAN HAVE HEPATITIS C AND NOT KNOW IT



The only way
to know
if you have
hepatitis C
is to get tested

 **CATIE** Canadian Association
of Transfusion Infection Experts

For more information, visit www.catie.ca
or call 1-877-485-2729. CATIE is a registered charity.
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EVERYTHING NEW EVERY TIME YOU USE

Prevent
hepatitis C
if you inject,
smoke or
snort drugs



 **CATIE** Canadian Association
of Transfusion Infection Experts

For more information, visit www.catie.ca
or call 1-877-485-2729. CATIE is a registered charity.
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hello SUMMER

SUN SCREEN

Tips

Canada.ca/sun-safety



Choose a sunscreen with...

* CHECK THE EXPIRY DATE



...especially if swimming, towelling off, or sweating heavily

KEEP BABIES OUT OF THE HEAT & DIRECT SUNLIGHT whenever possible

ASK A HEALTH PROFESSIONAL ABOUT USING SUNSCREEN ON BABIES LESS THAN 6 MONTHS OLD

USE A WIDE-BRIMMED HAT

USE LOOSE, LIGHTWEIGHT CLOTHING

KEEP BABIES WELL HYDRATED

Consider **testing** your sunscreen on a small patch of skin

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product
- Talk to your health professional if you have questions or concerns OR
- Choose a product with different ingredients

Use **about** 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

DON'T FORGET often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged)... Use a sunscreen lip balm to protect your lips, too!

For an ADULT

Canada

Stay Sun Safe

Cover up

Wear light-coloured long-sleeved shirts



Make sure they have UVA and UVB protection



Keep out of the sun between 11am and 3pm

canada.ca/sun-safety

Canada

Canada

Managing the Heat with Diabetes

Dehydration and heat exhaustion can cause many problems in the summer. Perspiration is the body's natural air cooling system that prevents us from overheating. However, people living with diabetes may have neuropathy or nerve damage, which can interfere with the activity of the sweat glands. This makes it difficult for the body to regulate its temperature. As a result the body fails to cool down.

Humidity also affects our ability to stay cool in the summer. With increased moisture in the air, sweat has a hard time evaporating quickly to create a cooling effect. Our body will pump out sweat, while our body temperature continues to rise.

If humidity is in the high 30s then outdoor activities, and any exercise should be modified. If the humid index is 40 or more, exercise outdoors should be avoided for safety reasons.

Tips

- Drink lots of water or unsweetened drinks – do not wait to feel thirsty.
- Avoid alcohol –it is a diuretic, causing the body to lose fluids and increasing the risk of dehydration
- Eating less or over exerting yourself without adjusting your medication can lead to hypoglycemia; whereas being less active and drinking sugar sweetened beverages or eating ice cream on a hot day can lead to hyperglycemia
- Diabetes Canada suggests that people with diabetes should skip going barefoot. Perform daily foot care, checking for blisters, cracks or other signs of injury.
- Go to an air-conditioned to do your exercise.
- Wear loose-fitted, light-colored clothing that are made of breathable fabric.
- Stay out of the sun. If you have to be outdoors, wear a hat and always remember to wear sunblock.

Managing the Heat with Diabetes

- Avoid intense or moderately intense physical outdoor activity, especially between 11 a.m. and 4 p.m.

Adapted from: <https://www.diabetescarecommunity.ca/diet-and-fitness-articles/physical-activity-articles/physical-activity-overcoming-barriers/managing-the-heat-wave-with-diabetes/>

During very hot weather, pay close attention to how you – and those around you – feel. Watch for symptoms of heat illness, which include:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst (dry mouth or sticky saliva)
- Decreased urination with unusually dark yellow urine

If you experience any of these symptoms during hot weather, immediately move to a cool place and drink liquids. Water is best.

HEAT STROKE IS A MEDICAL EMERGENCY!

Call 911 immediately if you notice that someone has a high body temperature and is either unconscious, confused or has stopped sweating.

While waiting for help:

- Move the person to a cool, shaded area.
- Loosen excess clothing.
- Apply cold water to large areas of the skin or clothing, letting the water evaporate to reduce body temperature.
- Fan the person as much as possible.
- Give the person sips of cool water.

Adapted from Eastern Ontario Health Unit (EOHU):

<https://eohu.ca/en/heat/heat-illness-and-heat-stroke>

Drowning Prevention for Curious Toddlers: What Parents Need to Know



Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury death in children 1-4. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Swimming pools, including large, inflatable above-ground pools and other temporary pools, should be completely surrounded by a fence on all 4 sides. The fence should:

- be at least 4-feet high and have no opening under it or between slats that are more than 4 inches wide
 - completely separate the pool from the house
 - have a self-closing and self-latching gate that opens away from the pool, with the latch at least 54 inches from the ground
-
- Keep the gate locked at all times and checks it frequently to be sure it works.
 - Keep toys out of the pool area when not in use so that children are not tempted to try to get through the fence during non-swim time. Also be sure to always cover and lock hot tubs, spas and whirlpools right after using them.
 - Remove or fence other backyard water hazards including bird's baths, fountains, ponds, and drainage ditches.
 - Prevent your child from going outside unnoticed by using safety gates, door locks or doorknob covers
 - Empty buckets, bathtubs and wading pools after each use
 - Block unsupervised access to bathrooms
 - Provide close, constant supervision in and around water
 - Use life jackets near lakes and rivers



Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a friend.



Wear a life jacket when you go boating.



Install and use a Baby Guard Pool fence around your home pool or hot tub.

Keep toys not in use away from the pool and out of sight.



Actively supervise children whenever around the water.

Always stay within arm's reach of young children and avoid distractions.

Reach or throw aid to distressed swimmers - don't go!



HOW
TO

safely

SET UP YOUR
CAMPFIRE



Campfire safety

<https://parachute.ca/en/injury-topic/summer-sports/camping-and-hiking/>

- Don't start a fire using flammable liquids; use paper or kindling instead.
- Build fires outdoors only. Light barbecues and grills on sand or within an approved campfire area.
- Keep flammable material at least two metres away.
- Be sure to have an appropriate clearing for the fire and never leave the fire unattended.
- Properly put out your fire and stay until the ashes are cool to the touch.
- Keep children away from the fire and explain the hazards of a fire to your camping party.
- Never place your hands into the fire to rearrange the wood. Use a long, smooth stick instead.
- Keep firefighting equipment near the fire, such as shovels, bowl/pail of water and sand.

Your Body on Walking

Ridiculously simple, astonishingly powerful, scientifically proven by study after study: Sneaking in a few minutes a day can transform your health, body, and mind. Why are you still sitting?

BRAIN: Just 2 hours of walking a week can reduce your risk of stroke by 30%.

MEMORY: 40 minutes 3 times a week protects the brain region associated with planning and memory.

MOOD: 30 minutes a day can reduce symptoms of depression by 36%.

HEALTH: Logging 3,500 steps a day lowers your risk of diabetes by 29%.

LONGEVITY: 75 minutes a week of brisk walking can add almost 2 years to your life.

WEIGHT: A daily 1-hour walk can cut your risk of obesity in half.

HEART: 30 to 60 minutes most days of the week drastically lowers your risk of heart disease.

BONES: 4 hours a week can reduce the risk of hip fractures by up to 43%.



historicshermanmemo-



Say YES to Safer, Responsible Sex

MCA Community Health Program offers

FREE Safer Sex Supplies

Safer sex supplies available:

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

Call the MCA Community health for
FREE, No questions asked
access to safer sex supplies.

(613) 575-2341 ext 3220.

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

ASK FOR CONSENT

When you want to get close to someone—whether you're hooking up for the first time or in a long-term relationship—it's important to know *how* to ask for consent.

Before asking for Consent	When asking for consent	"Do You Want To...?"
ASK YOURSELF: How might my actions make someone feel?	ASK YOUR PARTNER: What they'd like to do. Be specific about what you're asking. <i>Ex: "Do you want to mess around? Like cuddling and making out?"</i>	IF YOUR PARTNER SAYS NO: Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.
ASK YOUR PARTNER: About things like protection, previous experiences, preferences, and more through texts or in casual settings.	ASK YOURSELF: Am I making it clear from my words, tone, and body language that I'm OK with the answer, no matter what it is?	IF YOUR PARTNER SEEMS UNSURE: Play is safe and don't go further. Instead ask them what they'd like to do.
ASK YOURSELF: Am I in a clear enough state to respect someone's boundaries or have I had too much to drink?	CONSENT IS A SKILL— YOU GET BETTER AS YOU PRACTICE	IF YOUR PARTNER SAYS YES: You can move forward. Keep checking in to make sure they're enjoying what's happening.

ADAPTED FROM NATIONAL SEXUAL VIOLENCE RESOURCE CENTER 2019

Positive Sexuality

(adapted from <https://www.islandsexualhealth.org/sexual-identity/healthy-sexuality/>)

Sexual well-being covers much more than birth control and infection screening. It actively acknowledges the need for the inclusion of consent, comfort and pleasure. Like most things in our life time, sexuality will change over time and our needs will as well.



People who practice and experience positive sexuality:

Appreciate and respect their sexuality and that of others.

- appreciate their own bodies and those of their partners (if they choose to have partnered sex)
- strive to understand the complexities of sexual and gender identities, orientations, and expressions
- identify and understand their values as they evolve
- decide what values fit for themselves and use these values in action
- demonstrate acceptance for people with differing identities, values and experiences
- respect the rights of people to engage in and enjoy a full range of safe, consensual, non exploitative and pleasurable sexual behaviors

Communicate effectively in relationships

- interact with others in appropriate and respectful ways
- work together for equality in relationships
- communicate with partners about sexual activity continuously
- negotiate boundaries
- practice and uphold intentional and meaningful consent in all partnered sexual activities
- have opportunities to communicate desire not to have sex and have that accepted
- are able to accept boundary setting and refusals to sex

Learn about sexual health

- understand the benefits and risks of sexual activity
- ask questions about sexual issues
- seek further information about sexuality as needed
- are aware of sexual health resources in their communities

Take responsibility for sex safety and health

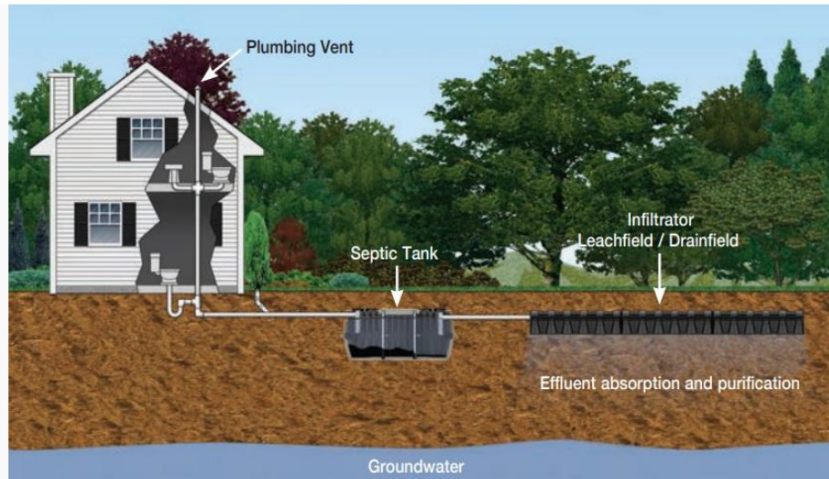
- take responsibility for their own behavior and actions
- take responsibility for their own bodies and experiences
- communicate effectively with family, friends and health care professionals
- practice health-promoting behaviors such as:
 - regular check-ups,
 - breast and/or testicular self awareness
 - if having partnered sex:
 - practicing safer sex to limit transmitting and/or contracting or transmitting a sexually transmitted infection
 - practicing steps to limit unintentional pregnancies (if applicable)
 - sexually transmitted infection screening

Actions Steps to Good Sexual Health

There are 5 key steps you can take to help you achieve good sexual health. These steps apply regardless of your age or the relationships you choose to have:

- 1) **Value who you are and decide what's right for you.**
- 2) **Get smart about your body and protect it.**
- 3) **Choose partners who treat you well, and treat them well.**
- 4) **Build positive relationships.**
- 5) **Get regular sexual health care.**

Tips for Onsite Septic Systems



What are the Health Effects?

Wastewater/sewage can be harmful to humans because it contains disease-causing organisms and toxins. It must go through a treatment process; otherwise it can pollute surface water, groundwater sources and even drinking water.

Tips - What can you do? If you have a piped system and if there is an interruption in water service, when service resumes, run water to flush the line to ensure no contamination remains in the system.

If you have a septic tank and leaching bed, here are some tips to keep your family safe.

Leaching Bed

- Do not build anything on top of the leaching bed, such as parking areas, deck or storage shed.
- Do not drive vehicles or machinery over the bed, as the weight could crush the distribution pipes or pack down the soil, even in winter.

Tips for Onsite Septic Systems

- Make sure the ground over the leaching bed has a good cover of grass or very shallow rooted plants.
- Do not plant trees or shrubs near the leaching bed.
- The leaching bed should be built such that water does not pool around it. If water does start to pool, contact your Environmental Health Officer for advice.

Septic Tank

- Make sure you have easy access to your septic tank.
- Complete maintenance regularly.
 1. Have your septic tank pumped out every three to five years or when 1/3 of the tank is filled with solids (sludge). You will need a licensed professional to pump and dispose of the waste.
 2. If your system has effluent filters, clean them out on a regular basis. How often you clean them depends on the filter type and size and the amount of water used in your household.
- Be careful what you put into your septic system.
 1. Do not pour paints, solvents, thinners, nail polish remover, or other common household products, medicines or antibiotics down the drain or into your toilet. Doing this could kill the bacteria that break down the organic matter in the wastewater.
 2. Never put oils, grease, fat, disposable diapers, tampons and their applicators, condoms, cat box litter, plastics, cigarette filters, egg shells, or other kitchen waste into the septic system. Solids are not digested and can block your system or shorten its life.
 3. Try to control the amount of water that enters your septic system by reducing the amount of water you use. Some good ways to reduce use are to fix leaky faucets, repair running toilets, and use low-flow toilets.

5 factors that put seniors at risk of falling



Age 65 +

4+ Medications



Taking sleep or anxiety medication

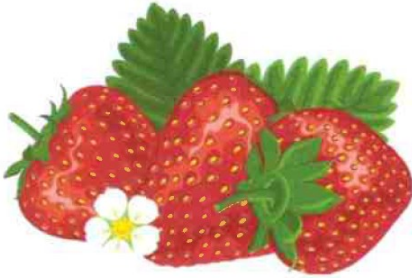
Difficulties with balance, strength, walking, etc.



History of falls, slips, trips in last 12 months

Ken'nihontéshta Aietewahiákha'

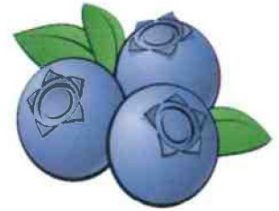
Strawberry Picking



Ken'nihontéshta



Shà:ise



Kahrhata'kéha



Skaneuwen'tará:non



Ken'niwá':a Kowá:nen
Small Big



Akerò:roke
To Gather it



A'therá:kon seta
You put it in the basket



Akatehón:ta
Put it in your mouth



Wa'kani'tshého
I did eat too much