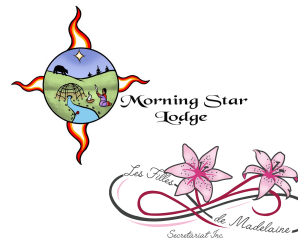
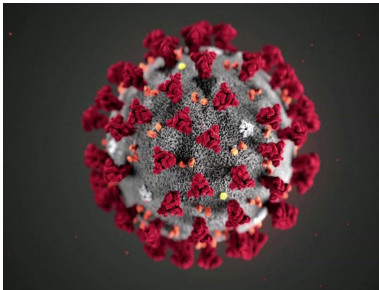


COVID-19 Fact Sheet for Indigenous Communities



What is the Coronavirus?

The Coronavirus is the name of a large family of viruses causing the novel COVID-19 respiratory illness initiating this global pandemic (WHO, 2020).



Who is at risk?

We are all at risk as this is a novel virus. There is an increased risk for Canadians that are: 65 and older, those with compromised immune systems, or with underlying medical conditions (such as asthma, diabetes, or blood pressure issues) (Government of Canada, 2020). There are outliers to those who are at risk, meaning there are exceptions.

Protect yourself and others from getting sick

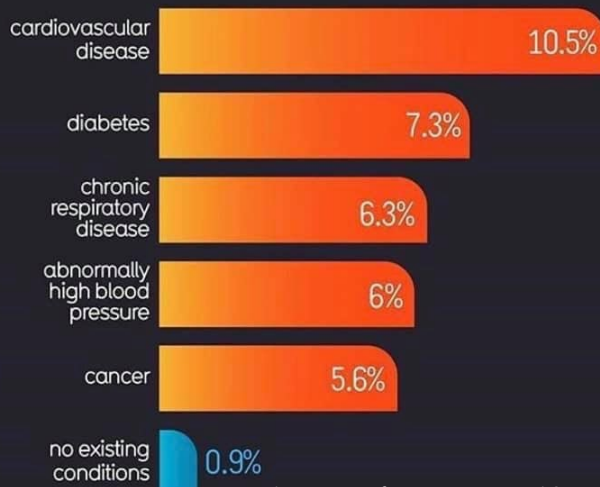
Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

Especially Those with Existing Conditions

% with other serious ailments who die



China Centre for Disease Control & Prevention

How many cases are there?

As the number of cases is ever-changing and increasing, to find out how many active cases are present in Canada please visit the following link for accurate information: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

How is COVID-19 different from previous Coronaviruses and Influenzas?



This virus is different as it is novel, meaning NO ONE in the world has antibodies to it yet (or is immune) as no one has been infected by it previously (WHO, 2020). COVID-19 has been misrepresented in the media to be “just another flu”, but it has had a much worse effect than the common cold or influenza. The fatality rate of COVID-19 is much higher than the flu.

Spread 3 Main Ways (Government of Canada, 2020):

- 1) **Contact** – Hand to hand contact (shaking hands), close contact (kissing, hugging), sharing items (drinks, foods).
- 2) **Droplets** – Respiratory droplets as a result of sneezing, coughing, laughing, cheering, singing, yelling.
- 3) **Surfaces** – All surfaces both hard and soft including clothing and can be active for hours to days.

The virus infected droplets can enter your body through your mucus membrane (eyes, mouth, or nose). This causes infections in the lungs, nose and throat. These infected droplets are able to stay in the air for up to three hours indoors. It should be made clear that just because you don't have any symptoms, does not mean that you cannot spread the virus to other people that may be more vulnerable for developing the illness than you are. It is because of this risk that all Canadians and Indigenous Peoples in Canada, must practice social distancing. Under ideal conditions, the virus can live for up to 72 hours. Touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands puts you at risk for developing COVID-19. Surfaces that are most often touched should be wiped down with at least 60% rubbing alcohol in order to disinfect the area/surface. The virus attaches itself to all surfaces however, it likes hard surfaces which can hold the virus for hours or days, so cleaning and proper hand hygiene is key (view infographic for proper handwashing protocol).

SOCIAL DISTANCING - SOCIAL DISTANCING REFERS TO TAKING STEPS TO AVOID CLOSE CONTACT WITH OTHER PEOPLE AND ESPECIALLY SETTINGS WHERE PEOPLE MEET IN LARGE NUMBERS IN ORDER TO SLOW THE SPREAD OF INFECTIOUS DISEASE, IN THIS CASE, COVID-19. BELOW IS A GUIDELINE OF SOCIAL DISTANCING THAT YOU CAN FOLLOW IN ORDER TO KEEP YOURSELF AND YOUR LOVED ONES SAFE DURING THIS TIME.

 AVOID	 USE CAUTION	 SAFE TO DO
Bingo Non-Essential Travel Church Services Sleepovers/Playdates Concerts/Movie Sporting Events Public Transportation Dine-In Restaurants Weddings Graduation Non-Essential Appt's and Meetings	Community gatherings of 10 people or more (ie. Ceremonies, Feasts etc.) Round Dances Pipe Ceremonies Funerals Picking Up Medication Buying Groceries Dropping Off Supplies Getting Takeout	Housework Reading a Book Watching TV Playing Video Games Phone and Video Calls Meals Prepared at Home Listening to the Radio/Music Crafting Going for Walks Meditating

What is **Social Distancing**? - This means avoiding close contact with others, a distance of 2 arms' length or 2 metres has been identified as adequate (Government of Canada, 2020).
 What is **Self-isolation**? - Stay at home, monitor yourself for symptoms for 14 days, and avoid any contact with others. Be diligent in self-isolation (Government of Canada, 2020).
 What is **Quarantine**? - Restricting and separating the movement of well people who may have been exposed to a communicable disease to see if they themselves become ill (Government of Canada, 2020).



To avoid spreading the virus further, it is important to follow the precautions below:

- Proper, thorough and consistent hand washing.
- Change how we greet one another - instead of a handshake give a friendly wave or the nod that we do so well.
- Avoid sharing cigarettes, or any smoking material including Ceremonial Pipes.
- Keep our hands away from our face and others.
- When possible make alternate arrangements for community events including Feasts, Funerals, Wakes, as we must limit our exposure and ensure that large groups of 10 or more are avoided.
- Stay at home if you are sick, let others know you are sick and if you need to self-isolate.
- Avoid outside contact with Elders, seniors, and anyone with an underlying health condition.
- If you feel feverish monitor your temperature, practice proper cleaning and care of thermometers.
- Do not think children and youth and young adults can't catch this virus, that is not true: they can get it, suffer from it and they can carry it.

All soap and cleaning products are effective

Sources or for More Information Please Visit:

Government of Canada. (2020). Coronavirus disease (COVID-19).

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

World Health Organization. (2020). Coronavirus.

https://www.who.int/health-topics/coronavirus#tab=tab_1