

Chemawawin Cree Nation: Corona Virus Education Package

An information package to assist individuals in educating themselves and their families on the current virus pandemic through reviewing precautionary strategies available.

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This document is intended for local educational use by Chemawawin Cree Nation.
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An Overview of Corona Virus: COVID-19

What is it?

Corona Virus also known as COVID-19 is a virus. Corona viruses have existed for centuries, but new strains have come into the public eye throughout the last few decades. COVID-19 is a new type of corona virus. The virus was first found to infect humans in China around November of 2019. The virus is now known to have originated in an animal specie found in China. Normally these viruses do not cross over from animal to human, but this virus (alike Swine-Flu) naturally modified itself to do so. A list of symptoms has been brought forth by the Centre for Disease Control for all individuals and facilities to keep watch for.

The virus affects humans through the following symptoms:

Primary =

- Dry Cough
- Prolonged Fever (a fever that lasts more than a day)
- Shortness of breath or consistent trouble breathing
- Loss of taste or smell
- Vomiting or diarrhea

Secondary =

- Chest pain
- Major fatigue
- Light-headedness
- Pink eye
- Headache
- Runny Nose



How can it be Contracted?

The Corona virus spreads like any other virus, through direct contact with infected individuals or items infected individuals have touched.

Direct Contact =

When you are in direct contact with someone who has the virus your chances of becoming infected with the virus are high due to the natural excretion of water droplets from our mouths when we speak. When we speak in close contact, microscopic water droplets exit our mouths as our mouths move to speak. The individual we are speaking to or who is speaking to us then breathes in several of these microscopic water droplets and if containing viral bacteria will eventually become infected. Higher volumes of these water droplets are excreted from the mouth when an individual coughs or sneezes.

Physical Contact =

Due to the human's natural pattern of touching our faces, rubbing our nose and putting our fingers in or around our mouths bacteria quickly transfers from our face to our hands. You can contract the viral bacteria by shaking hands or having any hand to hand contact with an infected individual. Always ensure you temporarily stop physical contact with an infected person, especially those in public who may be infected by show no signs of the virus.

Bacteria Covered Surfaces =

No hard-scientific evidence has come forth around how long the corona virus strain COVID-19 can live on surfaces after being touched by an infected individual. Some guidelines based around other viral infections show us that bacteria can live on different surfaces for up to several hours. To ensure you lower your chances of becoming infected by the virus properly wipe all surfaces in your home and office regularly following the guide displayed in the section below. Also always ensure you thoroughly wash your hands with soap and water after running errands or touching public handles and surfaces.

Based on similar scientific information on viral bacteria's surface lifespan below are estimates on bacteria's lifespan on uncleaned infected surface. All information is directly from the Centre for Disease Control.

Where	Lifespan
In the Air	3 hours
On a Copper Surface	4 hours
On Cardboard	Up to 24 hours
On Plastic or Stainless Steel	Up to 72 hours
Average Countertop	Up to 72 hours

For information on how you can clean your home and office to ensure all bacteria is routinely killed please see the next section on proper hygiene and cleaning methods.



Precautions for Individuals and Families

Suggestions for Building you and your family's Immune System

There are several steps you can take to begin to build up your immune system for low cost to no cost. Your immune system may seem complex, but it really isn't as complex as we think. To heal our immune systems, we should look to our history for answers. Over 50 years ago human's immune systems were stronger than ever, this was due to lower amounts of available processed foods, chemicals and pesticides. The solution is to look to our ancestors and how they sustained themselves. Much of this information has been backed by university research and its developments throughout the past 50 years.

Healing through Nutrition and Exercise:

- 1) Eat whole foods. This simply means eat more foods that have a single ingredient, examples being meat, fresh or frozen fruit and vegetables. Fruit and Vegetables are rich in antioxidants, essential vitamins and fiber. Our bodies thrive when fed fruits and vegetables daily. Fruits and vegetables supply our bodies with key nutrients that help to build and regenerate not only our immune systems but our bodies as a whole.
- 2) Get moving! Whether it's a walk outside, cleaning the house, a weightlifting session or simply playing with the kids, exercise everyday is essential for our bodies. Exercise promotes blood flow throughout our bodies which is a key part of lowering inflammation and heightening our overall cardiovascular health.
- 3) Go foraging! There is an array of medicinal plants all throughout Northern Manitoba. Chemawawin Cree Nation has several of these plants all throughout its forests and swamp regions. Many of these local medicinal herbs can be dried and made into a tea, they include: Chagas, Senega – Snake root, Rose Hips, Colt's foot, Sage, sweet grass and more.

Cleanliness and Awareness

Science has proven that viral bacteria can live on surfaces for hours and even days. Although there is no specific science to prove the exact hours the Corona Virus strain COVID-19 can live on surfaces, science behind other viral bacteria gives us a close view (Please review the chart on page 5 for the time estimates). There are so many surfaces in our homes where we and our family members are constantly working, touching or preparing food on, even children's toys should be included in this. Cleaning all high traffic surfaces (example: light switches, door handles, counter tops, tables, sinks, ect.) of your home daily can assist in lowering you and your family member's chances of getting the virus or passing it on to other family members. Just think of it as part of your daily exercise if you don't already do this!

Wiping Down your Home:

Killing viral bacteria is different than killing regular dirt bacteria. Viral bacteria can live on a surface for much longer which puts us or our family members at risk of catching the virus if we touch or use an infected surface. The Center for Disease Control and the World Health Organization have brought forth cleaning methods to help us in properly killing off bacteria.

The best method available =

- 1) Grab a clean cloth or paper towel and a bottle of cleaning solution
- 2) Spray all surfaces in your home that you wish to disinfect (do not wipe yet)
- 3) Wait 20-30 seconds after you have sprayed each surface
- 4) After 20-30 seconds thoroughly wipe down the surface

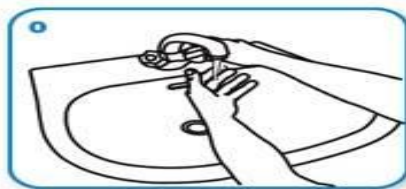
A good no time wasted method is to go through your home simply spraying all items you wish to disinfect or clean, then like in a circle go back to each one and wipe. This way you don't have to stand counting the time while you wait for the cleaning solution to kill off the viral bacteria!

Spray, Wait, Wipe!

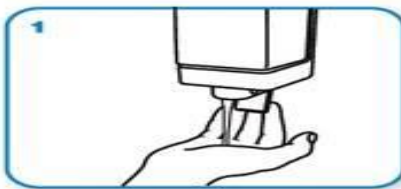
Precautions in the Workplace

Hand Hygiene – Office and Home

Our hands are one of the largest carriers of bacteria. This makes it crucial for us to regularly wash our hands with soap and water. Proper hand washing techniques should be followed, especially during a viral outbreak. The office whether we want to know or not is full of germs and bacteria no matter how well staff clean. Hand washing is a great precaution to take to ensure you're not spreading bacteria or catching viral bacteria. Ensure you replace hand towels daily in your washroom and kitchen, as viral bacteria can live days on cloth material. The below chart shows the proper technique for washing your hands to ensure all bacteria is killed off.



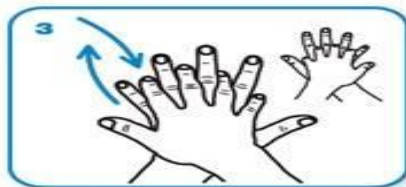
Wet hands with water



apply enough soap to cover all hand surfaces.



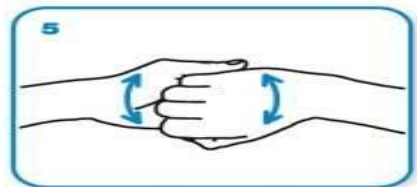
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



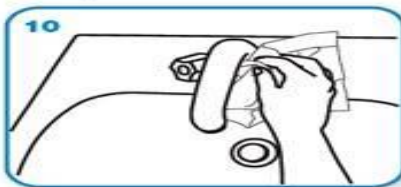
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



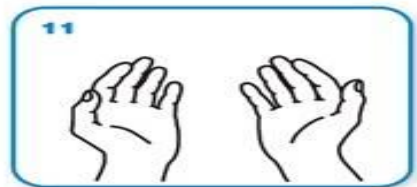
Rinse hands with water



dry thoroughly with a single use towel










use towel to turn off faucet







...and your hands are safe.

Proper Glove and Mask Use

Most positions in Chemawawin don't require use of gloves due to office work positions but all individuals entering a public building must wear a face mask. Masks are mandatory in all public buildings. If you are using a washable mask remember to wash your masks regularly.

<p>Wearing gloves effectively must be done with PROPER GLOVE HYGIENE in mind to prevent environmental transmission.</p> <p>Gloved hands should be treated like bare hands and washed or sanitized after each transaction.</p> <p>Glove Do's:</p> <ul style="list-style-type: none"> - Wash hands before putting on gloves - Change when going for breaks, performing non check stand activities or if they are torn - Minimize jewelry and keep nails short, these can puncture gloves <p>Glove Don'ts</p> <ul style="list-style-type: none"> - Does not Substitute for Proper Hand Hygiene - Do not Reuse Gloves - Do not blow into the gloves to open them up 	How to Properly Put on Gloves			
				
	Start with clean, dry hands. Using non-dominant hand (the one you do not write with), pick up glove for your other hand by the cuff.	This glove is for your dominant hand. Slide dominant hand into glove with palm facing up.	Only touch the outside of this glove. Let glove hang with fingers pointing downward. Slide hand into glove with palm up.	Gloves must be treated like bare hands; employees should continue to follow our hand sanitation guidelines while wearing gloves
	How to Properly Remove Gloves			
				
	Grasp glove at wrist and peel off inside out over fingers with gloved hand, this allows glove to turn inside out.	Hold removed glove in gloved hand and slide fingers of ungloved hand inside. Remove second glove by rolling it down hand and fold into first glove.	Discard removed gloves and place in a lined trash can.	
			Immediately wash hands with soap and water for a minimum of 20 seconds then dry with single use towel.	

<p>Instruction: Wearing a mask effectively must be done with proper hygiene to prevent environmental transmission, or you may actually increase personal risk of infection</p> <p>Mask Do's</p> <ul style="list-style-type: none"> • Wash hands prior to putting on a mask • Make sure the mask has no holes • Ensure proper fit (clean shaven for men) <p>Mask Don'ts</p> <ul style="list-style-type: none"> • Don't wear if wet or soiled • Don't wear if not a good fit • Don't let others use your mask • Don't touch the front of the mask after use as it may be contaminated • Don't leave a mask hanging around your neck 	How to Put on a Mask Properly			
				
	Before putting your mask on wash your hands with soap and water for 20 seconds, or apply hand sanitizer.	Cup the mask in your hand with the metal nose piece at your finger tips. Allow the elastic straps to hang freely below your hand. Do not touch the inside of the mask.	Position the mask under your chin with the nose piece up. Put the top strap over your head resting it high at the top, back of your head. Pull the bottom strap over your head to rest around your neck, below ears.	Using both hands, mold the nose piece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece
	How to Remove a Mask Properly			
				
Seal Check – the mask must fit properly to be of benefit. Place both hands over the mask and exhale. If air leaks around the nose, adjust the nosepiece. If air leaks at edges, adjust straps. Check again	Taking off N95 mask – wash hands first as before. Without touching mask grasp bottom strap behind head and pull over your head. Without touching the mask pull top strap over your head	While holding only the straps, place the mask in the lined garbage bin.	Go wash your hands with soap and warm water.	
			Issue Date: March 21, 2020	

Proper Cleaning Methods for Individual Offices

Staff are responsible for the daily and weekly disinfecting of their own offices. All large and medium items in your office should be wiped down daily, ideally near the end of your shift. Whether public is entering your office or not you should always wipe down your office to prevent the spread of bacteria or worse virus-based bacteria.

Every office will differ in the types of surfaces that need to be disinfected but below is a checklist of common office items that should be cleaned daily due to their high contamination rate. Try to keep your desk and office clutter free to allow for cleaning to be easier for you to complete. The less items you need to move the faster the process will be.

To properly disinfect all items, follow these steps:

- 1) Grab a clean cloth or paper towel and a bottle of cleaning solution
- 2) Spray all surfaces in your home that you wish to disinfect (do not wipe yet)
- 3) Wait 20-30 seconds after you have sprayed each surface
- 4) After 20-30 seconds thoroughly wipe down the surface

Note: To clean cellphones and other technology, lightly spray items by turning the spray bottle setting (at the end of the nozzle) to mist and allow the cleaner mist to stay on for 20 seconds before wiping.

Item to Clean	Cleaning Frequency	Cleaning Complete
Computer or laptop screen	End of Day	
Computer or laptop keyboard	End of Day	
Computer or laptop mouse	End of Day	
Top of Desk	End of Day	
Chair Handles	End of Day	
Office Phone	Twice Daily	
Cellphone	Twice Daily	
Cabinet Tops	End of Day	
Cabinet Handles	End of Day	
Printer	End of Day	

When to Self Isolate

If you are experiencing any symptoms of COVID-19 (Examples: Coughing, diarrhea and/ or a Fever) you need to enter a self isolate for up to two weeks or until you no longer have any symptoms. During this time book a COVID-19 test through the nursing station.

Follow the steps below to determine whether you need to Self Isolate or simply Socially Distance yourself from others:

- 1) Decide to go into Social Isolation by assessing yourself for these symptoms:
 - A Fever
 - Sore Throat
 - Cough
 - Severe Trouble Breathing
 - Diarrhea
 - Loss of Taste or Smell
- 2) If you are sick, stay home! Isolate yourself to one room of your home where there are no others, the less people around you the better your chances of NOT spreading your cold or virus.
- 3) Drink lots of water and liquids, this will help your body flush out the bacteria during your isolation.
- 4) Continue to wash your hands regularly to help stop the spread of your virus onto your family members or those you live with.
- 5) Go to the Nursing Station if your fever lasts more than a couple days and you are having problems breathing.



Digital Resources

Digital Resources are available on all the topics discussed throughout this package. Various government and non-governmental organization have created educational resources on proactive measures, preventative processes and reactive methods to help lower the spread of Corona Virus. Several media sources have caused for misinformation to enter the realm of information surrounding the virus. To assist you in following accurate information we have provided links below to reliable sources.

To access the links below - if viewing this document in paper form simply open your internet browser of choice and type the link into the website, then press search. If viewing digitally select the link to the website you wish to view, then copy the link, finally paste the link into your internet browser of choice.

Health Canada

Informative Resources:

Prevention- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

Being Prepared- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Symptoms and Treatment- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

Printable Sources:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

National Situation and Statistical Updates:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Manitoba Health

Screening Tool:

<https://sharedhealthmb.ca/covid19/screening-tool/>

Printable Sources:

Posters- <https://sharedhealthmb.ca/covid19/providers/>

<https://www.gov.mb.ca/covid19/resources/index.html>

Other Resources- <https://sharedhealthmb.ca/covid19/providers/>

Prepare and Prevent - <https://www.gov.mb.ca/covid19/prepareandprevent/index.html>

<https://www.gov.mb.ca/covid19/socialdistancing/index.html>

Video Sources:

<https://globalnews.ca/news/6666897/live-updates-coronavirus-pandemic/>

National Situation and Statistical Updates:

<https://www.gov.mb.ca/covid19/index.html>

<https://www.gov.mb.ca/covid19/media.html>

World Health Organization

Printable Sources:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Video Sources:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/videos>

International Situation and Statistical Updates:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

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