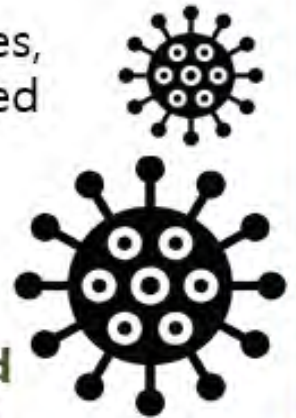


CORONAVIRUS COVID-19

HELP
PREVENT
the SPREAD

What is COVID-19?

COVID-19 is an infectious disease caused by a coronavirus. There are many different coronaviruses, but this is a new strain that had not been identified in humans before. It is sometimes called "novel coronavirus" because it is new.



COVID-19 is extremely contagious and is spread from person to person through close contact.

COVID-19 is a respiratory illness

Symptoms include cough, fever and, in more severe cases, difficulty breathing.

Most people will recover from COVID-19 without needing medical treatment.

Elders, older adults, and people with other health issues are at risk of becoming seriously ill or dying from COVID-19



Information: www.ahs.ca/covid



For Help Call:

SL HEALTH CENTRE
(780) 726 - 3930



Alberta Health
Services



CORONAVIRUS COVID-19

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Elders Living in Your Home?

Keeping members of your household as safe and healthy as possible.



Elders have a higher risk of dying from COVID-19 than younger people. If an Elder lives with you:

Avoid hosting friends and relatives in your home.

Avoid entering the Elder's bedroom unless it is essential for personal care.

Try to give the Elder their own bathroom. If this is not possible, make sure all bathroom surfaces are wiped down with disinfectant after each use.

Avoid sharing towels; everybody should have their own. Wash and replace daily.

Follow the steps for proper handwashing.



Keeping Elders comfortable and providing care:

Visit with the Elder from a safe distance of at least 2 metres (2 arms' lengths).

If the weather is nice, the Elder can have their window open for sunlight and fresh air.

Prepare nutritious meals for the Elder and serve them separately, away from other members of the home.

Any person preparing food should wash their hands and sanitize kitchen surfaces often.

Conduct doctor's appointments over the phone, if possible.

Storytelling, drumming and singing can be helpful. Offer to pray or sing with the Elder.

Play the Elder's favourite music, cook or bake comfort foods and try to make the home as calm and relaxing as possible.



Information: www.ahs.ca/covid



For Help Call:
SL HEALTH CENTRE
(780) 726 3930



Alberta Health
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How to Stay Safe in Your Home

If you have Covid-19 symptoms: Stay by yourself in one room in your house. Having your own bathroom is best. If you can't, clean and disinfect after use. Keep apart from other family members so no one else gets sick.

Don't share personal items like your toothbrush, towels, bed linen, utensils or electronic devices.

Have a healthy person in the house prepare meals.



Anything that comes into your house (purse, keys, bags, supplies, etc.) should be wiped down with disinfectant. Clean things you touch often like counters, toilets, bedside tables, doorknobs, phones, computers, I-pads and TV remotes.



If using bleach – use one part bleach to nine parts water – USE GLOVES.



Put the lid of the toilet down before flushing - it helps to keep germs from spreading.

Information: www.ahs.ca/covid

For Help Call:

SL HEALTH CENTRE
(78) 726 - 3930



**Alberta Health
Services**

CORONAVIRUS COVID-19

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How to Stay Safe when Leaving Your Home

What to Do if You're Shopping for Groceries



Shop when the store is not too busy. Early in the day or in the evening is best. Shop alone. Take a list, get your items and leave. Do not delay while shopping.

If you're at high risk for getting sick, ask a healthy family member or friend to shop for you.

Try to keep a 2 metre distance between yourself and others (2 arms' lengths).

Avoid touching your mouth, nose, or eyes when you are out.

Cough or sneeze into a tissue or the bend of your arm. Dispose of tissues in a waste basket.

Wash your hands.



Wash your hands with soap and water for 20 seconds before leaving home and when you return.



Use alcohol-based hand sanitizer if soap and water are not available.

Bring sanitizing wipes with you so you can clean any shopping carts or baskets you use.



Information: www.ahs.ca/covid



For Help Call:
SL HEALTH CENTRE
(780) 726 - 3930

 Alberta Health
Services

CORONAVIRUS COVID-19

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What to Do if You Have Symptoms of COVID-19



DO these things:

- STAY HOME
 - Self-isolate for 10 days or when free of symptoms, whichever is longer
 - Call SL HEALTH CENTRE if your symptoms worsen
 - Contact your family doctor's office *by phone*
 - Call 911 if you are seriously ill and need immediate attention.
- Inform them that you may have COVID-19



DO NOT do these things:

- Leave your home for groceries or errands
- Host friends or family in your home
- Go to the hospital or emergency room for symptoms that are mild or moderate
- Visit a doctor's office, urgent care centre or medical clinic



Information: www.ahs.ca/covid



For Help Call
SL HEALTH CENTRE
(780) 726 - 3930



Alberta Health
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Why Am I Being Asked to Self-Isolate?

Staying at home to avoid making yourself or other people sick.

You must self-isolate for **14 days** if you:



Are a health care worker; longer if needed until symptoms are gone.

Recently returned from travel outside of Canada.

Have been in close contact with someone who has COVID-19.

DO NOT share your home with Elders or seniors while self-isolating, contact the Health Centre to notify.

Have been asked to self-isolate by a health care professional from the SL Health Centre.

You must self-isolate for **10 days** or until feeling well, whichever is longer, if you:



Feel sick with a dry cough, runny nose, fever, sore throat, difficulty breathing or shortness of breath.

Stay home for 10 days from when you first started feeling sick. Make sure you contact the SL Health Centre to inform them that you are self-isolating w/symptoms in case follow up is needed.



If you travelled, go straight home. No stopping anywhere. Separate yourself from everyone in the home. Even if you feel well.



Information: www.ahs.ca/covid



For Help Call:

SL HEALTH CENTRE
(780) 726 - 3930



Alberta Health
Services



CORONAVIRUS COVID-19

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What is Self-Isolation?

Staying at home to avoid making yourself or other people sick.



During self-isolation, these are things to AVOID:



Avoid large gatherings, community events, parties and feasts.

Ask friends and family not to visit.

Avoid restaurants, shopping malls or recreation centres.

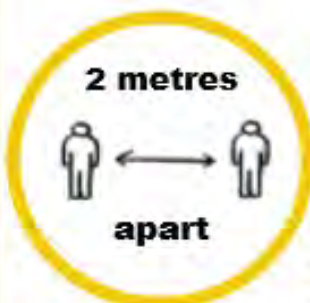
Avoid taking taxis, buses or ride sharing.

Avoid traditional or church gatherings (ceremonies, sweats).

Avoid schools, band offices, and health centres.



**During self-isolation,
use of masks is NOT
RECOMMENDED:**



If you need to leave your home for an URGENT errand, stay 2 metres away from any person. It is not recommended that you wear a mask. Wash hands often and avoid touching your face.



**During self-isolation,
these things are
OKAY:**



Friends and family or delivery drivers can drop off groceries, prescriptions and other things you need. You are able to go for walks – just practice social distancing and wash hands afterwards.



Information: www.ahs.ca/covid



For Help Call:

SL HEALTH CENTRE
(780) 726 - 3930



Alberta Health
Services

CORONAVIRUS COVID-19

HELP
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the SPREAD

Could I Have COVID-19?

SYMPTOMS OF COVID-19



COUGH



FEVER



SHORTNESS
OF BREATH



RUNNY
NOSE



SORE
THROAT



DIFFICULTY
BREATHING

Anyone who has any of these symptoms **MUST** self-isolate for **14 days**.

If you are unsure about your symptoms, you can go online at

[albertahealthservices.ca](https://www.albertahealthservices.ca)

to complete the COVID-19 SELF-ASSESSMENT tool

If your symptoms worsen, call **811** or your Community Health Centre.



For Help Call:
SL HEALTH CENTRE
(780) 726 - 3939



Information: www.ahs.ca/covid



CORONAVIRUS COVID-19

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What to Do if Your Community is under a Water Advisory

Handwashing and Drinking Water Advisories:



If your community is on a **Boil Water Advisory** or **Do Not Consume Advisory**:



You should still use your water to wash your hands with soap and water.



NOTE: SL WATER TREATMENT WATER IS SAFE



If your community is on a **Do Not Use Advisory**:



Your water is not safe for ANY use. Use bottled water with soap, or hand sanitizer with at least 60% alcohol to wash your hands.

Information: www.ahs.ca/covid



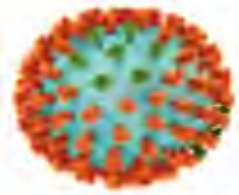
For Help Call:
SL HEALTH CENTRE
(780) 726 - 3930

 Alberta Health
Services

CORONAVIRUS

(COVID-19)

MYTH BUSTING



MYTH - *My friends and I are young and healthy so we won't catch the virus.*

- People of all ages can contract the virus and become very ill

MYTH - *I'm just quickly going to go get some snacks, so I'll be good.*

- Avoiding contact with other people whenever you can is the best way to help prevent the spread of disease to others in your home and your community

MYTH - *Only older people get really sick from COVID-19.*

- It can cause serious illness in anyone
- Older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others. In severe cases, death can occur

MYTH - *If I wash my hands I can go out and won't catch the virus.*

- Proper handwashing is necessary to help reduce the spread, but It will not prevent you from contracting the virus. Staying at home is recommended

MYTH - *Isolating at home is only for really sick people.*

- Isolation is recommended for anyone showing even the mildest symptoms

MYTH - *I'm sick but I'm going out 'cause I can't get sicker.*

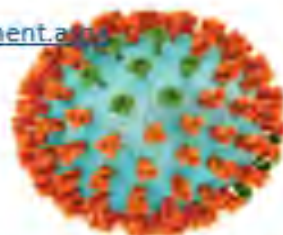
- If you are sick you should be self-isolating and use the ***Self Assessment Tool** to determine the severity of your symptoms. Isolating also protects the community around you so you are not a risk to their health

MYTH - *My friends and I follow some great sites on Social Media; they will have the best advice for us.*

- Alberta Health Services is a trusted source for accurate up-to-date information
- SADDLE LAKE CREE NATION NEWS, EVENTS & INFORMATION FACE BOOK PAGE
- Website: saddlelakecreenation.ca

COVID19 INFORMATION: <https://www.albertahealthservices.ca/topics/Page16944.aspx>

*SELF ASSESSMENT TOOL: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>



We are asking all to practice physical/social distancing to help protect themselves and limit the spread of COVID-19.

To protect yourself and others:

keep at least 6 feet (about the length of a hockey stick) from others when going out for groceries, medical trips and other essential needs

limit the number of times you leave your home for errands

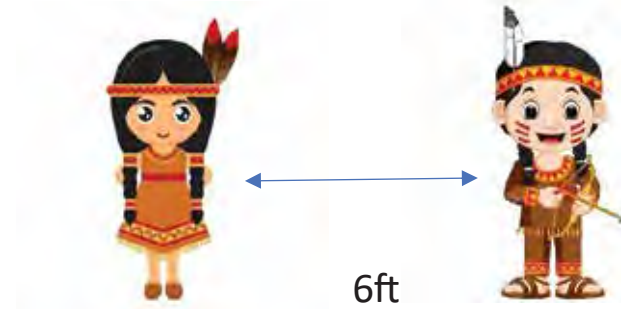
try to shop at less busy times, shop alone.

go for a walk in your yard or neighbourhood while maintaining distance from others

avoid overcrowding in enclosed spaces

wash or sanitize your hands after touching communal surfaces

We are asking everyone to practice physical distancing to help protect themselves and limit the spread of COVID-19.



Practice Physical/Social Distancing

Brought to you by the Emergency Task Force Team & Cree-ative Vision

