Coronavirus (COVID-19) Preparedness

IMPORTANT INFORMATION

For

Six Nations of the Grand River
BACKGROUND:
A novel (or new) coronavirus originated in Wuhan, China in December 2019, this virus was identified as the COVID-19 Coronavirus in January 2020; which has now spread to several countries worldwide. Ontario identified its first case January 25, 2020. Since then the Six Nations Emergency Control Group has been monitoring the situation and its potential impact on Six Nations.

On March 11th, 2020 the World Health Organization (WHO) declared COVID-19 a worldwide Pandemic. This means that there are alarming rates of human to human transmission, illness and increasing levels of symptom severity; leading to many outbreaks across various countries. *As of March 23, 2020, the Government of Canada has identified 2,091 confirmed cases of COVID-19 and 24 deaths in Canada; with 489 confirmed cases and 6 deaths in Ontario (PHAC, 2020). *Update #’s for March 30.

The Six Nations Emergency Control Group initiated meetings in February 2020 to start planning for a possible pandemic to hit Canada and First Nations communities. On March 12, 2020 Six Nations Elected Chief declared a community emergency based on the global situation of COVID-19. This included the Emergency Control Group activating the Six Nations Pandemic Plan to prepare the community.

In addition, the Six Nations of the Grand River Elected Council authorized multiple closures such as schools, daycares, non-essential services and businesses. These actions were in line with the Provincial and Federal governments and public health authorities’ recommendations to slow the spread of COVID-19.

The Emergency Control Group will continue to work aggressively to ensure the safety of our community during this Pandemic.

PURPOSE OF THE BOOKLET:
• Provide factual information on the COVID-19;
• Recommendations to help protect you and your family; and
• Important contact numbers and websites for more information on the COVID-19;
• General information pertaining to Pandemic Planning and Emergency Preparedness in the home.

PROTECT YOURSELF, PROTECT YOUR FAMILY, PROTECT YOUR COMMUNITY
WHAT ARE THE SYMPTOMS OF COVID-19?

Coronavirus belongs to a large family of viruses that can cause illness ranging from the common cold to more severe respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS). COVID-19 spreads from person to person through close contact between people in areas like households, workplaces and health facilities. Your risk for severe symptoms may be increased if you are elderly or already have a weakened immune system because of chronic disease (i.e. Diabetes, heart, renal or chronic lung disease and cancer) Coronavirus COVID-19 is characterized by symptoms including:

- A runny nose
- Sore Throat New or Worse
- Cough
- Fever or Chills/Sweats
- Difficulty breathing (severe cases)

HOW DOES COVID-19 SPREAD?

Viruses can spread by two main ways, through droplets and through contact.

Droplet means that anyone who is coughing or sneezing and not covering their nose and mouth properly, will spread the virus in saliva or mucous particles that are expelled from their nose and mouth. When this happens, these particles also land on surfaces around the person. Viruses can live on surfaces for up to several hours, unless they are cleaned.

Contact means that as we move about, our hands touch several items that we had others touch throughout our day. Things like door handles, light switches, telephones, money and cell phones; are all items that we can pick up viruses from. If we don’t wash our hands regularly, we can then introduce the virus into our eyes, nose and mouth by unwashed hands.

IS THERE A CURE FOR COVID-19

At present there is no cure, no medication or no vaccine to protect us from COVID-19. People who are sick, are simply treated according to their symptoms. Vaccines against new viruses usually takes 12-18 months to develop and test, before being released to the public.

If you are experiencing symptoms, please call Six Nations Covid-19 Information & Assessment Centre: 1-855-977-7737 or 226-446-9909.
HOW DO I PROTECT MYSELF & MY FAMILY?

These are the steps that you can take to protect yourself and those around you.

- **WASH YOUR HANDS—THOROUGHLY AND OFTEN**
  Wet your hands with warm water, apply soap, lather your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds or sing “Happy Birthday” twice. Rinse your hands well under warm water. Dry your hands using a clean towel/paper towel and use that to turn off the tap.

- **COVER YOUR COUGH**—if you cough or sneeze, cover your mouth with your sleeve—not your hand!

- **CLEAN/SANITIZE**—commonly touched items and areas in your home and workplace (door handles, light switches, cell phones, bathrooms, kitchens, telephones, fax machines)

- **IF YOU ARE SICK, STAY HOME AND AWAY FROM THE PUBLIC**—stay home from work, school and social events and have someone else do errands for you.

- **PHYSICAL DISTANCING**—STAY AWAY AND AVOID CONTACT with others who are sick. Keep a distance of at least 2 meters from the person next to you.

- **IF YOU NEED TO SEE A DOCTOR—CALL AHEAD** and let the doctor’s office know about your symptoms

- **WHEN ATTENDING HEALTH CARE FACILITIES**—please follow the guidelines that they have set in place for your protection. Wear a mask if you have a cough and use the hand sanitizers when entering and leaving the facility

- **PRACTICE GOOD HEALTH HABITS**—get plenty of sleep and exercise, make sure your diet consist of nutritious foods and drink plenty of water. Living healthy and being healthy will help your body fight off sicknesses

WHAT DO I DO IF I BECOME SYMPTOMATIC?

Step 1: Call the Six Nations COVID-19 Information & Assessment Centre @ 226-446-9909 or 1-855-997-7737. You can also call the Ohsweken Public Health Office at 519-445-2672.

Step 2: A nurse will complete an assessment over the phone and a doctor will review the information to determine the need for and order a test.

Step 3: If a test is required, you will be given an appointment for a Drive Through Test, or an appointment will be arranged for EMS to visit you and do the test in your home.

DO NOT go to the Assessment Center unless you have been given a Drive Through Appointment. This appointment will happen at the Assessment Centre testing site, located outside of the Community Hall.

Step 4: Go the appointment for the Drive Through Test – you will be directed where to drive once you arrive.

Step 5: Remain in your car and have your identification ready to present. Put your car in park and turn off the ignition. The person performing the test, will come to you and perform the test through the window of your car.

Step 6: Drive home and continue to self-isolate at home until you have been contacted with a test result.

If you are experiencing COVID-19 symptoms, 1-855-977-7737 or 226-446-9900
outside of Canada or someone diagnosed with COVID-19. You will also be asked to provide a brief health history so that your level of risk for serious complications, can be assessed.

If it is determined that you required a test, you will be provided with information of where to go for the test. You will also be instructed to begin self-isolation at home.

Once your test is complete, you will be instructed to go home and continue to self-isolate until your test results are communicated back to you. Everyone that lives in your home, will also need to self-isolate to decrease the possible spread of this illness to others.

**WHAT IS SELF-ISOLATION?**

The main goal when faced with a Pandemic emergency is to control and prevent the spread of the contagious disease. This may be accomplished through isolation, otherwise known as “quarantine”.

People who are ill with symptoms (regardless of whether there has been a lab diagnosis), are being asked to “self-isolate”. This means that these people are being told by their health care professional to stay at home, away from family members in the home and also away from the public.

If you are returning home from outside of Canada; a 14 day self-isolation requirement applies to everyone regardless of any symptoms. This means that travelers returning to Canada from another county (including the USA) are required to go straight home and stay there for 14 days. Do not go into public for any reason, other than to attend medical appointments. Find a family member or friend to gather any necessities (food, water, medications) for you and leave them at your door. Do not interact with or have visitors during this time.
Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure

- Fever
- Cough
- Difficulty breathing

Avoid public spaces
- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms?
- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020
Coronavirus Disease 2019 (COVID-19)

How to self-isolate

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Stay home
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.

Limit the number of visitors in your home
- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).

Avoid contact with others
- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).

Keep distance
- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
  Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.

Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

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Coronavirus Disease 2019 (COVID-19)

Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a ‘close contact’.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear mask and gloves

- Wear a mask and gloves when you have contact with the person’s saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).

Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.

Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.
Avoid sharing household items
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.

Clean
- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly
- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.

Be careful when touching waste
- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.

Contact your public health unit:

Learn about the virus
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: ontario.ca/coronavirus
WHAT PANDEMIC PREPARATIONS ARE BEING DONE?

What is being done at Six Nations to manage the pandemic? There are several activities that are occurring to help prepare community members at Six Nations for the pandemic. These include:

- A fully comprehensive Pandemic Coronavirus (COVID-19) Response Plan has been developed and updated to accompany the existing Six Nations Emergency Response Plan.
- Development and distributions of the “Self-Care Packages” to each household on reserve
- Information mail out to every household on Six Nations including information on the Coronavirus (COVID-19), Hand Washing and Covering your Cough
- Continue surveillance of all Communicable Diseases, is a mandated program of the Ohsweken Public Health Office
- Annual Influenza Immunization Program, which is offered to all community members every year in October, the beginning of the flu season. Call Ohsweken Public Health for more information.
- Population statistics according to Band Membership and the First Nations Health Information System have been forwarded and submitted to Indigenous Services Canada—Ottawa for the amount of vaccine needed for the Six Nations community when it becomes available.
- Regular information and update sessions on the Coronavirus (COVID-19) have been provided to the Six Nations Emergency Management Committee and Six Nations Council departments.
- Active screening and infection control measures are in place at all facilities that remain open to the public, including the Gane Yohs Health Center and the White Pines Wellness Center.
- All Six Nations Council departments now have Alcohol Based Hand Sanitizer available in all offices for staff and visitors.
- All non-essentials services, businesses and schools are closed until further notice
- The community is asked to please listen to the information provided, the recommendations made and STAY HOME! This is for your personal safety and the safety of our community
WHAT CAN I DO AT HOME TO PREPARE FOR THE PANDEMIC?

There are several things that you can do to prepare for the COVID-19 Pandemic. These include:

1. Incorporating healthier lifestyles into your daily life. This would include eating healthy nutritious foods, getting adequate sleep and exercising. These activities will help to ensure that your body is healthy and will boost your immune system. This will help enable your body to fight off serious illnesses or diseases.

2. Practice good hand washing techniques. **Hand washing is the single most effective way to prevent the spread of infections.** You can pick up germs when you touch contaminated objects or surfaces and then touch your face, mouth, eyes and nose. Good hand washing techniques include using an adequate amount of soap and warm water, rubbing the hands together to create friction (making sure to rub between fingers and under nails). Lather for 20 seconds (equivalent to singing the “Happy Birthday” song twice—good teaching technique for children.) Rinsing well under running water and dry hands thoroughly. If soap and water is not available, use an Alcohol Based Hand Rub (e.g. Hand Sanitizer, Purell).

   You should wash your hands:

   - When hands are visibly soiled.
   - After using the washroom (includes changing diapers).
   - After blowing your nose or sneezing into your sleeve.
   - Before and after eating, handling food, drinking and smoking.
   - After touching raw meat, poultry or fish.
   - After handling garbage.
   - Before/after visiting or caring for sick people.
   - After handling pets, animals and animal waste.

3. Get your annual flu vaccination.
4. If you are sick with symptoms, you should stay home from work to help protect your coworkers and fellow employees and call Ohsweken Public Health at 519-445-2672.
5. If your child(ren) is/are sick, they should stay home from school and extra-curricular activities.
6. Have a plan at home for stockpiling food, water, medications and cleaning supplies.
7. Start thinking about your own **personal plan for your family** and loved ones during the COVID-19 Pandemic. Communicate what needs to be done and who will be responsible for each task.
   - Discuss and agree on a home base. Where will family members be staying if they are sick and will they have enough food, water and essential materials.
   - As pets can be valuable and loved members of your family, they also need to be included in your personal plan for your family. You will need to think about their food and water needs during this time.
WHAT IS EMERGENCY PREPAREDNESS?

This self-care and emergency preparedness package is designed to provide you and your family with relevant and important information regarding “How to Be Prepared At Home for an Emergency”.

Emergencies or disasters, whether they are natural or human-caused can strike at any time. If this were to happen in our community, residents may not have access to food, water and electricity for days or even weeks. By taking steps now to have a personal family emergency plan, storing emergency food/water and having an emergency supply kit, you can help minimize the stressful effect of any such disaster or emergency on your family.

Emergency planning for your family covers 5 basic steps. These include:

1. Identify the risks

Knowing the risk will help you better plan for them. You may find it helpful to prepare a list of the risks you are most likely to face and think about how they might affect your family. Here are some of the possibilities:

**NATURAL PHENOMENA**
- Influenza Pandemic
- Floods
- Earthquakes
- Tornadoes, hurricanes and blizzards
- Hail, lightning and storm surges
- Landslides and avalanches
- Freezing rainstorms

**TECHNOLOGICAL FAILURES OR DELIBERATE ACTS**
- Power outages
- Toxic chemical spills or fumes
- Terrorism explosions
- Biological, radiological or nuclear incidents

You can find out about the most common risks in our region by consulting the Canadian Disaster Database and the Natural Hazards of Canada map on the internet at www.pcepc.gc.ca.
CLEANING – IT IS IMPORTANT!

When dealing with emergency situations or caring for sick/ill people in the home, it is important to clean and disinfect regularly (especially commonly used surfaces) to decrease the spread of germs.

Use a bleach-based cleaning solution or a neutral detergent such as Mr. Clean, Pinesol, etc, followed by a disinfectant solution if recommended (see Table 1).

Viruses can survive on surfaces in the environment for hours to days. During this time these viruses can be transmitted to other people through touching contaminated surfaces and objects and then touching their mouth, nose or eyes.

Careful vigorous cleaning of environmental surfaces is effective in removing many contaminants. Some important tips are:

- Always clean shared equipment between uses.
- Promptly clean items that are visibly soiled.
- Handle soiled items in a way that prevents exposure of skin and mucous membranes or contamination of clothing and the environment. Use a garbage can that has a lid and/or foot pedal.
- Clean surfaces that are frequently touched (e.g. Door knobs, handles, hand rails, keyboards, light switches etc.) at least twice daily and as needed. Clean them after use by an ill person.
- Store all clean supplies in a clean dry area.

Cleaning of environment surfaces such as counter tops, tables, door knobs, light switches, key boards, taps/sinks, toilets and handrails is very important.

Table 1:

<table>
<thead>
<tr>
<th>Disinfectants</th>
<th>Recommended Use</th>
<th>Recommended Dilution</th>
<th>Precautions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleach (Sodium</td>
<td>Disinfection of material contaminated with blood and</td>
<td>Use concentrations ranging from 1 part bleach to be mixed with 99 parts of tap</td>
<td>• Should be used in well-ventilated areas.</td>
</tr>
<tr>
<td>Hypochlorite)</td>
<td>body fluids</td>
<td>water (1:100) or 1 part bleach to be mixed with 9 parts of tap water (1:10), depending on the amount of organic material (e.g. Blood or mucus) present on the surface to be cleaned and disinfected.</td>
<td>• Protective clothing required while handling and using undiluted bleach.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Do not mix with other cleaning solutions to avoid the release of chlorine gas.</td>
</tr>
<tr>
<td></td>
<td>To add to laundry</td>
<td>One part (one 8 oz. cup) of bleach to be mixed with 500 parts (28 gallons) of tap</td>
<td>• Do not use on colored or dark clothing.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>water</td>
<td>• Use in well ventilated areas.</td>
</tr>
<tr>
<td></td>
<td>Surface Cleaning.</td>
<td>One part (one 8 oz. cup) mixed with about 50 parts (2.8 gallons) of tap water</td>
<td>• Use gloves when handling bleach.</td>
</tr>
</tbody>
</table>
The next table describes other areas of your home that may require cleaning and disinfection.

<table>
<thead>
<tr>
<th>Surface/Object</th>
<th>Procedure</th>
<th>Special Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horizontal surfaces such as tables and work counters</td>
<td>Thorough daily cleaning and as required with a water and detergent solution, followed by</td>
<td></td>
</tr>
<tr>
<td>Walls, blinds, curtains</td>
<td>Clean daily and as splashes/visible soil spots occur with water and detergent solution, then</td>
<td></td>
</tr>
<tr>
<td>Floors</td>
<td>Through daily cleaning. Clean when soiled. Damp mopping preferred</td>
<td>Detergent is adequate in most areas. Clean blood/body fluids spills with disposable cloths; clean the areas with a detergent solution followed by a low level</td>
</tr>
<tr>
<td>Carpets/Upholstery</td>
<td>Vacuum daily and shampoo as necessary</td>
<td>Detergent is adequate in most areas. Clean blood/body fluids spills with disposable cloths; clean the area with a detergent solution followed by a low level</td>
</tr>
<tr>
<td>Toys</td>
<td>Clean daily, disinfect with a low level disinfectant, thoroughly rinse, and dry between clients.</td>
<td>Toys should be smooth and non-porous, not plush to facilitate cleaning and decontamina-</td>
</tr>
<tr>
<td>Toilets</td>
<td>Thorough daily cleaning. Clean with a detergent solution when soiled, followed by a low level disinfectant</td>
<td>These may be the source of enteric pathogens which are easily transmissible. Use gloves when cleaning in</td>
</tr>
</tbody>
</table>

**WHAT ABOUT OUR HAUDENOSAUNEE WAYS OF CLEANING**

Protocols concerning the use of Traditional Medicine - Protect all medicines from anyone using/used alcohol, from women who are on their menstrual cycle or anyone who has been to a funeral or viewing in the past 10 days. When you pick traditional medicines do not pick it all, we must leave some to grow next season.

Household Help:

- Cedar or White Pine—Kill bacteria in home—small bunch to 1 gallon of water. Boil on top of stove, low heat all day, continuously.
  - Do for 3-4 days then wait for 2 weeks, then do it again

- Cedar, White Pine, Sage—Smoke house every day to kill bacteria.
Protocols concerning the use of Traditional Medicine—Protect all medicines from anyone using/used alcohol, from women who are on their menstrual cycle or anyone who has been to a funeral or viewing in the past 10 days. When you pick traditional medicines do not pick it all, we must leave some to grow next season.

**Infant Formulations**—(tsp = teaspoon)

- Catnip—½ tsp to ½ gallon of water, boil for 5 minutes, for stomach, fever, makes baby sweat—give baby 1 tsp as needed, not too much
- Partridge Berry Leaf—¼ tsp in ½ gallon of water, boil for 5 minutes, clears blood

**Formulation for Babies/Kids**

- Plantain—healer—½ tsp
- Witch Hazel—healer—½ tsp

Boil together in ½ gallon of water for 5 minutes

Dosages:
- Small babies—1 tbsp. or 1 oz—3 times per day
- Toddlers—¼ cup—2-3 times per day
- Older Kids—½ cup—2-3 times per day

**Pregnant Moms**

**Caution:** Pregnant women need to be careful what they take and in smaller quantities and not as strong.

**Ingredients:**

- Wild Ginger—1 root
- Witch Hazel—½ handful, healer
- Nettle—1 tbsp., for iron
- Dandelion Leaf—1 tbsp., Liver support
- Alfalfa—1 tbsp., for iron

In 1 gallon of cold water, add above ingredients and bring to a boil. Boil for 5 minutes. Strain, store in glass jar and keep in fridge in plastic bag. Return all strained plant medicines back to the earth. Drink 1 cup 2 times a day
This formulation is to be taken only when you have the flu. This formulation is not to be taken by children or pregnant women.

Pandemic Flu Formulation
✓ Coltsfoot—2 tbsp., chronic cough, upper respiratory tract
✓ Witch Hazel—½ handful, all around healer, any kind of infection
✓ Boneset 0.2 tbsp., sore bones, viral & bacterial infections
✓ Elecampane—1 tbsp., clears lungs
✓ Mullein—2 tbsp., clears lungs
✓ Penny Royal—1 tbsp., chills
✓ Echinacea—1 tbsp., colds, chills, immunity builder
✓ Caution: Golden Seal—tip of tsp, Adults Only, add only when you have an infection—natural antibiotic. Golden Seal is not be given to children under the age of 2.

Pour 1 gallon of cold water into a large pot, add the above medicines to the pot of water. Do not add in Golden Seal if no infection is present. Bring to a boil, boil for 15 minutes. Strain, store in glass jars and keep in fridge in plastic bag. Drink 3 cups per day. Drink warm. Return all strained plant medicines back to the Earth. Protect your medicine from alcohol, anyone on her cycle or has attended a funeral.

Immune Builder Formulation
✓ Dandelion Leaf—2 tbsp., blood cleanser, kidney
✓ Burdock root—1-2 tbsp.—liver support for blood
✓ Red Clover—½ handful, blood builder, boost energy
✓ Yellow Dock Root—½ tbsp., liver support for iron
✓ Witch Hazel—½ handful, all around healer, any kind of infection
✓ Plantain—1 tbsp., healer
✓ Alfalfa—2 tbsp., builder
✓ Nettle—2 tbsp., to build iron

Instructions:
Pour 1 gallon of cold water into a large pot, add the above medicines to the pot. Bring to a boil, and boil for 15 minutes. Strain, store in glass jars and keep in fridge in plastic bag. Drink 3 cups per day for the first 3 gallons, then cut back to 1 or 2 cups a day. Drink warm. Return the strained plant medicines back to the Earth. Protect your medicine from alcohol, women on their cycle or has attended a funeral.

Other:
✓ Sweet Flag—if sore throat, muscle spasms, chew piece of root or use as gargle
✓ Cedar—small bunch and Cinnamon—1 stick are good for infections and improves blood and immune system—make with 2 quarts of water as tea. Drink ½ cup, 2-3 times per day
✓ Catnip—Baby Wash—1 tbsp. to ½ gallon of water, wash baby in catnip to calm them down
✓ Garlic—antibiotic, get pills from the health food store to take to boost immune system
WHAT ABOUT OUR BASIC NEEDS?

WATER:
In any emergency, having a large supply of clean water is a top priority, for drinking, food preparation and hygiene.

- Current recommendation is to store at least 4 litres of water per person and pet(s) per day, 2 for drinking and 2 for food preparation, hygiene and dish washing. **A hot environment and intense physical activity can dramatically increase the amount of water that a person needs to drink.**
- Current recommendation is to store at least a two-week supply of water for each member of your family.
- Take into consideration that children, nursing mothers and ill people will need more water.
- Take into consideration that you will also need water for food preparation and hygiene.
- If supplies run low, never ration water, drink the amount you need today and try to find more for tomorrow.

How and Where to Store Water:
- Store water in a cool, dark place in your home, each vehicle and at your workplace
- Preferably in store-bought, factory sealed water containers
- Alternatively, in food-grade containers made for storing water and available from sporting goods and surplus stores and other retailers. These containers must be thoroughly washed, sanitized and rinsed before use. The water you store in them (Tap Water), may need to be treated before being stored. Contact the Community Educators at (519-445-2809) for more information on safe water storage and consumption

DO NOT:
- DO NOT store purchased water past the expiration or “use by” date on the container
- DO NOT use containers that can’t be tightly sealed
- DO NOT use containers that can break, such as glass bottles
- DO NOT use containers that have previously held any toxic substance
- DO NOT use plastic milk bottles or cartons. They are difficult to clean and break down over time

DO:
- Change stored water every six months or when the expiry date on the bottle/container has passed

If you need help in accessing water, please call Kevin Water Haulage at 519-443-6806 or ASAP at 519-445-4848
FOOD:
Even though it is unlikely that an emergency would cut off the food supply for two weeks, you should prepare a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

During and after a disaster, it will be vital that you and your household (including your pets) have enough food and eat enough to maintain your health and strength.

Storage Tips:
• Store foods that you eat regularly. Foods that require no refrigeration, preparation or cooking are best. Include vitamin, mineral and protein supplements to ensure adequate nutrition.
• Store enough food for two weeks. It is better to have extra you can share than to run out. Individuals with special diets and allergies will need particular attention as well as babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned foods, juice and soups may be helpful for the ill or elderly community members.
• Make sure you have a manual can opener and disposable utensils.
• Open food boxes or cans carefully so that you can close them tightly after each use.

How and Where To Store Food Supplies:
• Keep food in a dry, cool spot, out of the sun if possible.
• Keep food covered at all times.
• Wrap perishable foods such as cookies and crackers in plastic bags and keep them in sealed containers.
• Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to keep them fresh and unspoiled.
• Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pets.
• Inspect all food before consumption for spoilage.
• Use foods before they go bad and replace them with fresh supplies dated with ink or marker. Place new items at the back of the storage area and older ones in front.

DO NOT:
• DO NOT use canned goods that have become swollen, dented or corroded.
• DO NOT use fatty, high protein or salty foods when the water supply is low
• DO NOT go out and buy unfamiliar foods to prepare an emergency food supply
DO:

- Keep your hands clean, it’s one of the best ways to keep from getting sick and spreading germs. If soap and running water are not available, use alcohol based hand rub or wipes to clean hands.
- Inspect all food for signs of spoilage before use. Throw out perishable foods, such as meat and poultry that have been left out at room temperature for more than 2 hours.
- REPLACE STORED FOOD ON A REGULAR BASIS with fresh supplies, mark the date on the container.
- Eat salt-free crackers, whole grain cereals and canned foods with a low salt content if your water supplies are low
- If there’s a power outage, eat food in the refrigerator first, the freezer next and lastly from your stored supplies. In a well-filled well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.
- You can use the canned foods, dry mixes and other supplies on your cupboard shelf.
- Buy familiar foods, they are important as they can lift morale and give a feeling of security in a time of stress.

REMEMBER!!

- Replace your stored food on a regular rotating basis.

If you need help accessing food call or text 519-717-3402

CHILDREN AND EMERGENCIES

During an emergency it is important to remember that your children will look to you for guidance and comfort.

Remember that:

- Children follow their parent’s/caregiver’s lead—the calmer you are, the calmer they will be
- It is important to talk to them openly and honestly about what is happening. Try to explain the nature of the problem in a way that they will understand, what is being done to solve the emergency and include what is being done to make them safe (possible isolation or quarantine).
- Never dismiss their fears or anxieties.
SOURCES OF COVID-19 INFORMATION

If you have further questions or concerns regarding the COVID-19 you can contact:

1. Ontario Telehealth Line @ 1-866-797-0000
   (Available 24 hours/day, 7 days/week)

2. Health Canada General Inquiries Line @ 1-877-365-3623
   (Available 9:00 am to 6:00 pm, 7 days/week)

3. Ohsweken Public Health Office @ 519-445-2672
   (Available 8:30 am to 4:30 pm, Monday to Friday)

4. Ontario Self-Assessment Tool
   https://www.covid-19.ontario.ca/self-assessment/#q0

5. Six Nations Covid-19 Information & Assessment Centre:
   1-855-977-7737 or 226-446-9909

If you have access to a computer and the internet, you can also go to the following websites:

Six Nations Covid-19 Website:
www.sixnationscovid19.ca

Ministry of Health of Ontario website:
www.health.gov.on.ca

Ontario First Nations Pandemic website:
www.pandemic.knet.ca

Six Nations Council website:
www.sixnations.ca

Government of Canada website

WEBSITE SOURCES:

www.emergencymanagementontario.ca
www.redcross.org/services/disaster/beprepared
www.mpss.jus.gov.on.ca/English/pub_security/EMO/esk.html
www.redcross.org/preparedness/cdc_english/FoodWater.asp
www.psepc.gc.ca
www.ccohs.ca
www.colgate.com
Jordan's Principle Response to Covid-19

Given the current situation with the outbreak of the Coronavirus and the public and political responses to it, we recognize that there will be individuals who are more vulnerable and that may be placed into difficult situations. We understand that children, youth and their families will struggle with many things over the next few weeks including childcare, access to goods and services, self-isolation, illness or anxiety among many other challenges.

Jordan’s Principle funding can help offset some of these costs, no matter how difficult the circumstance. During these trying times the Jordan’s Principle team at Six Nations will continue working to assist children and families within our community through applications and guidance. Although we are not having in-person meetings, we remain available for support. We ask that you please use our contact info below.

We are aware of the closures of many supporting organizations and that many support staff will also be working from home. For this reason you will not require support letters in order to get an approval for funds for any support related to the ongoing situation. Indigenous Services Canada has assured us that applications related to this situation will not require all of the supporting documents that are usually needed.

You may be able to access funds for emergency respite, medical supplies, clothing, groceries, transportation, and more.

If you have been working with Amber Gowland, please note that she will be going on leave this week and her files will be taken on by Angel or Kurtis.

If you have a child or children under the age of 18 and you require immediate assistance or support, please do not hesitate to contact the Jordan’s Principle Navigators: You may also call the Jordan’s Principle hotline at:

<table>
<thead>
<tr>
<th>Name: Angel Panag</th>
<th>Name: Kurtis Martin</th>
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</thead>
<tbody>
<tr>
<td>Email: <a href="mailto:jordansprinciple@sixnations.ca">jordansprinciple@sixnations.ca</a></td>
<td>Email: <a href="mailto:kurtismartin@sixnations.ca">kurtismartin@sixnations.ca</a></td>
</tr>
<tr>
<td>Phone: 647-723-9704</td>
<td>Phone: 226-388-9042</td>
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**e-mail preferred**

Phone: 1-855-572-4453 or
Website: www.canada.ca/jordans-principle.
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<tr>
<th><strong>Canadian Red Cross</strong></th>
<th><strong>Emergency Management Ontario</strong></th>
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<tr>
<td><strong>Ontario Zone</strong></td>
<td><strong>Ministry of Community Safety and Correctional Services</strong></td>
</tr>
<tr>
<td>Mississauga, Ontario L5R 3E9</td>
<td>77 Wellesley Street West, Box 222</td>
</tr>
<tr>
<td>Tel: 905-890-1000 Fax: 905-907-1008</td>
<td>Toronto, ON M7A 1N3</td>
</tr>
<tr>
<td><a href="http://www.redcross.ca">www.redcross.ca</a></td>
<td><strong>General Inquiries:</strong> Toll Free: 1-888-795-7635</td>
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<tr>
<td></td>
<td>Fax: 416-314-3758</td>
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<tr>
<td><a href="https://www.emergencymanagementontario.ca/english/home.html">https://www.emergencymanagementontario.ca/english/home.html</a></td>
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<tr>
<th><strong>Ministry of Health</strong></th>
<th><strong>Public Health Agency of Canada</strong></th>
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<tr>
<td><strong>INFOline:</strong> 1-800-268-1154</td>
<td><strong>Ontario Zone</strong></td>
</tr>
<tr>
<td>Hours of Operation: 8:30 am to 5:00 pm</td>
<td>25 St. Clair Avenue East</td>
</tr>
<tr>
<td><a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a></td>
<td>4th Floor Toronto, Ontario</td>
</tr>
<tr>
<td><strong>Tel:</strong></td>
<td><strong>Tel:</strong></td>
</tr>
<tr>
<td>416-973-4389</td>
<td>416-973-1423</td>
</tr>
<tr>
<td><strong>Toll Free Tel:</strong> 1-866-999-7612</td>
<td><strong>Fax:</strong> 416-973-1423</td>
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<tr>
<th><strong>Public Safety and Emergency Preparedness Canada</strong></th>
<th><strong>Canadian Centre for Emergency Preparedness</strong></th>
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<tbody>
<tr>
<td>2 Bloor Street East</td>
<td>860 Harrington Court</td>
</tr>
<tr>
<td>Suite 2102 Toronto, Ontario M4W 1A8</td>
<td>Suite 211 Burlington, Ontario L7N 3N4</td>
</tr>
<tr>
<td><strong>Tel:</strong> 1-416-952-0452</td>
<td><strong>Tel:</strong> 905-331-2552</td>
</tr>
<tr>
<td><strong>Toll Free Tel:</strong> 1-877-302-6272</td>
<td><strong>Fax:</strong> 905-331-1641</td>
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<tr>
<td><a href="http://www.psepc.gc.ca">www.psepc.gc.ca</a></td>
<td><a href="http://www.ccep.ca">www.ccep.ca</a></td>
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<tr>
<th><strong>Brantford General COVID-19 Hotline and Info</strong></th>
<th><strong>Six Nations Crisis Line</strong></th>
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<tbody>
<tr>
<td>519-758-5815</td>
<td><strong>Tel:</strong> 1-866-445-2204 or 519-445-2204</td>
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<tr>
<td>Available 7 days/week from 9:00am—5:00pm</td>
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<tr>
<th><strong>Kids Help Line</strong></th>
<th><strong>Six Nations Mental Health &amp; Addictions</strong></th>
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<tbody>
<tr>
<td><strong>Call:</strong> 1-800-668-6868</td>
<td><strong>1769 Chiefswood Road, Ohsweken</strong></td>
</tr>
<tr>
<td><strong>Text:</strong> CONNECT to 686868</td>
<td><strong>Tel:</strong> 519-445-2143</td>
</tr>
<tr>
<td><strong>Website:</strong> kidshelpphone.ca</td>
<td><strong>Monday to Friday:</strong> 8:30am—4:30pm</td>
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<td></td>
<td><strong>Walk-ins Welcome (Screening in Place)</strong></td>
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<tr>
<th><strong>Six Nations Social Services</strong></th>
<th><strong>Ganohkwasra Family Assault Support Services</strong></th>
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<tbody>
<tr>
<td>15 Sunrise Court</td>
<td><strong>Tel:</strong> 519-445-4324</td>
</tr>
<tr>
<td><strong>Tel:</strong> 519-445-2071</td>
<td><strong>24/7 hour support line</strong></td>
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<tr>
<td>Monday to Friday: 8:30am—4:30pm</td>
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<tr>
<td>Walk-ins Welcome (Screening in Place)</td>
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Food Accessibility in Six Nations Community

How to gather or receive food and supplies during COVID-19:

**Good Overall Health**
You can still go to grocery store to get your food/supplies.
- Practice physical distancing (6ft apart)
- Prepare a list to be quick
- Wash your hands/sanitize when you leave

**Sick or Self-Isolating**
You CANNOT go out in public to get your food/supplies.
- Avoid/limit contact with others
- Arrange for someone to pick-up/drop-off
- Sanitize items upon receiving

**Six Nations Community Services**
- Connect with your service providers (counsellor, dietitian, etc...) for support in accessing supplies
- Six Nations Community Food Bank OPEN Thursdays from 9:30-5:00. If you cannot get out, ask a helper or service provider to drop-off for you Call or Text: 519-771-0025

**Home Delivery Options**
- Find helpers in our community to do your shopping for you. OR order online, and arrange to have somebody drop-off
- Some community businesses are offering to get groceries for seniors as well as delivery services

**Community Helping Community**
- Order groceries online and arrange for a "Parking Lot Pick-Up"
- Share food/supplies with others
- Become a helper for others, offer to pick-up and drop-off supplies
- If you know people who do not have internet access, order online for them

**Emergency Food Support**
Make an arrangement to receive a delivery of emergency food/supplies to your doorstep.
Mon-Fri 8:30-4:30
Call or Text: 519-717-3402

**Emergency Baby/Infant Support**
For emergency delivery of formula and diapers; or for breastfeeding support.
Call/Leave Message: 519-445-4922.
Response within 24hrs

www.sixnationscovid19.com
@SNCOVID19
@SNCOVID