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.

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.

Especially Those with Existing Conditions
% with other serious ailments who die
- Cardiovascular disease: 10.5%
- Diabetes: 7.3%
- Chronic respiratory disease: 6.3%
- Abnormally high blood pressure: 6%
- Cancer: 5.6%
- No existing conditions: 0.9%

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.
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.

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<th>AVOID</th>
<th>USE CAUTION</th>
<th>SAFE TO DO</th>
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<tr>
<td>Bingo</td>
<td>Community gatherings of 10 people or more (ie. Ceremonies, Feasts etc.)</td>
<td>Housework</td>
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<td>Non-Essential Travel</td>
<td>Round Dances</td>
<td>Reading a Book</td>
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<td>Church Services</td>
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<td>Going for Walks</td>
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<tr>
<td>Non-Essential Appt’s and Meetings</td>
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<td>Meditating</td>
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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.

Sources or for More Information Please Visit: