

A MESSAGE FOR THE CREE HUNTERS ککظ هٔهٔ۵۰۰۵۰۵۹

"Our grandfathers and our ancestors before them practiced hunting, fishing, trapping and gathering of our traditional foods without any alcohol and drugs; this practice must continue. It is our sign of respect to our lands, rivers, air, sky and food sources, which made us survive in Eeyou Istchee. It is our ultimate responsibility and respect to all things in it and our thanksgiving to our Mother Earth. She is the breath that gives all life in the world"

by George L. Diamond





For more information: CREEHEALTH.ORG/COVID 1 866 855-2811 1

THE SAFETY AND WELL-BEING OF OUR FAMILIES AND COMPANIONS WHO ARE WITH US MUST BE ACKNOWLEDGED AND PROVIDED. WE WILL BETTER ENJOY OUR TIME ON OUR LAND BY BEING SOBER AND CLEAN.

"ΓゼĠ>Ċ° Ċ"Ġ攱<ΓϽ·Δσ"^ι ϧϤ ΓゼウĊົη·Δσ"^ι" "Let us stand together proudly in mutual respect and understanding"

- Elder Samuel Bearskin's Statement, June 2008

THIS YEAR AGAIN, CREE HUNTERS NEED TO ADAPT TO THESE WAYS, BECAUSE OF COVID-19 AND ITS VARIANTS

- Get vaccinated before going to your bush camp; it's an extra layer of protection
- Stay 2 metres/6 feet away from people outside of your camp
- Wear a mask if you can't distance 2 metres/6 feet away with others outside your camp
- 🧭 Cough and sneeze into your elbow or tissue
- **Wash your hands often** or use hand sanitizer



GREETING EACH OTHER

- **Use verbal greetings** (Wâchiya) instead of shaking hands
- Maintain kinship, and keep a distance of 2 meters/6 feet from one another
- Use radio to check on other camps, go to other camps only in emergencies





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WHILE HUNTING

Since your route is safe:

- \rightarrow Tell people in your camp where you're headed
- -> Check if your route has changed due to weather conditions
- \rightarrow Consult with elders/experts on the land for safest route
- Continue to the second state of the second
- If other people used your cabin or blind before you, **disinfect them**
- Keep your hunting spots clean and free of garbage
- 🧭 Use steel shot gun shells instead of lead
- Solution of the second second
- S Let's teach both young and old about firearms safety
- Ouring tea and lunch breaks:
 - → Use your own utensils, cup, plate, lunch bags and thermos
 - -> Do not share food, beverages or smokes
- S Always have a bucket of soapy water to clean surfaces, and utensils

DURING YOUR HARVEST

- S Ensure that your waterfowl and animals are **properly cleaned and prepared**
- Harvest only what you will need
- Provide proper cold storage and/or use traditional smoking/salting methods for your harvest
- Clean up your hunting area: bring back your garbage including empty shell casings







FOR BEST PRACTICES AT YOUR CAMPS



For best practices at your camps check this link



STREET

FAMILY VALUES

You can be the **best teacher by encouraging our elders' teachings on family values** that have been passed down from one generation to the next:

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