

COVID-19 (CORONAVIRUS)

ᓴᓐᓴᓐᐱᓐᓄᓐᐱᓐᓄᓐᓄᓐ ᐱᓐ ᐱᓐᓄᓐᓄᓐᓄᓐᓄᓐ

yehyewaaspinewin e aashuumiitunaanuuch

March 23, 2020

PROTECT EACH OTHER AND STAY HOME

Who Needs To Stay Home?

If you've travelled outside Canada in the past 2 weeks, you need to stay home and be quiet for two more weeks, to monitor yourself for any symptoms. Keep your hands clean. Practice social distancing. This is called quarantine.

If you've travelled outside Canada in the past 2 weeks, and you have symptoms, you need to isolate yourself at home, and contact your local clinic for instructions. This is strict home isolation.

If you are observing strict home isolation:

- You are not allowed to leave your house, even for work or to do groceries.
- Stay at home, in a closed room, alone.
- Arrange someone to pick up your groceries and supplies.

This is to protect your loved ones and your community. Doing otherwise is putting your community at risk.

If you have travelled outside the region, but have not left Canada, and you don't have a chronic disease, or are not receiving specialized medical treatment, you can leave your home and go to work.

Your employer may offer alternative arrangements, telework, or staggered hours. They may screen their staff for symptoms. They may close operations.

THE BEST WAY TO AVOID CONTAMINATING YOURSELF AND OTHERS IS TO

ᓵ ᓐᓴᓐᓴᓐᐱᓐᓄᓐᐱᓐᓄᓐ

WASH YOUR HANDS



ᓴᓐᓴᓐᐱᓐᓄᓐᐱᓐᓄᓐᓄᓐ
CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information
in English and Cree on the COVID-19
(Coronavirus) visit our website :

creehealth.org/coronavirus





Everyone should practice social distancing, stay home and go out only when needed.

- Avoid visiting others.
- Do not shake peoples' hands.
- Avoid close contact with other people, especially Elders, to protect them.
- Make sure your elders have provisions.
- Wash your hands often.

If you have heart disease, diabetes, a chronic lung disease or immune suppression (for example because of cancer treatment or medications from a transplant), you should:

- Stay at home, except when you are going to receive medical treatment.
- Consult your CMC about that.

Elders (older than 70) need to stay at home. Please do not leave your home. Do not have visitors come visit. Please arrange for someone to do errands, pick up groceries, pick up anything you need, and leave it at the front door.

If there are other members in your home who are able to leave the house, please try to isolate yourself from them as much as possible. The reason for this is because your immune system is weaker, which puts you more at risk to catch the COVID-19 virus.

People who want to go to their camps or traplines should do that. Limit how many people go at the same time. Bring enough hand sanitizer to keep your hands clean, especially if you don't have running water.

Wash your hands well. Consult the Cree Health Board posters on how to wash your hands.

For updated information, consult our website www.creehealth.org/coronavirus

COVID-19 (*Coronavirus*)

ᓴᓐᓴᓐᓴᓐᓴᓐᓴᓐ ᓴᓐᓴᓐᓴᓐᓴᓐᓴᓐ



For more information in English and Cree on the COVID-19 (Coronavirus) visit our website :

creehealth.org/coronavirus

