

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.

January
Tsiothohrhako:wa
2021



Inside this issue:

January Green Food Bag	2
Covid-19 Vaccine	4-5
Covid-19 and Home	6-7
Diabetes Retinopathy	8-9
Stop the Spread of Flu & Covid-19	10
Falling Risks for Seniors	11
Indoor Wood Burning Tips	12
Word Education	13



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January's Tetewatska:hon Green Food Bag



IMPORTANT NOTICE

**Green Food Bag has been cancelled
Due to unforeseen circumstances**

For More Information:
Community Health Program
(613) 575 - 2341 ext 3241
Or

Rachel George, Green Food Bag Coordinator
Rachel.george@akwesasne.ca or Ext. 3241



Green Food Bag is brought to you by Mohawk Council of Akwesasne
— Community Health Program

COVID-19 Know The Facts

COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

Reduce your risk of COVID-19



Clean your hands often

Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth



Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick

Clean and disinfect frequently touched objects and surfaces



What you need to know about the COVID-19 vaccine for Canada

Working to bring Canadians a safe and effective COVID-19 vaccine



Vaccination is one of the most effective ways to prevent the spread and reduce the impact of infectious diseases, whether it's seasonal flu or childhood infections. A safe and effective vaccine(s) for COVID-19 will protect us against the novel coronavirus and will be an important step to safely resume normal life in Canada and around the world. The Government of Canada is working on all possible fronts to secure access to safe and effective vaccines and related supplies for Canadians. Here is what Canadians need to know about a future COVID-19 vaccine.



Only vaccines that are safe and effective will be approved for use in Canada. Canada is recognized around the world for its high standards for [drug and vaccine review, approvals](#) and [monitoring](#) systems; these will not be compromised. The Government of Canada has gained real-time access to manufacturer clinical trial data for the most promising vaccine candidates, and is working with the global regulatory community to make sure COVID-19 vaccines are safe and effective before regularity approval is granted.



A vaccine will be available to everyone. Because of the unprecedented global funding and collaboration, more than 150 vaccine candidates are being researched around the world at this time. The Government of Canada is [investing in made-in-Canada research and has already made advanced purchase agreements](#) of many hundreds of millions of doses of the most promising vaccine candidates from around the world. This will give Canadians access to safe and effective vaccines as soon as they are ready. Not all vaccines will make it past the finish line, so that's why we are purchasing in advance a number of the most promising vaccine candidates. Health Canada is focusing on [reviewing and approving](#) COVID-19 vaccines as quickly as possible, while ensuring that they are well-studied and safe.



Because there will be limited quantities at first, once a vaccine is approved for use, key populations will need to be prioritized. We expect to have a limited supply of just a few million doses in the early weeks and months once Health Canada approves a vaccine(s) for use in Canada. That means governments will work together and continue to seek input from independent experts, like the [National Advisory Committee on Immunization](#) (NACI), to make decisions about how to prioritize vaccination. This will allow us to make the most impact by protecting high-risk populations and those who help keep our pandemic response, society and economy running. When there are enough vaccine(s) available, the vaccination program will be expanded.



Government
of Canada

Gouvernement
du Canada

Canada



Building up immunity takes time. One dose of vaccine may not be enough to provide individual protection. You may need to get a second shot to allow your body to develop adequate immunity. We don't yet know what level of immunity in the population is sufficient to achieve [community immunity](#). Until that time, Canadians should continue to wash their hands, [stay home](#) when sick, maintain [physical distancing](#), [wear a face mask as appropriate](#), and keep using good [cough](#) and [surface](#) hygiene.



COVID-19 vaccines will be free. As more vaccines are made and distributed, we expect to be able to offer free vaccination to every Canadian who wants one. We know that we live in a global community, so we have committed to making sure [low and middle-income economies around the world will also have access](#) to safe and effective COVID-19 vaccine(s). Until we're all protected, we're still at risk of a resurgence of illness from COVID-19.



Vaccination is a choice you should make to protect yourself, your family and community. Vaccination is a [personal choice](#) that the vast majority of Canadians agree is part of good health and important for prevention of serious disease.



We are committed to working with Canadians and keeping you informed. Things are bound to change, and so too will our approaches. We will rely on Canada's well-established public health system, the expertise and insights of researchers, health professionals, industry, community leaders and Indigenous knowledge to guide us through this journey to bringing Canadians a safe and effective COVID-19 vaccine. You can stay up to date by visiting [Canada.ca/coronavirus](#) and trusting [credible sources](#) of information.

We can all do our part in preventing the spread of COVID-19. For more information, visit

[Canada.ca/coronavirus](#)

or contact 1-833-784-4397

How to keep your child safe online while stuck at home during the COVID-19 outbreak by UNICEF

If your family is stuck at home during the coronavirus disease (COVID-19) outbreak, it's likely your children are spending a lot more time online. School, chats with friends and grandparents, even music lessons — so much has shifted online.

Being connected helps children and teenagers reduce the impact of this new (temporary) normal and encourages them to continue with their lives. But it also presents a new set of challenges for every parent. How can you maximize all that the internet has to offer, while minimizing the potential harm? It's not an easy balance on a normal day, let alone when facing a health crisis like COVID-19.

5 ways you can help keep your children safe online

1. Keep them safe with open communication:

Have an honest dialogue with your children about who they communicate with and how. Make sure they understand the value of [kind and supportive](#) interactions and that mean, discriminatory or inappropriate contact is never acceptable. If your children experience any of these, encourage them to tell you or a trusted adult immediately. Be alert if your child appears to be upset or secretive with online activities or if they are experiencing cyberbullying. Work with your child to establish rules on how, when and where devices can be used.

2. Use technology to protect them:

Check that your child's device is running the latest software and antivirus programs, and that privacy settings are on. Keep webcams covered when not in use. For younger children, tools such as parental controls, including safe search, can help keep online experiences positive. Be cautious of free online educational resources. Your child should never have to provide a photo or their full name to use these resources. Remember to check the privacy settings to minimize data collection. Help your child learn to keep personal information private, especially from strangers.

3. Spend time with them online

Create opportunities for your child to have safe and positive online interactions with friends, family and you. Connecting with others is more important than ever at the moment and this can be an excellent opportunity for you to model kindness and empathy in your “virtual interactions”. Help your child recognize and avoid misinformation and age-inappropriate content that may increase anxiety about the COVID-19 virus. Many digital resources from credible organizations like [UNICEF](#) and the [World Health Organization](#) are available for you and your child to learn about the virus together. Spend time with your child to identify age appropriate apps, games and other online entertainment.

4. Encourage healthy online habits

Promote and monitor good behavior online and on video calls. Encourage your children to be kind and respectful to classmates, to be mindful of what clothes they wear and to avoid joining video calls from a bedroom. Familiarize yourself with school policies and helplines to report cyberbullying or inappropriate online content. As children spend more time online, they can be exposed to more advertising that may promote unhealthy foods, gender stereotypes or age-inappropriate material. Help them recognize online ads and use the opportunity to explore together what is wrong with some of the negative messaging you see.

5. Let them have fun and express themselves

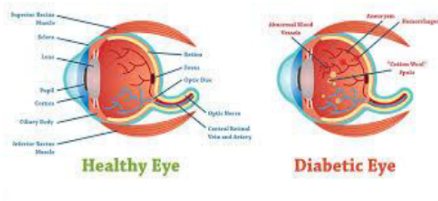
Spending time at home can be a great opportunity for your children to use their voices online to share their views and support those in need during this crisis. Encourage your child to [take advantage of digital tools](#) that get them up and moving, like online exercise videos for kids and video games that require physical movement. Remember to balance online recreation with offline activities, including time outside, if possible.

<https://www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19>

Open Your Eyes to an Eye Exam

How can diabetes affect my eyes?

- Diabetes can cause Diabetic Retinopathy
- Diabetic Retinopathy is the MOST common eye disease affecting 500,000 Canadians.
- Having too much sugar in your blood can damage the blood vessels in the retina, leading to Diabetes retinopathy.
- The retina is the tissue lining the back of the eye and works like the film in a camera that helps you see.
- Changes to your eye with diabetic retinopathy can reduce your vision.



Why should I get an eye exam?

- Diabetes can affect your eyes which can affect your vision over time.
- Keeping blood sugars, blood pressure and cholesterol at target may prevent or decrease the risk of diabetic retinopathy.
- Regular eye exams are very important, sometimes, damage to eyes happens even before the diagnosis of diabetes.
- Changes can be detected early by regular eye exams, even before you any difference in your vision
- Getting regular eye exams is part of your complete diabetes management.

How do I get an eye exam?

- A diabetic eye exam can be performed by an ophthalmologist or optometrist.
- Contact your eye care professional directly for an appointment or have your health care provider refer you for an eye exam.

What happens during an eye exam?

- Drops are put into your eyes to dilate your pupils (make them larger)
-the drops may sting a bit
- Once your eyes are dilated, your eye care provider examines your eyes using a special magnifying lens that provides a clear view of the back of the eye
- Dilated eye exams are a safe and effective part of managing your diabetes.
- It is a small commitment of time to help keep your eyesight!

How often is an eye exam recommended?

- If your vision changes, you should go see our eye doctor immediately
 - If your vision is doing well, you should get an eye exam once a year, unless otherwise directed by your ophthalmologist or optometrist
- Remember, you may not be aware of changes occurring to your vision
- Diabetic retinopathy can worsen in pregnancy so it is important to get a diabetic eye exam Before getting pregnant and while pregnant.

What happens if I have Diabetic Retinopathy?

Very effective treatments for Diabetic retinopathy are available and your eye care specialist will explain these to you.

What can I do to reduce my risk of Diabetic Retinopathy?

For all patients living with diabetes, follow the ABCE's

A A1c- measure blood sugar control and should be 7% or less

B Blood pressure- optimal blood pressure control (less than 130/80mmHg)

C Cholesterol – LDL-C 2.0mmol/L or less

D Drugs to protect the heart (even if the baseline blood pressure or LDL-C is already at target)

E Exercise/eating – Regular physical activity, healthy eating, maintain a healthy body weight.

S Smoking cessation

For more information about Diabetic retinopathy

Canadian Ophthalmological Society

Canadian association of Optometrists

CNIB

Diabetes Canada

**Any question on diabetes management please call the Community health diabetes services at 613-575-2341 extension 3247.

STOP



THE SPREAD OF THE **FLU** AND **COVID-19**

This year, it's especially important to help keep our communities healthy.

PROTECT YOURSELF AND THOSE AROUND YOU.

- + Get your flu shot. Protect yourself, your family and community from getting and spreading the flu.
- + Wash your hands often with soap and water or use a hand sanitizer.
- + Cough and sneeze into a tissue or the bend of your arm.
- + Avoid touching your face with unwashed hands.
- + Clean and disinfect frequently touched surfaces and objects.
- + Keep practicing physical distancing.
 - > Wear a mask or face covering if you cannot physical distance.
- + Stay home and away from others if you're feeling ill.

It can be hard to tell the difference between symptoms of the flu and COVID-19. If you have symptoms, isolate yourself from others, and call your healthcare provider or local public health.

TO LEARN MORE VISIT [CANADA.CA/FLU](https://canada.ca/flu) AND [CANADA.CA/CORONAVIRUS](https://canada.ca/coronavirus)

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Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

5 factors that put seniors at risk of falling



Age 65 +

4+ Medications



Taking sleep or anxiety medication

Difficulties with balance, strength, walking, etc.



History of falls, slips, trips in last 12 months

Tips for Indoor Wood Burning



Reduce emissions from wood burning by taking the following actions:

- Only burn dry, seasoned wood. Seasoned, dry wood burns quicker and produces more heat. This means that fewer emissions are released which can harm health.
- When purchasing a wood burning appliance or insert, check with the store to make sure it is EPA or CSA Approved/Certified because they are more efficient in burning wood and they also reduce the amount of pollutants released.
- When changing an existing or purchasing a new wood burning appliance, consider a different heat source (natural gas, electric).
- Do not burn wood on poor air quality days.
- Keep an eye on your fire. Watch for excessive smoke, burn according to manufacturer's directions for your appliance, be a good neighbour and try not to impact others.

DO NOT BURN:

- Garbage, plastic, magazines, rubber, cardboard or Styrofoam
- Treated wood (coated with preservatives or paint), plywood or particle board
- Wet, rotted, diseased or moldy wood

Winter Weather Words in Kanien'kéha



lo'keraténion
Snowflakes



lo'kerèn:'en
Snowing



Teionien'kwatá:se
Blizzard



Ioniehtarórhkhon
Snow Drifts



lothó:re
Really Cold



lowísto
Cold



lowisónkion
Freezing rain



lowisáhrhon
Icy



Teiowískwèn:tare
Slippery