



I CAN BE SAFE AT HOME

My COVID-19 Story

Talking to children about COVID-19

Created by Benjamin Gormley with assistance
from Geneva Coonishish, Jannah Loon,
Dana Lawlor and Dominique Wright

Artwork by Christine Sioui Wawanoloath



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

Hello, my name is Ben Gormley. I am the Speech-Language Therapist in Mississini and I wanted to help families dealing with the COVID-19 crisis. With the help of CBHSSJB colleagues, Christine Sioui Wawanoloath's permission to use her beautiful artwork from several Cree children's books (*Walking with Grandpa*, *Mispun* and *Yoshtin*, and several others), and the talents of Alison Scott in graphic design, we came up with *I Can Be Safe At Home, My COVID-19 Story*.

I Can Be Safe At Home is a social story—a tool for parents, grandparents, guardians, teachers and educators to help explain COVID-19 in a way that is easier for children to understand and for caregivers to explain. It can be read many times and I hope that it sparks a conversation within families about what's going on and, as the title says, that it helps children feel safe at home.

Created by:

Benjamin Gormley — Speech-Language Therapist, CBHSSJB
Alison Scott — Graphic design and additional illustrations

With help from:

Dominique Wright — Audiologist, CBHSSJB
Geneva Coonishish Voyageur — Special Needs Educator, CBHSSJB
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Video readings created by Alexandre Assabgui, Information Officer, CBHSSJB, and featuring Geneva Coonishish Voyageur (Mistissini) and Bessie Gilles (Waskaganish).

ISBN 978-1-989796-18-4

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www.creehealth.org/safeathome



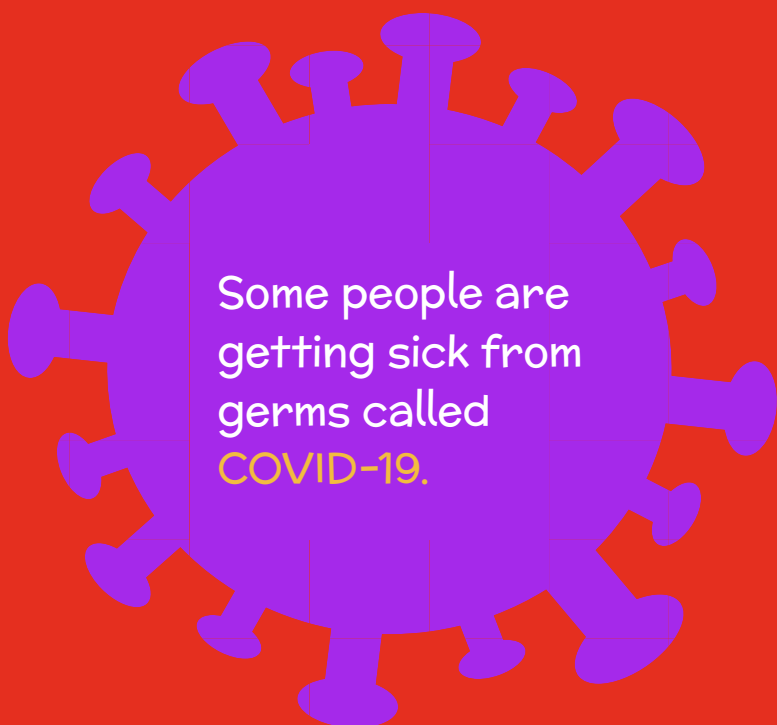
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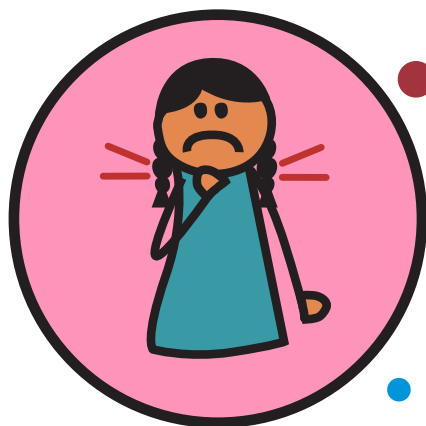
Germs are tiny things that you can't see.

Some germs can make you sick.

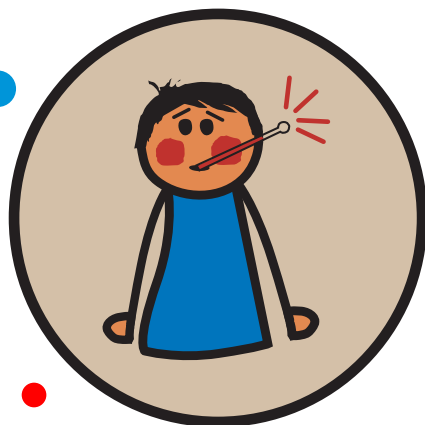




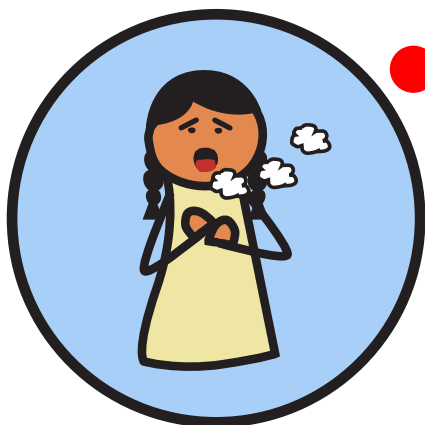
It can make
you cough...



have a sore
throat...



have a
fever...



or have
trouble
breathing.

Most people who
get sick from
COVID-19
just stay
home
and get
better.



Some though
have to go
to the clinic
or leave the
community
to get help.



Some people
have COVID-19
but aren't
sick.



So they stay
and play only
at home. They
won't spread
COVID-19 to
others.



I know there are ways I
can protect me and my
family from COVID-19...



I sing Happy Birthday to myself while washing my hands with soap and warm water to make sure the germs wash off.



I can use hand sanitizer if I can't wash my hands.

I cough and sneeze into my sleeve.



I try not to touch my face.



Right now I play
inside or outside
with **JUST** the
people I live
with.

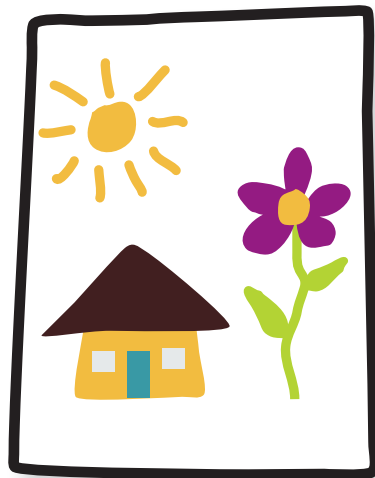




I don't want to spread germs to others, so I don't go visit my other family or friends.



Instead, I will draw pictures to give to them one day.





If I miss or
want to see
someone, I
can always
call or
FaceTime
them.

Right now lots of places
are closed like school
and daycare.





I can draw pictures
and make crafts
for my favourite
teachers,
educators or
shadows.

I can draw pictures
of me and my family.
I can also help clean,
cook and take care
of my family.



My family and I can
go for a drive around
town and wave at
our other family and
neighbours.



Sometimes I'll
get bored, sad
or angry, and
that is ok...my
family has lots
of emotions too.

To relax, we can go
for a walk outside,
go biking on our
own, or make
crafts.





Some people are going out to the bush because they feel safer being connected to the land.

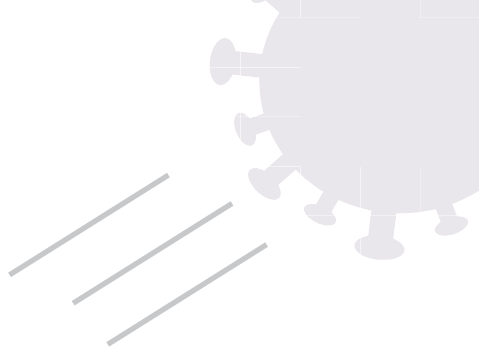
They keep doing everything to make sure they don't spread COVID-19...like washing their hands with soap and warm water while eating traditional food and not being too close to each other.

We still have fun though while going fishing, hunting and snowshoeing through the bush.





Even if I just stay home, I'm careful and listen to my parents, and I know I can be safe at home too.



Someday soon,
the virus will
go away.

And I can go see
the rest of my
family and friends...

...and go back to
school and daycare.





Maybe even go on a trip somewhere!



THE END

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