

Being out on the land is a good place to be. But even in the bush, we can still be at risk of getting infectious diseases. To reduce our chances of getting sick, everyone is encouraged to follow guidelines from our community alert levels, and some basic preventive measures.

BECAUSE OF COVID-19 AND ITS VARIANTS:

Anyone coming from Red Zone areas are expected to inform their local PSO before coming to any bush camp. **Please note that the person will be asked to self-isolate**.

Since you can have COVID-19 without any symptoms, it is important to **wear a mask on the plane or helicopter**.

COVID-19 RECOMMENDATIONS

The COVID-19 virus can spread fast. To prevent an outbreak in a camp:

- For an extra layer of protection, **get vaccinated** (contact your local CMC for more information)
- 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 household
- Ough and sneeze into your elbow or tissue
- **Wash your hands** often or use hand sanitizer
- Oisinfect surfaces
- 🧭 Air out your cabin often





EEYOU INTIHKUIIN (TRADITIONAL MEDICINE)

To cleanse the air in your cabin, you can boil medicine during the day. For details, please refer to these traditional medicine cards links:



- Prepare and use the medicine as recommended by traditional healers or knowledgeable people in your community.
- Animal fat (bear, goose, etc...) has various uses and healing properties. If available, use as recommended by traditional healers or other knowledgeable people in your community.
- 🤝 For more information on Eeyou Intihkuiin, contact Nishiiyuu Miyupimaatisiiun:
 - → diane.george@ssss.gouv.qc.ca
 - 🥪 samantha.coonishish@ssss.gouv.qc.ca
 - 🛶 or call 418-770-4983

IT IS EVERYONE'S PRIORITY TO PROTECT

- Se sure to have a box of medical masks, in case someone becomes symptomatic.
- Families need to be very cautious when visiting or receiving guests from other camps, villages, or community members who are not part of their households.
- If you are attending a feast in the bush, wear a mask, keep your distance and wash/sanitize your hands often.
- If you can, reduce the number of people in your cabin by building extra shelters to be used as sleeping and living quarters for extended family members.





WASH YOUR HANDS OFTEN IN THE CAMP

Make sure that the outhouse is cleaned and disinfected at all times.
Always have clean water available for your hand-washing bowl.
Be sure to change the water and disinfect the bowl regularly.
You can also use a blue pail-type water jug (as pictured) to wash your hands, but disinfect the tap and handle with bleach solution after each use.
Dry your hands with a paper towel or a towel used only by you.
Hand sanitizer is a good alternative if you don't have water, but it doesn't work on dirty hands. The most effective way to clean hands is using soap and warm water.

🧭 Always keep a **garbage bin nearby**.





OUTHOUSE TIPS!

- Make sure that the outhouse is clean at all times.
- Clean the seat often and have a garbage bin nearby is important.
- Baking soda helps reduce the smell.
- >> When not using the outhouse, keep the seat down to keep the critters away!
- Make sure that your hand-washing bowl or hand sanitizer is close by so you can clean your hands after using the outhouse.

CLEANING & DISINFECTING YOUR CAMP



- **Clean your camp to stay healthy.** Everyone must take time to thoroughly clean before settling in and leaving their camp.
- Frequently clean and disinfect high touch surfaces (such as sinks or washbasins, tables, door handles) and cooking utensils.

I part of bleach and 9 parts of water.

FOR BEST CLEANING RESULTS, MAKE A FRESH BLEACH AND WATER SOLUTION EVERY DAY.





FOOD SAFETY

Traditional food cannot transmit COVID-19.

As is the usual practice, we must continue to use care and proper hygiene when handling and preparing our harvests. Wild animals must have their bellies gutted and/or plucked as soon as possible.

TIPS WHEN PREPARING WILD GAME:

- → Do not use lead shot or bullets
- → Remove bullet and shot fragments from meat before cooking
- 🥪 Gut the animal with a clean knife
- Disinfect your tools with rubbing alcohol (70%), an open flame, boiling water, food grade sanitizer or a bleach and water solution (use recipe above). Rinse with clean water and air dry. Do not wipe knives on your clothes. Do not reuse dirty rags
- Ideally, knives should be cleaned between each animal. If one animal is sick, using the same knife could contaminate other meats
- → Cook food thoroughly

BIRDS DO NOT CARRY COVID-19 BUT THEY CAN HAVE OTHER DISEASES. DO NOT EAT BIRDS THAT SHOW SIGNS SUCH AS :

- Abnormal inflammation (red swelling)
- Pus at mouth, eyes, ears, bill, anus, and/or
- Internal organs that have an unusual appearance (e.g. white dots, strange coloring, or an abnormal size)



HAVING ACCESS TO FRESH WATER IS REALLY IMPORTANT. BOIL YOUR DRINKING WATER FOR 1 MINUTE

Check out our pamphlet called "Keep it Clean" on our website

WHAT TO DO IF SOMEONE DEVELOPS COVID-19 SYMPTOMS AT CAMP

Anyone having one or more of the following symptoms must:

- Self-isolate and wait for further instructions from the nurse
- 🧭 Wash or disinfect hands often
- 🧭 Cough and sneeze into sleeve or a paper tissue
- 🧭 Not share personal items with others







WHAT TO DO IF SOMEONE DEVELOPS COVID-19 SYMPTOMS AT CAMP

- Whomever is available should call by phone or bush radio to the local emergency line, or get to the nearest service for help
- An identified area of the camp can be used to isolate anyone who may develop COVID-19 symptoms
- Check temperature of the person who has symptoms and those who live with them
- When contact is unavoidable, both the isolated person and whomever is less than 2 metres/6 feet away should wear a medical mask; wear mask properly on nose and mouth; some medical masks are included in the bush kit

SYMPTOMS OF COVID-19 INCLUDE:

Fever Shortness of breath Cough Loss of sense of smell or taste Runny nose Sore throat Feeling more tired than usual Muscle pain all over Headache Earache Major loss of appetite Abdominal pain Nausea or vomiting Diarrhea

CALLING FOR HELP



Assess the situation

If anyone is showing symptoms, immediately isolate them to a designated area of the camp. Everyone should wear a medical mask if anyone is displaying symptoms.



TUNE IN TO RADIO, BUSH RADIO, AND CHECK YOUR PHONE FOR UPDATES ABOUT COVID-19



Someone needs to follow the protocol for Bush Kit

Fill out the Calling for help form in the Bush Kit and call the emergency number. Numbers can be found at the bottom of this document.



When talking to the nurse, provide the name and date of birth of the person who has COVID-19 symptoms, as well as the location of the camp.



Wait for instructions from the CMC or PSO If you don't hear back after 15-20 minutes, call back.







COVID-19 INFOLINE FOR EEYOU ISTCHEE: 1 866 855 2811 WIICHIHIIWAAUWIN HELPLINE HELPLINE 24/7: 1 833 632 4357



Chisasibi Hospital / CMC

21 Maamuu Road Chisasibi, QC JOM 1E0 Emergency (819) 855-9011 Regular business (819) 855-2844

Eastmain CMC

143 Nouchimi Street Eastmain, QC JOM 1W0 Emergency (819) 977-5194 (cell) Phone (819) 977-0241

Mistissini CMC

302 Queen Street Mistissini, QC GOW 1C0 Phone (418) 923-3376 Administration Fax (418) 923-3123 Clinical Fax (418) 923-3240

Nemaska CMC

7 Lakeshore Road / Box 29 Nemaska, QC J0Y 3B0 Phone (819) 673-2511

Oujé-Bougoumou CMC

68 Opataca Meskino Oujé-Bougoumou, QC GOW 3C0 Phone (418) 745-3901

Waskaganish CMC

2 Taktachun Meskaneu Box 390 Waskaganish, QC JOM 1R0 Phone (819) 895-8833

Waswanipi CMC

1 Aspen West Waswanipi, QC JOY 3C0 Phone (819) 753-2511

Wemindji CMC

60 Maquatua Road / Box 90 Wemindji, QC J0M 1L0 Phone (819) 978-0225

Whapmagoostui CMC

Whapmaku Street Whapmagoostui, QC JOY 3C0 Emergency (819) 929-3307 Appointments (819) 929-3512/3212



HAVE A SAFE TIME AT YOUR CAMP!



