

EYOU 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:



BALSAM FIR



SAGE



CEDAR



SWEETGRASS



**WHITE
SPRUCE**



TAMARACK

- 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 Miyupimaatisiun:
 - diane.george@ssss.gouv.qc.ca
 - samantha.coonishish@ssss.gouv.qc.ca
 - or call 418-770-4983

IT IS EVERYONE'S PRIORITY TO PROTECT

- ✔ Be 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.

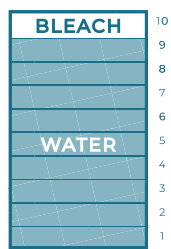
CLEANING & DISINFECTING YOUR CAMP

BLEACH & WATER SOLUTION

10ml of household bleach

+

90ml of water



- ✔ **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.
- ✔ Prepare a disinfectant using 1 part of bleach and 9 parts of water.

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



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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

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



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
- Cut 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



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EMERGENCY NUMBERS



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



Chisasibi Hospital / CMC

21 Maamuu Road
 Chisasibi, QC J0M 1E0
 Emergency (819) 855-9011
 Regular business (819) 855-2844

Nemaska CMC

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

Waswanipi CMC

1 Aspen West
 Waswanipi, QC J0Y 3C0
 Phone (819) 753-2511

Eastmain CMC

143 Nouchimi Street
 Eastmain, QC J0M 1W0
 Emergency (819) 977-5194 (cell)
 Phone (819) 977-0241

Oujé-Bougoumou CMC

68 Opataca Meskino
 Oujé-Bougoumou, QC G0W 3C0
 Phone (418) 745-3901

Wemindji CMC

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

Mistissini CMC

302 Queen Street
 Mistissini, QC G0W 1C0
 Phone (418) 923-3376
 Administration Fax (418) 923-3123
 Clinical Fax (418) 923-3240

Waskaganish CMC

2 Taktachun Meskaneu
 Box 390
 Waskaganish, QC J0M 1R0
 Phone (819) 895-8833

Whapmagoostui CMC

Whapmaku Street
 Whapmagoostui, QC J0Y 3C0
 Emergency (819) 929-3307
 Appointments (819) 929-3512/3212



HAVE A SAFE TIME AT YOUR CAMP!



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