

BUSH CAMP GUIDELINES

EEYOU EENOU CAMPS

KEEP YOURSELF AND OTHERS SAFE FROM COVID-19

Being out on the land is a **safe place** to be now, but even in the bush, you can still be at risk of infectious diseases. To reduce the chances of getting sick, everyone needs to take part in keeping the camp safe and clean.

HOW DOES COVID-19 SPREAD?

- The COVID-19 virus lives in drops of spit or mucus that an infected person projects when they cough or sneeze. Tiny drops spray out and can fall on objects or on another person.
- The droplets do not spray very far, even with a strong sneeze. They fall at most about 2 metres (6 feet) away.
- This is why it is important to stay 2 metres (6 feet) away from people that we don't live with, and cough and sneeze into our sleeve.
- If the sick person touches their eyes, nose or mouth, the drops end up on their hands, and then the virus gets on everything they touch. If a healthy person touches the same thing, like a door handle, and then touches their own eyes, nose or mouth, the virus will get inside their body too. This is why it is important to wash hands.
- Traces of the virus can be found on some surfaces for up to three days. But, it is easily killed by soap, hand sanitizer and bleach solution. This is why it is important to disinfect surfaces and wash hands.
- You can have COVID-19 without symptoms. This is why it is important to wear a mask on the plane or helicopter.

CLEANING YOUR CAMP

- Clean your camp to stay healthy. Everyone must take time to thoroughly clean their camp before settling in.
- >> Frequently clean high touch surfaces (such as sinks or wash basins, tables, door handles, etc.) and cooking utensils.
- Prepare a disinfectant using 1 part of bleach and 9 parts water.







WASH YOUR HANDS OFTEN IN THE CAMP

- 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.





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.

PHYSICAL DISTANCING

- Like the other precautionary measures mentioned above, physical distancing must be practiced when at camp.
- Physical distancing means standing 2 meters (6 feet) apart from other people, inside and outside of your cabin, teepee, or blind.
- There is no need for physical distancing with people that you normally live with; however, physical distancing must be practiced at all times when visiting other families or receiving visitors who do not usually sharing the same household.

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. You might want to rethink having visitors, and stay with family members you live with.

YOUR PRIORITY IS TO PROTECT THE HEALTH AND WELLBEING OF YOUR FAMILY.



FOOD SAFETY

Geese and other game cannot transmit COVID-19. As is the usual practice, we must continue to use care and proper hygiene when handling and preparing our harvests. Geese and other terrestrial and aquatic birds must have their bellies plucked and gutted as soon as possible.

TIPS WHEN PREPARING GEESE AND OTHER ANIMALS:

- > 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 thorougly.

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?

Before an emergency happens, the tallyman must identify an area of the camp that can be used to isolate individuals with COVID-19 symptoms. This area can be a designated cabin with all necessities. Please refer to the self-isolation section above.

In addition, the tallyman must designate one healthy person to make the emergency call. Ideally, this person should have CPR training and/or bush kit training.

Any individual displaying one or more of the following symptoms must self isolate and wait for further instruction from the nurse.

SYMPTOMSOF COVID-19 INCLUDE:







The sick person must wear a medical mask, which is included in the bush kit. If no medical mask is included, a home-made mask must be used. If the individual is too short of breath to wear a mask or can't tolerate it, the caregiver needs to wear a mask instead. A reminder that masks must be changed after 4 hours of consecutive use and hands must be washed before putting masks on and after taking them off.



1866 855-2811

CALLING FOR HELP



Assess the situation. Identify the person who is showing symptoms and immediately isolate this individual or individuals to a designated area of the camp. This individual must wear a mask. If they cannot tolerate a mask, the caregiver must wear a mask instead.



The designated caregiver fills out the "calling for help" form and calls 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 individual presenting COVID-19 symptoms, as well as the **location of the camp**.



Wait for instructions. Call again in 15-20 minutes if you don't hear back.

INFORMATION FOR THOSE WHO HAVE BEEN ASKED TO SELF-ISOLATE

Individuals who are going directly to the bush from down south may self-isolate at the camp, if they can do so safely and away from others. Self-isolation is not linked to a place. **Individuals who are in mandatory self-isolation** (have been tested for or diagnosed with COVID-19) should not go to the bush.

HOW TO SELF-ISOLATE IN THE BUSH:

- Stay in a separate space from others, especially when sleeping.
- If possible, use you own indoor toilet pail or, if shared, clean and disinfect after each use.
- Practice regular hand-washing and physical distancing.
- Don't share objects or food.
- Monitor symptoms (fever, sore throat, coughing or sneezing, body-aches) for a duration of 14 days. If you develop symptoms, see the previous page.





EMERGENCY NUMBERS



COVID-19 INFOLINE FOR EEYOU ISTCHEE: 1866 855 2811

PSYCHOSOCIAL HELPLINE 24/7:

1833 632 4357

NEMASKA	819 865 7117	NURSE ON CALL #1
	819 865 7118	NURSE ON CALL #2
MISTISSINI	418 770 8704	NURSE ON CALL #1
	418 770 8705	NURSE ON CALL #2
WASWANIPI	819 753 7111	NURSE ON CALL #1
	819 753 7112	NURSE ON CALL #2
WEMINDJI	819 978 7178	NURSE ON CALL #1
	819 978 7179	NURSE ON CALL #2
WASKAGANISH	819 895 4168	NURSE IN CHARGE
	819 895 4159	HOMECARE NURSE
	819 895 4186	NURSE ON CALL #2
CHISASIBI	819 855 6904	NURSE ON CALL
	819 855 6905	HEMODIALYSIS NURSE ON CALL
	819 855 6948	HOMECARE NURSE
EASTMAIN	819 977 5194	NURSE ON CALL #1
	819 977 5195	NURSE ON CALL #2
WHAPMAGOOSTUI	819 929 3307	CMC/NURSE ON CALL
OUJE-BOUGOUMOU	418 748 1571	NURSE ON CALL #3
	418 748 1572	NURSE ON CALL #4
	418 748 1573	NURSE ON CALL #5
	418 748 1563	NURSE ON CALL #6



TRADITIONAL MEDICINE

- You can boil medicine during the day to cleanse the air in your cabin (cedar, balsam fir, Labrador tea, etc...)
- Orink the medicine as recommended by traditional healers or knowledgeable people in your community
- Animal fat (bear, goose, etc...), if available, can be used as recommended by traditional healers or knowledgeable people in your community

For more information on traditional medicine, contact Nishiiyuu Miyupimaatisiiun team members:

- odiane.george@ssss.gouv.qc.ca
- Chisasibi office admin. line: 819 855-2744 ext 22233



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



