



Circle of Eagles Lodge Society

Staff, Brothers and Sisters

COVID-19

Manual/Workbook

PART 2



**Prepared by
COELS Admin**

Date: June 24, 2020



**Working and living safe and healthy at
Naa-na-himyis Brothers Healing Lodge
and Anderson Lodge Healing Centre for Women, COELS Resource
Centre**

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Greg Pierre Jr. for design and layout.

Thank you for all your help in creating this resource for Brothers and Sisters in our Healing Lodges.



Name: _____

Date: _____

Case Worker: _____ **Signature**

House Manager: _____ **Signature**



COUGH AND SNEEZE...



INTO YOUR ELBOW, PLEASE!



www.coels.ca

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PART TWO

This is Part Two of the COELS COVID-19 Brothers and Sisters Manuals/Workbooks. This resource is divided into the following key sections:

Section One - brief update on "Knowing the Facts."

Section Two - Reaching Out

Section Three - Practicing Self-care

Section Four - Cultural Ceremonies



Keeping Safe and Healthy during COVID-19

For the past few months, many changes have occurred in the COELS family. As we restart and enter our collective new 'normal', we need to look after ourselves and each other. One way or another, COVID-19 will or has affected us, how we deal or dealt with it, has been up to us. It is important to dwell on the positive things and continue to move forward in a good way. We need to continue to be kind, gentle, loving and respectful towards ourselves and each other.

The Navajo Elders have a teaching that each event, whatever it may be, may be viewed from eight different angles. You can look at each experience from a place of anger, worry, sadness, anxiety, or grief. These are ok; however, they do not contribute to our overall health and well-being. There other ways one may look at one's experiences which are more positive, we can choose to look at these events through eyes of hope, resilience, kindness, and remaining thankful in times of difficulties.

This resource is filled with plenty of information about dealing with COVID-19. We can almost view it as a teacher, as it has taught us plenty of things in our own lives, our families, our communities both in our nations and throughout the world. Many communities have expressed that it has brought many blessings, pollution has gone down, wildlife has been allowed to flourish, and Mother Earth has been given a short break from all those things that hurt her.

There is an exercise found in this booklet that we recommend you work through that encourages practicing self-care. We recommend you look after your Medicine Wheel which includes the Mental, Physical, Emotional and Spiritual aspects of your being. We understand that not every culture utilizes the Medicine Wheel, please use other teachings that resonate and work with you.

Section One - Knowing the facts!

This section will provide a brief update and reminders from PART ONE Brothers and Sisters Resource Manual/Workbook. It is important to know the facts, not to look at this from a place of fear but knowing it in a straight factual manner. After reading and going through PART ONE, we now know; what COVID-19 is, what it may do to some priority populations, how long it stays on surfaces, how to properly disinfect and clean the living areas, importance of physical distancing and proper ways of wearing a mask as well as many other COVID-19 related issues.

1. What is COVID-19?

2. What are some ways you can keep yourself safe from COVID-19?

- ☐ Staying home when sick.
- ☐ Keeping at least two metres from the person next to me when out in public.
- ☐ Washing my hands often.
- ☐ Not to touch my face, eyes, nose, or mouth.
- ☐ What are other ways?





Coronavirus COVID-19

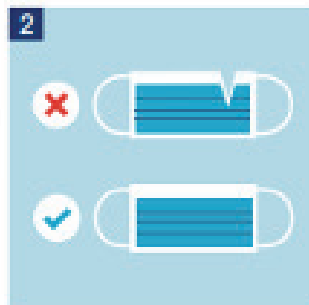
BC Centre for Disease Control | BC Ministry of Health



How to Wear a Face Mask



1 Wash your hands with soap and water for 20-30 seconds or perform hand hygiene with alcohol-based hand rub before touching the face mask.



2 Check the new mask to make sure it's not damaged.



3 Ensure colour side of the mask faces outwards.



4 Locate the metallic strip. Place it over and mold it to the nose bridge.



5 Place an ear loop around each ear or tie the top and bottom straps.



6 Cover mouth and nose fully, making sure there are no gaps. Pull the bottom of the mask to fully open and fit under your chin.



7 Press the metallic strip again to fit the shape of the nose. Perform hand hygiene.



8 Do not touch the mask while using it, if you do, perform hand hygiene.



9 Replace the mask if it gets wet or dirty and wash your hands again after putting it on. Do not reuse the mask.

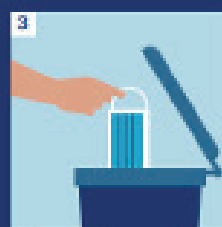
Removing the Mask



1 Perform hand hygiene.



2 Do not touch the front of your mask. Lean forward, gently remove the mask from behind by holding both ear loops or ties.



3 Discard the mask in a waste container.



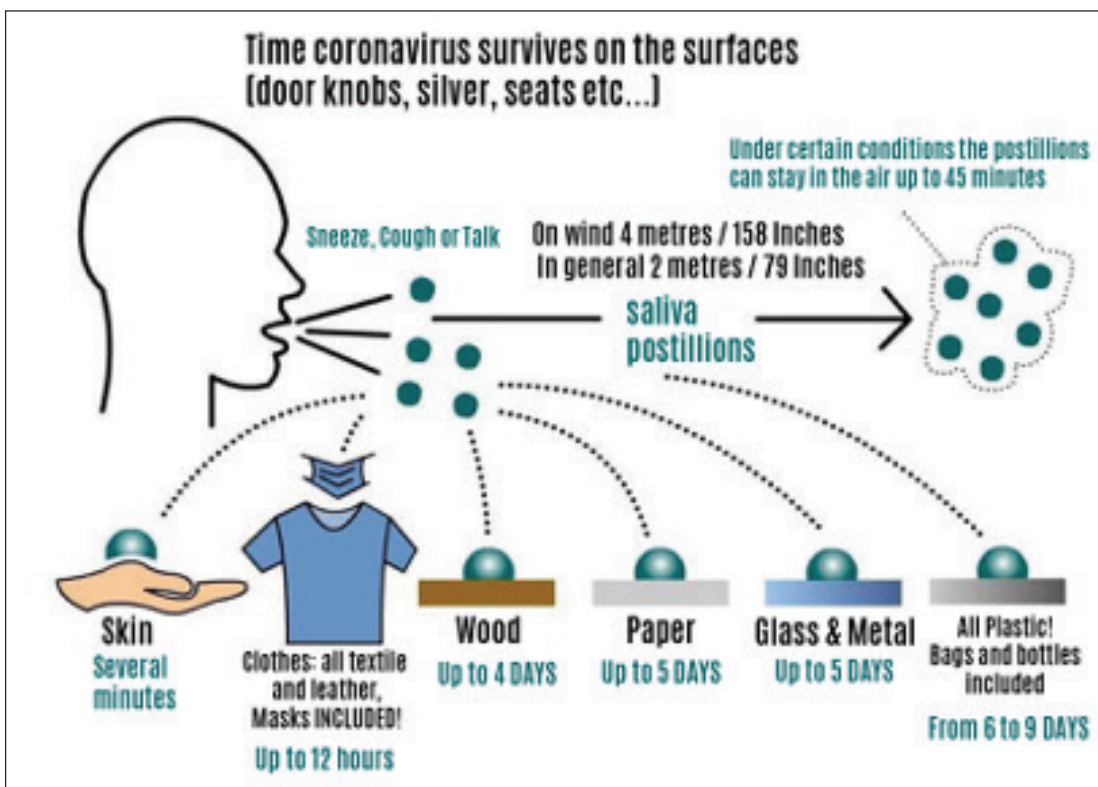
4 Perform hand hygiene.

3. Wearing a mask, when, where and why?

4. What are some of the symptoms of COVID-19?

5. How long does COVID-19 stay on surfaces?





COVID-19 SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE AND INCLUDE*:



Cough



Diarrhea



Fever



Headache



Muscle aches



Shortness of breath



Sore throat



Unexplained loss of taste or smell

Phase Two - what does this mean?

As of June 24, 2020 the province has moved to Phase Three, however, CSC, BC Yukon Halfway House Association, and COELS is currently in Phase One and is moving towards Phase Two. After you have completed this manual/workbook there will be additional time allotted for you in the community. Please note that it is up to all of us to ensure we are taking care of ourselves, and by doing thus, we will keep those that live, work, and visit our lodges safe and healthy.

We will continue to move towards an approach that works for all of us, please note that we are all in this together.

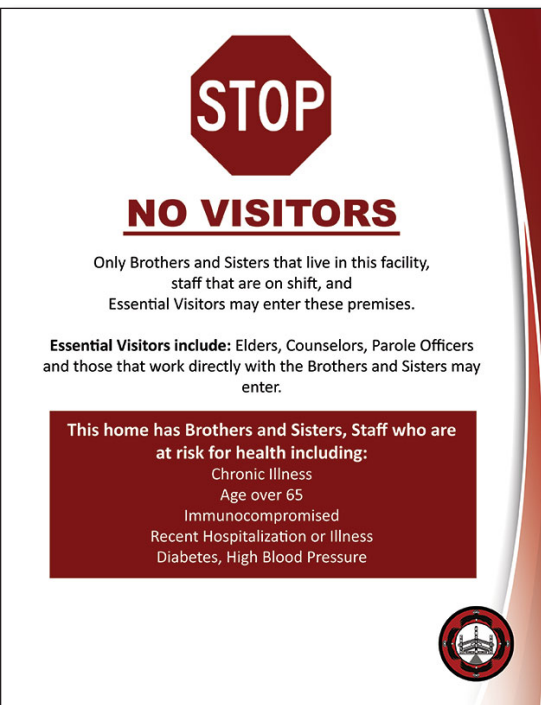
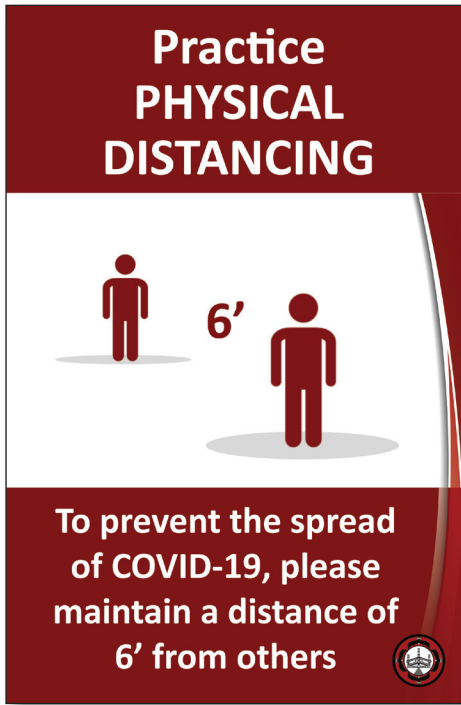
Guidelines for Social Interaction

There are key guidelines to keep yourself and others safe. If you are at greater likelihood of being impacted by COVID-19, over the age of 60 or with underlying medical conditions, be informed of your risk, think through your risk tolerance and take extra precautions.

Within the lodges:

Please follow the directions posted while in the lodges and work areas. These are recommended by WorkSafe BC, and Public Health.





Social Interaction - Inside Your Bubble



Your bubble includes members of your immediate household and can be carefully expanded to include others.

Try to limit the number of people in your bubble

Every time you add someone to your bubble, you are also connecting with everybody in their bubble

Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart

Remember, vigilant hand-washing and space cleaning is still important!!

If you are sick, self-isolate from people in your bubble as much as possible.

The following people are in my bubble:

1.
2.
3.
4.
5.
6.



Social Interaction - Outside Your Bubble

In personal settings when you are seeing friends and family who aren't in your bubble:

Only get together in small groups of 2 to 6 people

Keep 2 m of physical distance from those who are outside your bubble and limit your time together

Stay home and away from others if you have cold or flu-like symptoms

Take extra precautions for those at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions



What should I do when I am out or visiting my family and friends who aren't in my bubble?

Practice Good Hygiene

- Stay at home and keep a safe distance from people in your household when you have cold or flu-like symptoms, including:
 - Coughing
 - Runny nose
 - Sore throat
 - Fatigue
 - Other
- No handshaking or hugs with people outside of your bubble
- Practice good hygiene, including:
 - Regular hand washing
 - Avoiding touching your face
 - Covering coughs and sneezes
 - Disinfect frequently touched surfaces
- Maintain physical distance as much as possible when in the community and where not possible, consider using a non-medical mask or face covering



What are some ways to practice good hygiene and what do you need to practice good hygiene?



What should I do if am experiencing COVID-19 related symptoms?

If you are experiencing any of the following symptoms, you must **notify the staff** immediately and they will assist you. Use the following checklist if experiencing any COVID related symptoms. If you are sick you must stay home.

Self Assessment Checklist - Are you experiencing any of the following?

- ☐ Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- ☐ Severe chest pain
- ☐ Having a very hard time waking up
- ☐ Feeling confused
- ☐ Losing consciousness

If yes...Please call 9-1-1 or go directly to your nearest emergency department.

- These symptoms require immediate attention. You should call 9-1-1 immediately, or go directly to your nearest emergency department.**

Or are you experiencing any of the following?

- ☐ Mild to moderate shortness of breath
- ☐ Inability to lie down because of difficulty breathing
- ☐ Chronic health conditions that you are having difficulty managing because of difficulty breathing

If yes. Please consult the staff and they will notify the COVID Assessment Van to come and give you a COVID-19 test.

Staff will initiate the COELS COVID-19 Testing Protocol.

604-290-3208



What do I do if I am feeling unwell?

Getting Tested for COVID-19 Procedures.

The following procedure will occur whenever you get sick or experience any of the symptoms on page 11. If you are sick you must stay home.

1. Tell a staff person immediately when feeling sick or have a fever or experience any of the symptoms mentioned above.
2. Staff will immediately call the House Manager, Chief Executive Officer (CEO), and/or Director of Operations (DOO).
3. Staff will call the mobile unit to come and test you for COVID-19, or you'll be sent to a specific site to be tested.
4. COVID Assessment Van will conduct test.
5. A copy of the test be sent to the Lodge.
6. If you test positive, please follow staff directions. COELS will work with public health and CSC to implement next steps.
7. You will follow the house guidelines on self-isolation and quarantine procedures.

What should I do if am feeling unwell?



Quarantine Procedures Within The Lodges

If you get sick or experience any symptoms you must immediately tell the staff and after the protocols mentioned above and while you are waiting for your COVID-19 test you will be asked to quarantine. Staff will follow the protocols:

1. They will immediately ask that you quarantine to avoid the probability of spreading the virus. There is one room set aside for quarantine.
2. You will use your own bathroom which has been set aside for your own use only. You will be required to stay in your room and not leave for any reason.
3. Staff will bring your meals and medications to your room.
4. You may smoke or take your medicinal marijuana on the allotted space but do not share with anyone.
5. You will be provided with a cell phone so that you can communicate with the office if you need anything.
6. You must follow staff directions, and they will inform you when you may leave your room. If your test comes back negative, then you may be allowed in common areas provided you are wearing a mask, if your test comes back positive for COVID then you will quarantine in your room. We will work with you, CSC and public health and follow their protocols. At some point, due to limited space at the lodges and to protect other Brothers/Sisters and staff, you may be placed in a temporary location, i.e. hotel or motel, or other location that has been aside for this purpose.

What does it mean to quarantine?



Section Two - Reaching Out

All the COELS family including: Board, Managers, Staff, Brothers and Sisters have all had to make changes to their daily lives. We have all had to follow the public health and safety guidelines. All of us which also includes our families, have had to limit our movements in the community. These limits to movement, plus following the other protocols, have been extremely important to help control the spread of the COVID-19 virus.

At the same time, it is recognized the impact social and physical distancing has had on the Brothers and Sisters in both the lodges. It may have created greater feelings of anger, isolation, loneliness and sometimes depression.

We need to use this time to connect to each other, to reach out either on the phone or in other ways. Speaking to family and friends who are alone, connecting with friends and family online, and offering each other support is important especially to those who really need it. Reach out to people on FaceTime or Zoom. Pick up the phone, talk to someone.

You should also reach out to those who are within your support network. This includes your Case Management Team, the Elders, Managers and Staff, counselors, cultural workers, and/or other residents in your lodge.

This is also a time to reach out to the Creator and to the Grandfathers and Grandmothers for their support and guidance. We are never truly alone.



Section Three - Practicing Self-care

It is an important reminder that we all need to build self-care into our daily routines and lives.

All the things you do to take care of yourself will help manage your stress and the way you respond to COVID-19.

By taking care of yourself, you will be better able to withstand any challenges or stressors that may come your way. you will be in a better place to help yourself, your Brother, Sister, or other family member you see struggling, get through their challenges.

This section is one of the most important parts of these resources.

The Medicine Wheel

When we are practicing self-care, it is important to look after our Mental, Physical, Emotional, and Spiritual aspects of our being. To avoid becoming off-balance, we must put in time and effort and focus every day on each of these.

There are many teachings regarding the Medicine Wheel and there are countless ways that it may be used. Please note that you are encouraged to use what you have been taught and to practice it in your daily life.

Mental

This refers to the brain which continues to grow throughout our lifetime. We must feed it good things. This is an opportunity for us to create the life we want for ourselves. When we focus on positive things in life, positive is the outcome. We need to stimulate and challenge the brain, and to that end we need to dedicate a portion of each day to learning and meditating.

What does the mental part of my medicine wheel mean?



Physical

This refers to looking after the body, we need to feed it and nourish it so that it has everything it needs to perform. Restful sleep, diet, and nutrition are all important elements. We want to put good things into our bodies while protecting it from the things that can harm it. Our body is amazing and can filter itself of toxins, however, when we consume toxins such as those found in drugs, alcohol, and tobacco the body must fight harder to restore and maintain balance. Any of these things may cause our bodies to become off-balance, and this may result in illness.

Emotional

This refers to becoming aware of our own feelings, and how we connect to others. We must first learn how to understand and manage our own feelings and sense of well-being. When a person is balanced in their emotional sense there is a feeling of positivity and enthusiasm about life. Managing our fears, anger, happiness, sadness/grief, and love, comes with emotional maturity. As we learn how to effectively manage these emotions, we are better able to manage and cope. We must take time each day to find things that we are happy about and thankful for. Send that out through prayer, and we will become more aware. Focusing and making time for positive relationships will add to our stability and to our state of well-being.

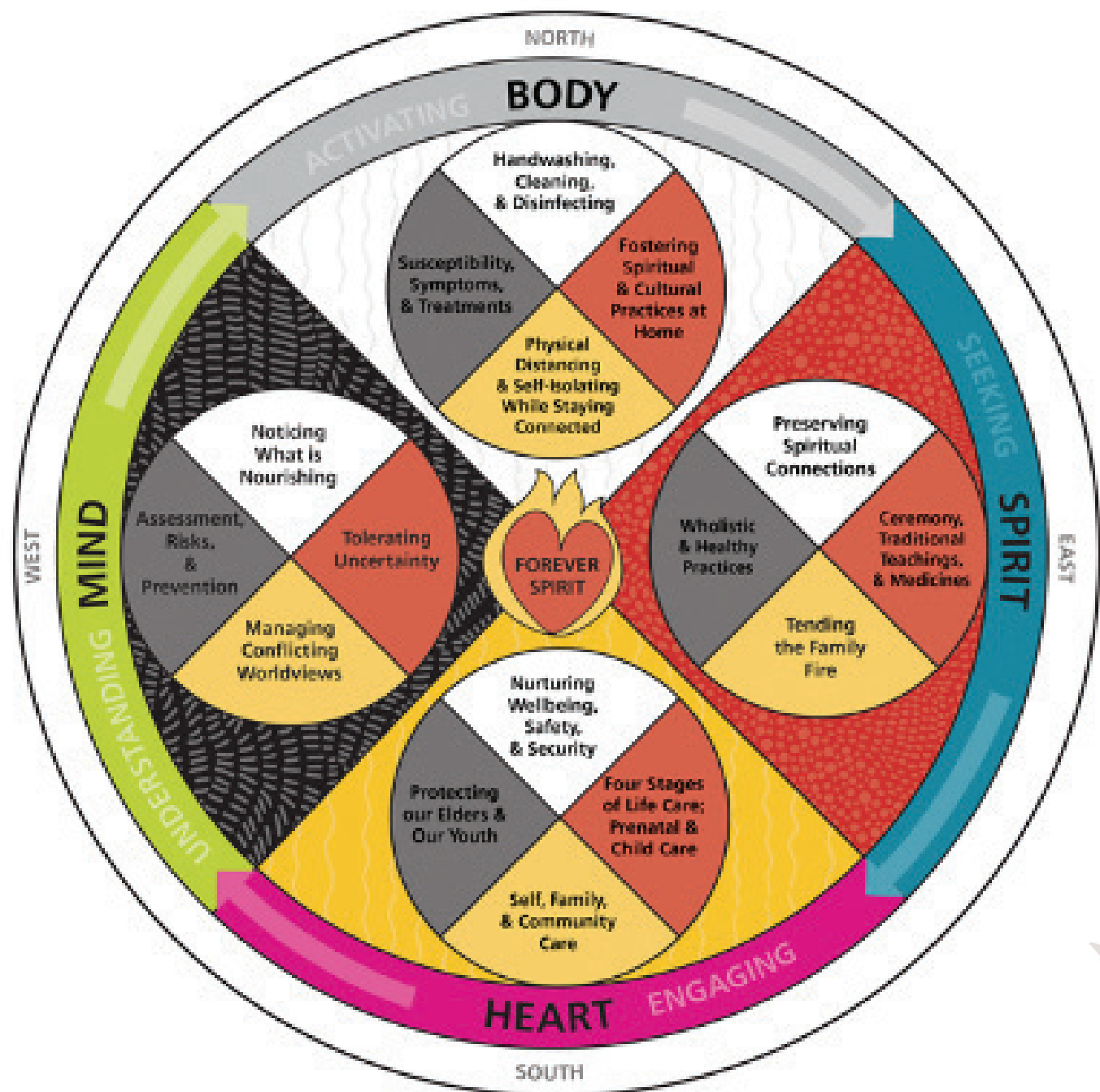
Spiritual

Just as in all other aspects, mental, emotional, physical, the spirit needs to be taken care of and fed. We are spiritual beings and our spirits need food as well. We need to feed our spirits through prayer, smudging, Sweat Lodge, spirit baths, ceremonies, and our spirits will be strong. We need an attitude of gratitude, and one of the ways is to give the Creator our thanks. When we neglect this part of ourselves, we may become unbalanced. Remember to feed your spirit everyday.

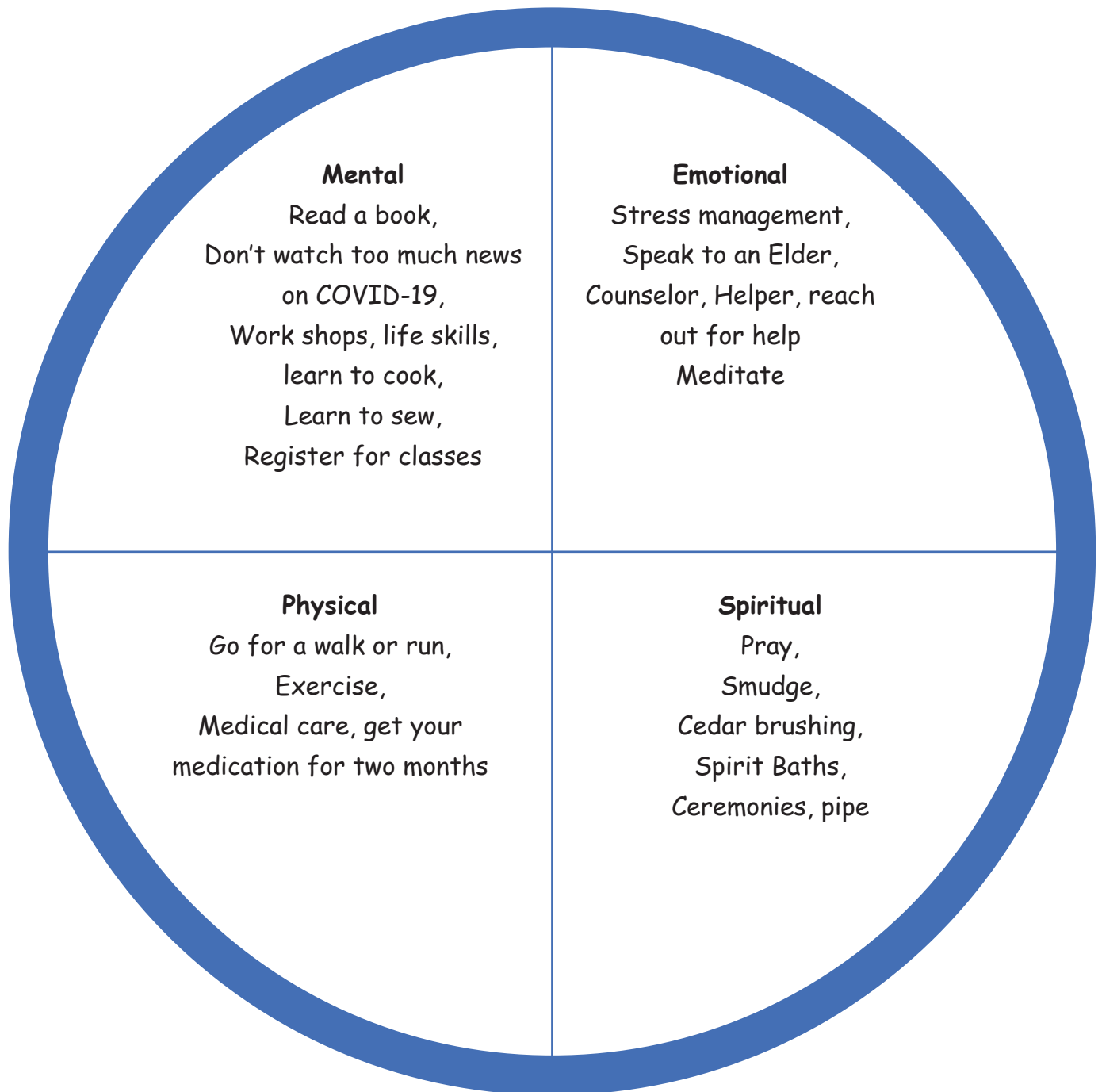


INDIGENOUS WELLBEING in the Times of COVID-19:

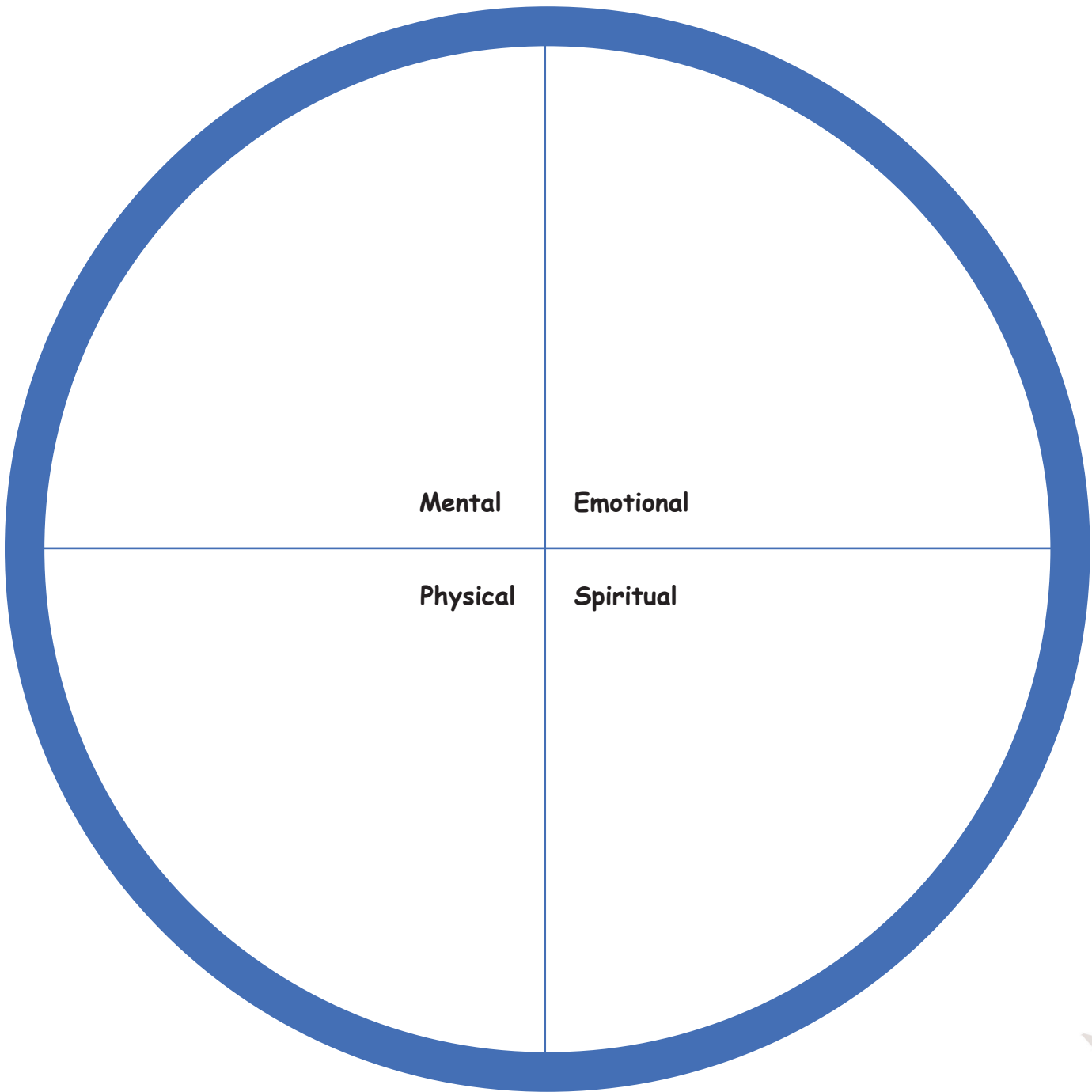
Four Directions Virtual Support Hub



MEDICINE WHEEL SAMPLE



Please write other things you can do.



Section 4 - Practicing Cultural Ceremonies in a Safe Way during COVID

During these times, it is extremely important to continue to practice our culture and to do it safely.

The following are some guidelines to think about how to keep yourself and those around you safe as you take part in cultural activities. Keep these questions in mind when you are planning your ceremony.

- ☐ What is the activity, will I be sharing anything, i.e. pipe?
- ☐ How many people will be there?
- ☐ Can I practice physical distancing, at least 2-metres from the person next to me?
- ☐ Will it be indoors or outdoors?
- ☐ Do I need to wear a mask?

What are some other things to think about when I am practicing my cultural ceremonies?



Cultural / Essential Outing

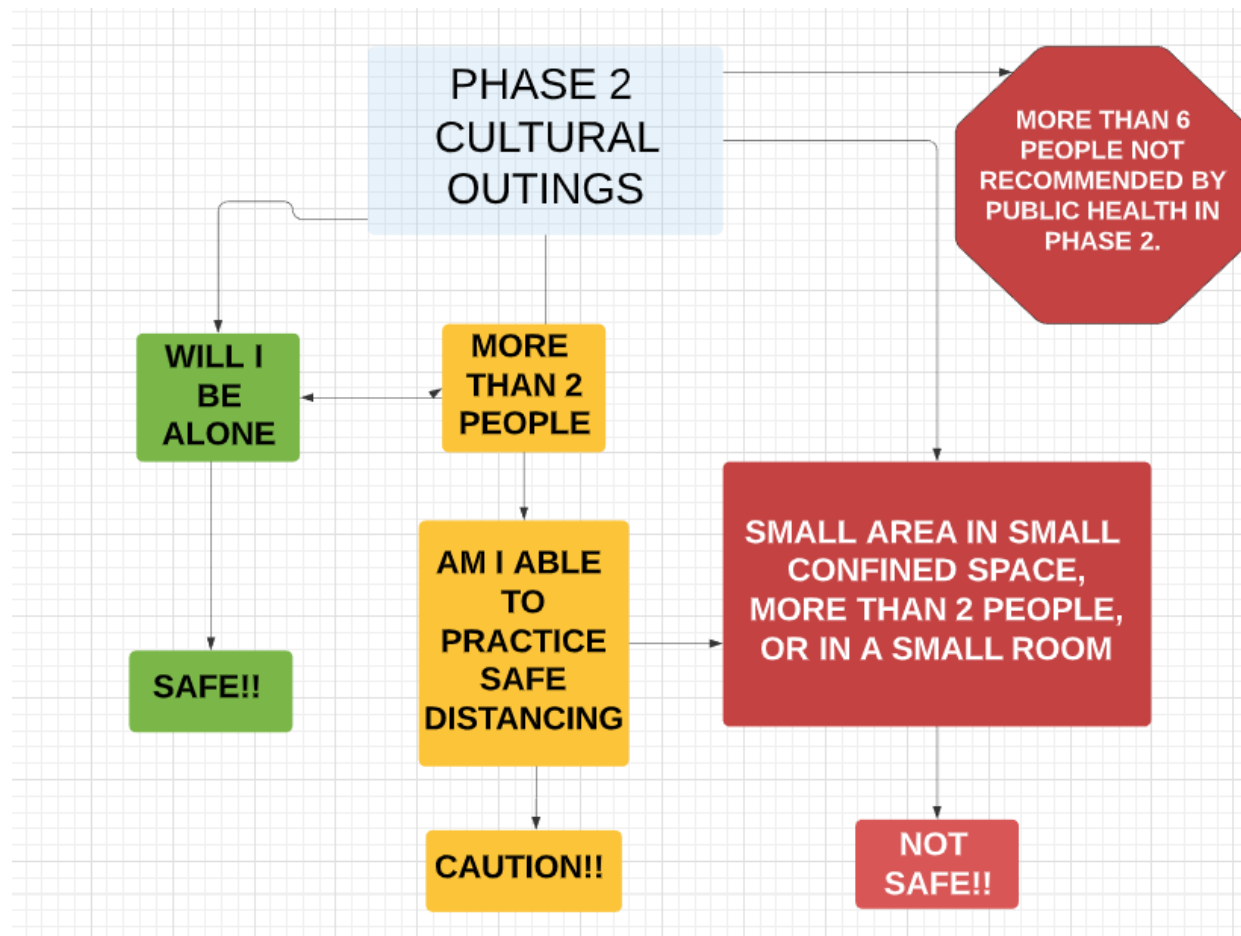
What does Cultural / Essential Outing mean

- Doctors, and health professionals
- Meeting your Parole Conditions, i.e. meeting Parole Officers, csc programs, meeting with Elders or Counsellors, UA (urinalysis) testing.
- Counselors, Elders,
- Cultural - see safe cultural practices

Cultural / Essential Outing must be confirmed by the House Managers prior to 4 pm the day prior to the cultural / essential outing. Time is to be determined on a case by case basis.

1-2 people SAFE / 2 - 6 CAUTION/ 6 or more NOT SAFE and not recommended by public health at this time during phase 2.

*no more than 6 people that are in your "bubble".



CEREMONIES

COVID-19 has brought a lot of challenges and this has really impacted our ability to be part of our ceremonies. We can still do a lot and we can be safe while engaging in many of them. We all have a right to the way we do our Ceremonies and the following is recommended as a guide only.

Pipe Ceremonies - for some of us, the Pipe Ceremony is very important and connects us to the Creator, Grandfathers and Grandmothers. You are able to engage in Pipe Ceremonies and you are encouraged to raise your Pipe and pray for all of us. Sharing your pipe during these times is not recommended outside of your families. Please be extra careful when sharing.

Singing and Drumming on the Big Drum - exercise caution when you are in a group setting. You should try to have two metres when you are sitting next to someone.

Singing and Drumming on hand drums - this is safe to do whenever you are alone. However, when you come and share songs with more than one person, it is recommended you wear a mask if you cannot practice physical distancing, and it is recommended that you wear a mask. If you are going to be with more than 6 people for phase 2 then it is not safe.

Singing - safe to do alone, when you are singing with other people, try not to sing close to each other, you must have at least 12 feet when you are singing next to someone. If you are going to be with more than 6 people for phase 2 then it is not safe.

Prayer - is always safe when you are praying alone.

Smudging - Elders teach us that smudging cleans our spaces and cleans our spirit. Try to continue to smudge safely. Please follow the protocols for smudging in your rooms. Always safe when alone, with two or more people you must be at least two feet away from each other, if in a group try not to hold hands or if you do, then please wash your hands and avoid touching your eyes, nose, and mouth.



Sacred Fire - COELS will be lighting the Sacred Fire at Anderson Lodge and will be available to the Brothers on Sundays and Sisters on Wednesdays. Please follow the protocols set for this sacred ceremony. Initially, there will only be one-on-ones with the Elders, but afterwards there will be more than 2 but under 6 people, no more than 6 people as it is currently not recommended.

Working with Elders - one on one and via Zoom online. More than two people it is somewhat safe as long as you are two meters apart and not in a closed setting, more than 6 people is not recommended at this time.

Spirit Baths - safe when you are being driven to the water by COELS to go for a Spirit Bath.

Sharing Circles and Talking Circles - as long as there is a big open space, outside and you are at least 2 meters from the person next to you, then you are safe, more than 2 people at least two meters apart practice caution if in a closed setting, six people or more is not recommended at this time.

What are some general guidelines to think about when you are going to a ceremony?



First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1

Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

For non-medical questions about COVID-19, like questions about travel restrictions, call 1-888-COVID19 (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

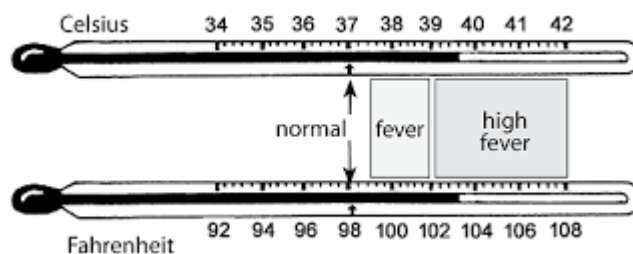
To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

Daily temperature chart.

It is recommended that all Brothers and Sisters start taking their temperatures daily. Staff have a no-touch temperature thermometer and will assist you. Record your temperature in the following. As well, staff will periodically take your temperature and record it in the sign-in sign-out sheets. This will assist you in getting help you need faster and for us to limit the potential exposure of COVID-19 to other Brothers and Sisters as well as the staff.



1.

Date	Time	Temperature



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