



Health & Wellness during the Covid 19 Pandemic

MAY 2020

BOX 1270

91-23RD ST.
WEST

BATTLEFORD,
SK

S0M 0E0

PHONE:
(306)-445-
3500

FAX:
(306)-445-
2533

TOLL FREE:
1-888-445-
5262

INSIDE THIS ISSUE:

What is Covid 19	1
How Covid 19 Spreads	1
Covid 19 Treatment	2
Covid 19 Protection	2
Stress	2
Wellness	3
Self Isolation Tips	4

What is Covid 19

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some cause illness in people, while others circulate among animals. Some coronaviruses transmit easily from person to person while others do not.

COVID-19 is a new virus that has not been previously identified. At present it is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more.

Symptoms

Symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. Common symptoms may include one or more of the following:

- fever;
- cough;
- headaches;
- aches and pains;
- sore throat;
- chills;
- runny nose;
- loss of sense of taste or smell; and
- shortness of breath or difficulty breathing.

These may be unexplained new or worsening symptoms, and may vary. Some people experience mild symptoms or no symptoms at all. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease. ~Saskatchewan Health Authority~

How COVID-19 Spreads

The infection transmits via coughing and sneezing (droplet transmission). It can also be spread by touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands. While it is not yet known exactly how long COVID19 lives on surfaces, preliminary evidence suggests it can live on objects and surfaces from a few hours to several days. Therefore, isolation at home or hospital is important to prevent transmission.

It is recommended to maintain a social distance of ideally two metres and at minimum one meter.

~Saskatchewan Health Authority~

HELP STOP THE SPREAD AND STAY HEALTHY

Treatment

As with most respiratory illnesses, most people with COVID-19 illness will recover on their own. There is no specific treatment for disease caused by COVID-19. Severe or worsening symptoms may require supportive treatment in hospital.

If symptoms feel worse than a standard cold, see a health care provider or call Health Line at 811. If Health Line 811 recommends you seek acute care, they will provide instruction to call ahead.

Currently, there is no approved vaccine that protects against coronaviruses, including COVID-19.

How to Protect Yourself

As a respiratory illness, the best method to protect yourself against COVID-19 is to practice everyday preventive actions, including:

Practice proper cough and sneezing etiquette (into a tissue or the bend of your elbow);

Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;

Avoid touching your eyes, nose and mouth with unwashed hands;

Clean and disinfect your home regularly;

Maintain safe food practices;

Avoid close contact with people who are sick;

Avoid unnecessary travel to affected areas; and

Avoid large crowds and practice physical distancing (do not shake hands, hug or kiss).

Get more information at the Government of Canada: Coronavirus disease (COVID-19). <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

~Saskatchewan Health Authority~



1. Wash your hands
20 seconds of soap and water



2. Cover coughs and sneezes
Cover your cough or sneeze with a tissue, avoid touching your face and no handshaking



3. Social distance
Put distance between yourself and other people



4. When sick, stay home
If you don't feel well, just stay home.

I'm feeling stressed due to the pandemic

A pandemic is a very stressful event for individuals and communities, so it's normal to feel some stress and anxiety. It is also important to note that it's also common for people to display great resiliency during times of crisis.

How might stress related to the pandemic affect me?

It's common to see fear and worry, especially focused on one's own health and the health of loved ones. For some people these worries can become excessive, and affect how we function in our daily lives.

It can be difficult to relax and to get the normal amount of sleep, or restful sleep, and your appetite and eating habits can also be affected. Disruptions to one's eating and sleeping routine, and a lack of exercise, can have a negative effect on your general or overall health, as well as your immune system.

Being stressed out can worsen the symptoms of existing chronic health problems, including mental health problems. It's important to stay with any treatment and to monitor your condition.

For some people we can see an increase in the use of substances such as tobacco, alcohol and other drugs.

Keep in mind that relying on alcohol, tobacco or drugs to manage stress can have a number of negative effects on health.

Feeling stressed and afraid – as well as self-isolation and social distancing – can make it difficult to maintain close social relationships, and those are important to well-being and to maintaining our resilience in the face of a crisis.

What can I do to ease my mind?

Accept that it's okay to be worried; it's normal to feel some anxiety about a situation like this.

Take breaks from following the news and social media regarding the outbreak. It's important to be informed, but there's evidence that hearing constantly about an upsetting event can worsen the stress and worry – beyond what's necessarily appropriate and proportionate. Could you limit your check-in to one reliable source, once a day?

When you do follow the news, get your information from reliable sources, such as public health agencies and officials.

Practice self-care. Get enough sleep, eat healthy, exercise (including by going outdoors while following public health directives) and do things you enjoy.

This is absolutely the time to lean on each other. Even if we can't be close physically with one another, we need to stay close emotionally. Stay in touch with your social network and reach out for social support.

One way to do this is to discuss a buddy system in which you agree to check in on each other and run essential errands if you become sick.

Stay focused on what is within your control:

Follow the precautions set out by Health Canada and your public health agencies: wash your hands, cover your mouth during coughs and sneezes, avoid non-essential travel, etc.

Reach out if you need to

Seek help if you're experiencing significant mental distress, such as worsening symptoms of anxiety or depression that were previously unrelated to the current situation.

If you are experiencing significant distress, reach out for formal mental health supports from a health care professional or a recognized agency, such as your local CMHA. Find your local CMHA at www.cmha.ca/find-your-cmha Seek help if you're experiencing significant mental distress, such as worsening symptoms of anxiety or depression that were previously unrelated to the current situation.

If you are experiencing significant distress, reach out for formal mental health supports from a health care professional or a recognized agency, such as your local CMHA. Find your local CMHA at www.cmha.ca/find-your-cmha

Caring for children in the COVID-19 crisis

- **Be calm and reassuring.** Now is the time to love big. Be sure to show and tell your children that you love them. That you are there for them. Be present and give them extra attention. The tendency might be to stay over-connected to your news sources. But limit the time you spend on your own devices. The best time to check in on the news may be after bedtime.
- **Take care of yourself.** Children take their emotional cues from the important adults in their lives. Your child will feel your calm, but they will also pick up on your anxiety. Expect questions and be extra patient in answering. Make sure they understand that adults all around the world are taking care of people, All the precautions being taken like closing schools are there to protect them from the illness. It is definitely not the child's job to worry. Give clear, child-friendly information about how to stay safe. This will give them a greater sense of control and will reduce their anxiety. Make hand-washing fun.
- **Be honest and accurate.** Make sure you know the facts and that you're relying only on credible sources. Monitor what your children are reading or watching. There is a lot of misinformation out there. Be reassuring: Children often imagine situations far worse than reality. Explain that, although some people in this country are sick with COVID-19 and that most people will get better.
- **Keep to routines but don't forget to play!** In the absence of usual routines, try to create new ones. Keep to usual bedtimes, meal times and exercise. Make opportunities for children to play and relax. Do creative things with them. Work together on a creative Project.
- **Notice excessive worry and seek mental health supports.** If your child already has an anxiety disorder, they may be feeling more anxious than usual.. Listen attentively to your child's words, and also to their actions. For instance, notice if they are having trouble sleeping or need excessive reassurance. If your child needs additional help with their worry, don't hesitate to reach out for mental health supports through your physician or community agencies.

~Canadian Mental Health Association~

Traditional Wellness

Sage smoke offers rapid delivery to the brain and efficient absorption to the body. Scientists have observed that sage can clear up to 94 percent of air-borne bacteria in a space and disinfect the air. When sage is burned, it releases negative ions, which is linked to putting people into a positive mood.

There are many benefits of burning sage;

- The most-used types of sage have antimicrobial properties. This means they keep infectious bacteria, viruses, and fungi at bay.
- Sage may help clear the air of lots more than bugs and bacteria. Burning sage is thought to release negative ions. This is said to help neutralize positive ions. Common positive ions are allergens like: pet dander, pollution, dust & mold,
- Burning sage is used to achieve a healing state — or to solve or reflect upon spiritual dilemmas.
- Smudging may also be used as a ritual tool to rid yourself or your space of negativity. This includes past traumas, bad experiences, or negative energies.
- It can cleanse or empower specific objects or environments.
- Tradition suggests that smudging can literally lift one's spirits to banish negativity. Some research supports this.
- A 2016 research project for the University of Mississippi established that white sage (*Salvia apiana*) is rich in compounds that activate certain receptors in the brain. These receptors are responsible for elevating mood levels, reducing stress, and even alleviating pain.
- Smudging has been traditionally used to safeguard against negativity that could interfere with sleep. Some research suggests that sage contains compounds that could help ease insomnia.
- It may help boost cognition and rid the body, objects, and spaces of bad energy, Creating newer, fresher, and more positive energies. ~Health Line~

HEALTH & WELLBEING TIPS FOR SELF-ISOLATION

- 1 EAT WELL & STAY HYDRATED
- 2 LIMIT THE AMOUNT OF TIME SPENT WATCHING/ READING THE NEWS
- 3 STAY CONNECTED TO LOVED ONES - USE VIDEO CHATS ETC.
- 4 STAY ACTIVE AND PLAN HOME WORKOUTS USING YOUTUBE & APPS
- 5 PRACTICE MINDFULNESS
- 6 TRY TO KEEP A ROUTINE
- 7 LEARN SOMETHING NEW SUCH AS A NEW LANGUAGE

HOW TO SPEND YOUR TIME

- 1 WATCH UPLIFTING FILMS / TV SHOWS
- 2 LISTEN TO PODCASTS
- 3 STOCK UP ON BOOKS AND MAGAZINES
- 4 USE THE TIME TO DO THE JOBS YOU DON'T NORMALLY HAVE TIME TO DO
- 5 PLAY BOARD GAMES OR DO A PUZZLE
- 6 GET CREATIVE - DO ARTS, CRAFTS & COLOURING

QSL
ISO QUALITY SERVICES LTD.
BS EN ISO

Skunk Oil has been used traditionally as an alternative medicine. Its liniment action penetrates the skin, and is good as a warming chest rub for cough and colds. The warming action is believed to help open and relax airways to help clear mucus, allowing you to breathe easier. Internally a spoonful is believed to cure coughs, colds and open the airway making breathing easier.

Ginger Tea with Lemon and Honey- Soothes and relieves cold and flu symptoms. Helps with digestive issues and strengthens immune system.

Muskeg Tea- treats coughs and colds (high vitamin C), acts as a relaxant before sleep as well as clears the sinuses.

Kinnikinnick Tea— an astringent tea used to treat inflammation of the urinary tract, kidney stones, back sprains, headaches, bronchitis and other infections. It acts as an anti-inflammatory for infections.

Rosehip Tea- Rich in antioxidants., supports a healthy immune systems and reduces inflammation and pain.