



COVID-19

AND STAY ON THE LAND MEASURES TO TAKE



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

If you planning on spending some time on the land soon to recharge your batteries, here are some recommendations as well as useful information that will help you reduce the risks associated with COVID-19.

PLEASE POSTPONE YOUR STAY:

1- IF YOU OR A MEMBER OF YOUR FAMILY HAVE THE FOLLOWING SYMPTOMS PRIOR TO YOUR DEPARTURE:
cough, fever, difficulty breathing, extreme fatigue, sudden loss of smell and taste

OR

2- IF YOU ARE NOT ABLE TO FOLLOW THE RECOMMENDATIONS BELOW.

During my hunting trip, I will apply the following precautionary measures:

Physical distancing	Hygiene
Only stay with people who share a home with you.	Cough or sneeze into a tissue or the bend of your arm.
Do not share a vehicle with people who do not share a home with you.	Wash your hands for 20 seconds frequently, especially after touching common objects.
Maintain physical distancing (2 metres or 6 feet) from other individuals you come across.	Use alcohol-based hand sanitizer if soap and water are not available.
Do not share meals with people who do not also share a home with you.	Avoid touching your eyes, nose or mouth with unwashed hands.
	Remember to bring hand soap, dish soap, disinfectants and scarves to cover your nose and mouth if necessary.

Communication

Let people know where you are going and for how long. Make sure you are able to communicate with the outside world and keep people up to date. Should anyone start showing symptoms of COVID-19, keep in mind that you have to be able to return to your community quickly and easily.





**If you develop symptoms (such as a cough, fever and difficulty breathing)
DURING your stay:**

1- Immediately isolate yourself from the group;

**2- Contact your health centre;
OR**

Call the COVID-19 help line at 1-877-644-4545. A worker will tell you the procedures to follow.

**3- Follow the provided procedures and leave as soon as possible.
In case of significant breathing difficulties, contact emergency services immediately.**

CONSUMPTION OF GAME MEAT AND MEAL PREPARATION:

People are unlikely to be infected with COVID-19 through food. Here are some precautions to take:

- Make sure the game meat is well cooked.
- Wash your hands before eating and cooking and wash your food before eating it.
- Wash the dishes with soap and hot water.
- Clean the surfaces used with a disinfectant solution before and after food preparation.
- For the time being, there is no evidence that wild animals play a role in the transmission of the disease to humans. For this reason, you can handle animals killed while hunting with the usual precautions.

The sharing of meals occupies a big place in our culture. It will be difficult to avoid experiencing these types of gatherings this year or until new public health guidelines are issued. Caution and the application of preventive measures can save lives.

*May this family time enjoyed on the land bring you comfort and health
in these disrupting times that we are going through.*

*The resources of nature are the best medicine for body and mind.
Protect your health and the health of your family members!*

Sources :

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