



*Preparedness
Winter 2018*

NITHA HEALTH EXPRESSES



Cover Photo: NITHA Nursing Students with their instructors during a community visit.

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MESSAGE FROM TARA CAMPBELL, EXECUTIVE DIRECTOR

On behalf of the Northern Inter-Tribal Health Authority Inc. (NITHA) I am pleased to present to you the 6th Edition of the NITHA Health Express as well as to wish you a Happy New Year filled with many blessings and good health. This edition focuses on ways you can prepare yourself and your family to remain safe during Public Health Emergencies. Boil Water Advisories, Wild Fires, Floods, Power Outages, Animal Bites and Communicable Diseases are all examples of Public Health Emergencies as they pose a health risk to the overall wellness of the community.

NITHA, is an excellent resource as you begin the process of preparation. In this issue you will learn how to ensure you are ready in the event an emergency and where you can find information. Our staff complement at NITHA includes individuals with expertise in the areas of Emergency Response, Communicable Disease and Environmental Health, all of which support the Partnership Tribal Councils and First Nations that comprise NITHA in delivering quality health services.

One of our goals at NITHA is to help support the Partners in ways to keep you and your loved ones healthy and safe. We hope you enjoy this edition and hope it inspires you to take the necessary steps in preparing for a Public Health Emergency.

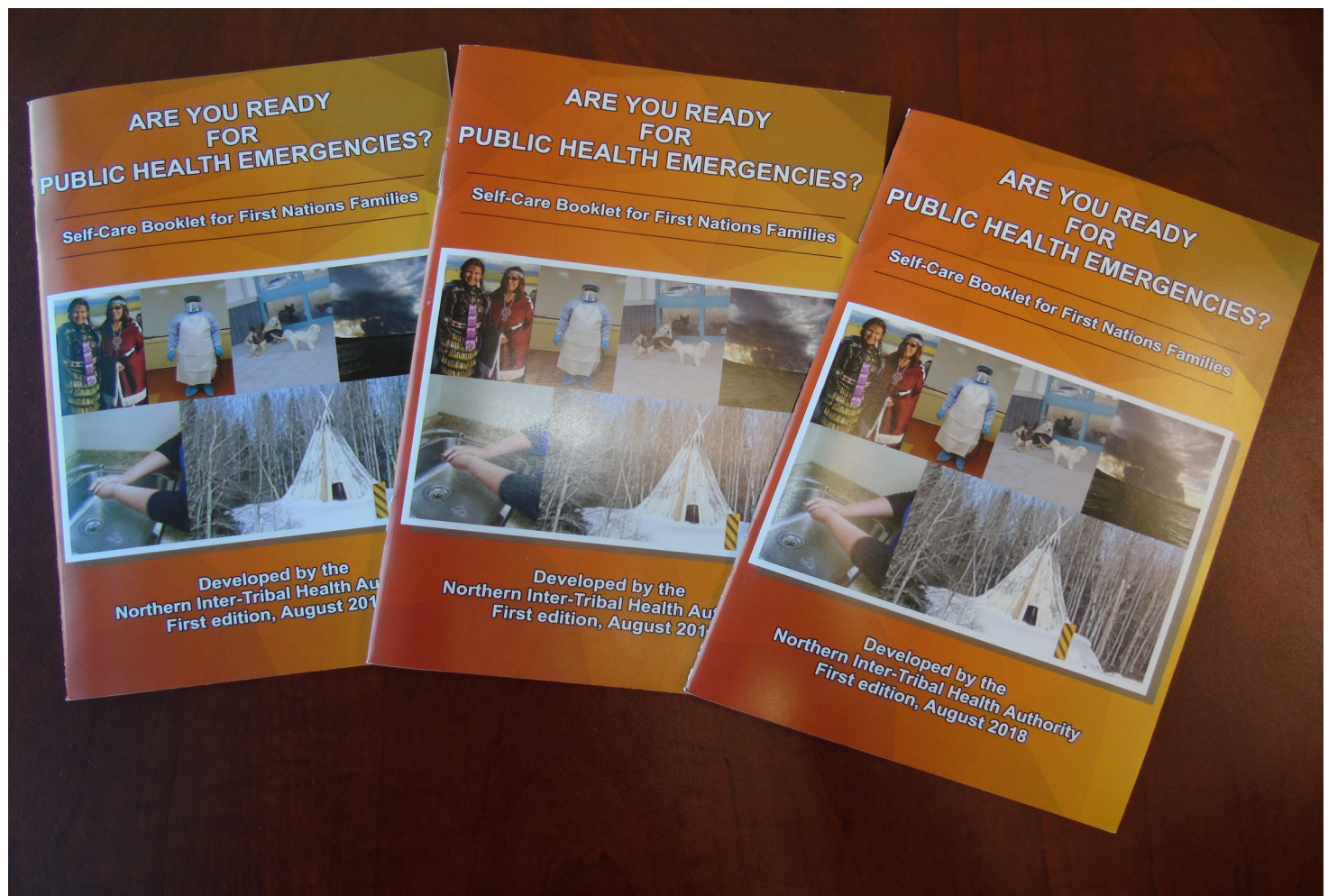
ARE YOU READY FOR A PUBLIC HEALTH EMERGENCY?

If you answered no to the above question, then this issue is for you. If you are unsure about the answer this issue is also for you and if you said yes, might as well pick up the issue as there may be some interesting facts you may not know.

NITHA developed a booklet to provide NITHA families with information regarding the activities that take place in the community when a Public Health Emergency arises. The booklet includes information on the following emergencies:

- Communicable Disease Outbreak
- Contaminated Water Event
- Wildfire Smoke Emergency
- Floods
- Power Outages
- Animals Bites

In addition, the book provides information on where individuals can learn more about Public Health Emergencies.



Picture: Copies of the *ARE YOU READY FOR PUBLIC HEALTH EMERGENCIES?* booklet. Contact NITHA to get your copy today.

COMMUNICABLE DISEASE OUTBREAK

A public health emergency may be defined as an event either natural or artificial that creates a health risk to the community. A communicable disease outbreak is an example of a public health emergency. A communicable disease outbreak is the occurrence of more cases of a disease than expected in a given area or among a specific group of people over a defined period of time. It is important to know that a communicable disease outbreak is an emergency as it has a potential for significant illness or death in a population.

An example of a communicable disease is influenza (also known as the flu). The flu is a contagious respiratory illness caused by the influenza virus that infects the nose, throat and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.

FLU SEASON PREPAREDNESS

The best way to prepare for the season and prevent the flu is with a flu shot. NITHA recommends everyone get a flu shot, especially if you are 65 and older or between 6 months and 5 years old, if you are pregnant, have a chronic health condition or are a health care worker. This season, NITHA specifically encourages people 65 years and older to get the flu shot because they are at high risk of complications from flu. Get the flu shot, not the flu.

GET THE FLU SHOT - NOT THE FLU

Elders are at a high risk of complications from the flu



Protect yourself and those around you

Some more tips to protect yourself this flu season:



Clean and disinfect objects and surfaces that a lot of people touch.

Eat healthy foods and do physical activities.



Sneeze or cough into the bend of your arm, not into your hand.

Wash your hands regularly.



For more information please visit your nearest health centre.

Visit www.nitha.com for up to date flu, health information, advisories, and alerts.

FLU MYTHS VS FACTS

Various myths circulate about the flu shot. The best place to get information about the flu shot is from a reliable health source such as NITHA, your community health centre or Health Canada. Here are some myths and facts about the flu shot. Do not let incorrect information guide you into harm's way this flu season. Know the difference between what is true about the flu vaccine and what is false.

MYTHS VS FACTS



THE FLU SHOT

Do not let incorrect information guide you into harm's way this flu season. Know the difference between what is true about the flu vaccine and what is false.



MYTH

The flu shot can give me the flu.



The flu shot causes severe reactions or side effects.



I have never had the flu, so I do not need to get a flu vaccine.



I should not get the flu shot because I have allergies.



FACT



- The flu shot cannot give you the flu.

- The vaccine contains killed flu viruses that cannot cause infection.

- The flu shot is safe.

- Most people who get the flu shot only have redness, soreness or swelling where the vaccine was given.

- Some people, especially those who get the flu shot for the first time, may have a headache, muscle aches or tiredness.

- Most people can get sick with influenza several times during their lives.

- An influenza vaccine is the best protection against the influenza virus.

- Most people with allergies can get a flu vaccine without any problems.

- However, if you have had a severe allergic reaction to a previous dose of the flu vaccine or any part of the vaccine, talk to your healthcare provider.

ARE YOU PREPARED FOR 2019?

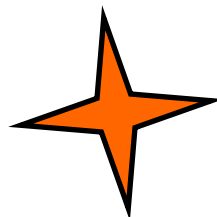
It is hard to believe that 2019 is here. January 1st 2018 feels like just the other day. You may have had some plans for 2018 that did not pan out the way you anticipated or some resolutions that did not make it past the third week of January.

You may be thinking of a New Year's Resolution. Most of us do but do not know where to begin. If a healthier you is part of the plan for 2019, here are some tips to get you started:

- **Start by setting small goals**
Big goals can sound exciting but routine is difficult to change. Planning small changes may ensure that your resolution lasts past January. Examples include drinking an additional glass of water a day, going to bed an hour earlier or walking for ten minutes after supper.
- **Set SMART goals.**
Ensure your goals are specific, measurable, achievable and timely. For instance eating a serving of fruit with breakfast on weekdays or going for a jog 4 days a week, after supper.
- **Enjoy yourself**
Whether your resolution is related to your eating patterns, physical activity level, or other health-related behaviours, it is important to enjoy yourself!
Depriving yourself from your favourite foods or activities is not going to do you any favours, so remember moderation is key. Finding exercise, meals, self-care practices, and activities that you enjoy will make sticking to your goals easier and much more fun!
- **Understand your motivations**
Identify why this goal is important to you! Do you want to feel better, take more time for yourself, or improve your health? Knowing why you chose this goal in the first place will help you stick to it.
- **Be patient with yourself**
No matter how realistic your resolution is, life happens, and we cannot always follow a plan. Be kind and patient with yourself if you miss a day, or even a week! Beating yourself up will not help you get back on track. Understand that these things happen, remember your motivations, and get back to it!

These tips may help you prepare for 2019. Hopefully, 2019 will be your healthiest, most enjoyable year yet!

HAPPY NEW YEAR 2019



WINTER IS HERE

Winter is here! However, it is not too late to prepare for unexpected conditions. After all Saskatchewan winters could drag for a long period of time.

Before you get your vehicle on the road, ensure your vehicle is winter ready. Some items to consider include:

- Snow tires
- Block heater
- Snow brush and ice scraper
- Antifreeze
- Small snow shovel
- Booster cables
- Extra clothes
- A rope or tow chain
- A supply of matches and candles
- Sleeping bags
- Non perishable food



Before you drive, consider the following tips to ensure your safety and that of fellow motorists and pedestrians.

- Be sure to wipe loose snow off the hood of your vehicle so that it does not blow onto your windshield and obstruct your vision as you drive.
- Ensure headlights, taillights, and licence plates are visible and that your windows are completely defrosted before you hit the road.
- If possible, switch to winter tires. Their deep treads are ideal for clearing away snow giving you maximum traction and control.
- Check your tire pressure regularly. Consult your owner's manual for your proper tire pressure.

Winter Driving Preparations

When you are on the road, remember to give yourself more time to reach your destination. Start your trip slowly , testing your braking and steering to 'get a feel' for the road.

For more information please visit sgi.sk.ca



NEWS AND ANNOUNCEMENTS

**THE FLU SEASON STARTED ON
OCTOBER 22ND 2018.
HAVE YOU GOTTEN YOUR FLU SHOT
YET?**

COMPUTER TRAINING

Computer training is available for all members working in the NITHA Partnership. Some of the courses offered include:

- Computer Basics
- Excel Basics
- Outlook Basics
- Introduction to Microsoft PowerPoint
- Windows 10 Basics
- Windows 7 Basics and many more

Please contact the NITHA IT Helpdesk at:

- 1 (844)-486-4842
- 1 (306) 953-5008, or
helpdesk@nitha.co for more information

CONGRATULATIONS

Congratulations to the following NITHA community members for receiving their National Designation as Health Managers in early November last year:

- Lisa Mayotte, LLRIB, Kitsaki
- Yvette Carrier, LLRIB, Kitsaki
- Lorraine Thomas, PAGC, Cumberland House
- Sheila Lambert, MLTC, Flying Dust

NEWS AND ANNOUNCEMENTS

TIPS FOR THE FLU SEASON

- Get your flu shot.
- Wash your hands frequently.
- Cough and sneeze into the bend of your arm, not in your hand.
- Get plenty of rest or sleep.
- Eat healthy foods and be physically active to keep your immune system strong.
- Clean and disinfect objects and surfaces that a lot of people touch, such as: door knobs, phones and television remotes.
- If you get sick, stay home to avoid infecting others.

**Is there a topic you would like covered
in one of our newsletter editions? We
would like to hear from you.**

For more information about events, stories and health information covered in this newsletter please call 306-953-5000, visit us at www.nitha.com or follow us on social media @ Northern Inter-Tribal Health Authority.

