

# MANAGING COVID-19 ANXIETY

## FOR YOU

- Stay informed but take breaks from social media, watching, reading, or listening to news stories.
- Practice physical distancing, but stay connected. Talk to friends or family through email, phone calls, video chat, and social media platforms.
- Practice mindfulness. Take deep breaths, stretch, or meditate.
- Try to eat healthy meals, exercise regularly, and get plenty of sleep.
- Take advantage of any unexpected flexibility in your daily routine.
- Focus on the positive and things you can control.
- Be kind and compassionate to yourself and others.
- If you can, minimize substance use. If you do use substances, practice safer use and good hygiene.

## FOR KIDS

- Respond to your child in a supportive way, listen to their concerns and give them extra love and attention.
- Try to avoid separating children from their caregivers. If separation occurs, ensure regular contact and re-assurance.
- Provide facts in an age-appropriate manner.
- Keep to regular routines and schedules as much as possible.

# THE LMG RESPONSE

The LMG was one of the initial First Nations to identify the virus threat and began proactive steps:

- create working groups, establish COVID-19 policy, conduct vulnerability assessments, purchase essential items early, identify essential staff, create directorate work plans, and provide funds for elders
- In almost every step, the LMG was ahead of Provincial and Federal Government positions

Our response has evolved as the situation has progressed:

- February 18 - COVID-19 is first identified as a concern; Communications strategy developed
- February 29 - Working group created to develop a response plan and supply chain issues
- March 6 - Emergency meeting to develop an LMG position
- March 11 - Directors' meeting to create and adopt COVID-19 working policy
- March 13 - Public announcement closing primarily schools until March 30; message to 8 directors
- March 16 - An initial strategic preparedness & response plan developed
- March 18 - LMG closed except for "essential" services
- March 27 - Strategic Food Plan developed
- March 30 - Monitoring checkpoints implemented
- April 6 - State of Emergency declared for Listuguj First Nation. A "Unified Command" is created to direct LMG's emergency response
- April 14 - Emergency Plan and protocols developed by the "Unified Command." The plan was based on the "continuum" model of escalation
- April 16 - "Unified Command" recommends community wide usage of masks

# COVID-19 PREVENTION

LMG guide to staying safe and healthy



## CONTACT US

17 Riverside West  
Listuguj, QC  
G0C 2R0

tel: 418.788.2136  
fax: 418.788.2058

[www.listuguj.ca](http://www.listuguj.ca)

To submit feedback or questions:  
[feedback@listuguj.ca](mailto:feedback@listuguj.ca)

# ABOUT CORONAVIRUS DISEASE (COVID-19)

## WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose, or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

## SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



COUGH



DIFFICULTY  
BREATHING



FEVER

## PREVENTION

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth, especially with unwashed hands
- avoid close contact with people who are sick
- when coughing or sneezing
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs
  - immediately dispose of any used tissues into the garbage as soon as possible and wash your hands afterwards.
- clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices, and doorknobs.
- clean and disinfect items from outside the home, such as groceries.
- stay home if you are sick to avoid spreading illness to others

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19:

- stay home to avoid spreading it to others
- call 1.877.644.4545 for instructions
- if you need immediate medical attention, call 911 and tell them your symptoms

## RESOURCES & HELPLINES

### RESOURCES

**Listuguj Mi'gmaq Government**

[listuguj.ca](http://listuguj.ca)

[listuguj.ca/shopping-tips](http://listuguj.ca/shopping-tips)

**Government of Canada**

[canada.ca/coronavirus](http://canada.ca/coronavirus)

**Province of New Brunswick**

[gnb.ca/coronavirus](http://gnb.ca/coronavirus)

**Province of Quebec**

[quebec.ca/coronavirus](http://quebec.ca/coronavirus)

**World Health Organization**

[who.int/coronavirus](http://who.int/coronavirus)

### HELPLINES

**Haven House 24/7 Crisis Line**

418.788.5544

**HOPE FOR WELLNESS**

1.855.242.3310

**CRISIS SERVICES CANADA**

1.833.456.4566

**KIDS HELP PHONE**

1.800.668.6868



*Listuguj*  
MI'GMAQ GOVERNMENT