



Summer 2017 Edition

NITHA HEALTH EXPRESS



Cover Photo: A summer community gathering

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A MESSAGE FROM MARY CARLSON, EXECUTIVE DIRECTOR

I am pleased to introduce the 3rd Edition of the NITHA Health Express. It is our hope our publications reach our readers to provide the most up-to-date information of the services and the programs offered by NITHA. This Edition focuses on Summer Time Safety, and while summer provides us with increased daylight time to enjoy the outdoors just a little longer, it is important we remember to take safety measures in all we do. Please read on to learn more about what NITHA has to offer, as well as, helpful hints to keep you and your loved ones safe while you enjoy this beautiful season participating in those “long awaited for” activities. To learn more about NITHA and the Partnership please visit our website at www.nitha.com, like our Facebook Page or follow us on Instagram.



SUMMER FOOD SAFETY TIPS



As the summer sun shines, and we forget about the winter for a while comes another opportunity for socializing with family, friends, and community members. In northern Saskatchewan, community gatherings, powwows, and Treaty Days provide us with opportunities not only to reunite with family and friends but also partake in feasts that include moose meat, fish and bannock. Here are a few health tips to consider while preparing meals for summer gatherings.

- Use a thermometer to ensure all meats are cooked to at least 74C
- Keep hot foods hot – above 60C
- Keep cold foods cold – below 4C
- Don't leave hazardous foods out (unrefrigerated) for more than 2 hours
- Use separate clean utensils, trays, cutting boards for raw and cooked foods
- Wash your hands with soap and water often when preparing or serving food
- Avoid touching your face, smoking or eating while preparing or serving food
- Keep pets away from food preparation areas
- Be aware of any boil water advisories in your community and use an alternate source of water for food preparation and drinking water at these times.
- Do not drink untreated lake or river water
- Have gel hand sanitizer available for cleaning hands before outdoor meals or at large gatherings where outdoor toilets are used without running water for handwashing.
- When gathering berries or other country foods, choose to harvest away from dusty main roads or areas treated with pesticides like power pole lines
- When harvesting game meat, butcher the animal quickly and store it under refrigeration very soon after butchering.

PREVENTABLE SUMMER INJURIES



Our northern Saskatchewan summers are beautiful, green and full of life. Do not let insects or animals ruin your fun. Mosquitos and dogs may pose a threat to your summer season. Make the most of your summer by following some simple precautions to avoid outdoor risks of injury and illness.

Prevent Mosquito Bites

Mosquitoes are mostly just pests but some do carry a virus that can cause severe illness. The virus is called West Nile and is only found in a very small number of mosquitoes. Unfortunately, we can never tell which ones by just looking at them. These tips may help you prevent mosquito bites:

- Use appropriate insect repellent when outdoors. Products with DEET are the most effective.
- Cover up. Wear light colored, loose fitting, long-sleeved tops and long pants when outdoors.
- Reduce the amount of time spent outdoors between dusk and dawn when *Culex tarsalis* mosquitoes are most active.



Follow these steps to reduce mosquito populations:

- Clear yards of items that can collect water.
- Regularly clean and empty bird baths and eaves troughs.
- Ensure rain barrels are covered with mosquito screen or are tightly sealed around the downspout.
- Make sure door and window screens fit tightly and are free of holes.
- Check that your yard slopes to prevent water pooling on your property.

Preventing Dog Bites

Most dog bites are also preventable. Dogs are animals and will bite as part of their nature to protect themselves or their young. Most bites are because a human provoked the natural response. Below are some guidelines to prevent dog bites:

- Do not approach/pet a dog that has just had puppies. Females that have puppies are very protective of their young. Female dogs known to the family for some time will still become very protective of their young.
- Do not pet an animal that is eating or move their food or come between them and their food. Dogs can be very aggressive if they think their food is being moved or taken away. This can happen even with an older familiar dog.
- Children should be watched to make sure they are not playing near a biting dog or a mom with puppies.
- Do not enter into a small space with a dog. Even if the dog is known to you they may feel trapped in a small space and lash out.
- Children should be taught not to hurt dogs. Pulling of tails and ears or sitting on the dog can cause them to lash out and bite.
- Do not interfere in a dog fight, you are highly likely to be injured.

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If someone is bitten:

- Report the dog bite to your local health center. This is very important if you believe the bite was unprovoked or if you believe the animal was not well. Scratches are also reportable but they are a lower risk for rabies.
- Watch the bite over the next few days for signs of infection such as swelling, redness and heat. If these occur, go to the health center for medical treatment.

Dog owners:

- Dogs should be tied up or behind a good fence to protect them from being injured by another animal or a vehicle.
- Have your pet spayed or neutered to prevent unwanted puppies and decrease aggression.
- Have your pet vaccinated - particularly against rabies - when and where possible.

Ask your community representatives to adopt an animal bylaw to ensure all dogs are controlled and healthy.

Adapted from Saskatchewan Ministry of Health

RIDE SAFELY THIS SUMMER

The summer provides an opportunity for children, adults and elders to enjoy the outdoors by engaging in various activities, such as, fishing, canoeing, kayaking, running, walking, and biking among others. This segment will focus on biking.

The northern Saskatchewan terrain is full of bumps, uneven roads, and rocks. These provide for a challenging bike ride. It is especially important to ensure you are wearing a helmet when riding a bike. Air force pilots, race car drivers, and motorcycle operators all wear helmets. So do athletes, mining workers and construction workers. These helmets may be different but they all do the same thing- prevent head injuries.

Here are some tips to prevent head injuries this summer:

- All cyclists should wear helmets, and children especially should be encouraged.
- Parents and teachers should set an example by wearing helmets when they ride.
- Adults should be consistent. A helmet is necessary anywhere someone is riding a bike including backyards, parks and schoolyards.
- Let the young cyclist participate in choosing a comfortable, appealing helmet and praise him for wearing the helmet.
- Inform the young cyclist that the risks of riding without a helmet are brain damage and even death.
- Discourage negative comments about helmets.

The images below show how you should and should not wear your helmet.



WRONG



WRONG



RIGHT



RIGHT

Be aware of and respect other drivers, whether they are on two wheels, four wheels, or ten. Follow traffic rules to ensure other road users are safe. Have a safe cycling season.

Adapted from SGI

WILD FIRE PREPAREDNESS

Two years ago, Saskatchewan experienced one of the harshest wildfires in the history of the province. Over 50 northern communities were evacuated, outlying properties damaged, critical infrastructure impacted and most importantly approximately 13,000 people evacuated from their homes. Fortunately, no lives were lost as a direct result of the smoke and no serious injuries occurred. As the temperatures soar in Saskatchewan and the British Columbia fires escalate by the day, it is important to be prepared in case we experience a fire season similar to the one that happened 2 years ago.

The following is a list of things to take in case of an evacuation:

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Easy to carry shoulder bag | Comfort items (a toy for your child, cards, a book, etc) |
| Prescriptions for at least five days | Drinking water for each person for the trip (about 1 litre) |
| A change of clothing | Healthy food snacks for the trip (foods that wont spoil) |
| Basic toiletry items | Small amount of cash, as well as, your debit card |
| Small flashlight with extra batteries | Small radio (battery operated) |
| Eye glasses, hearing aids etc | Items for infants (formula, baby food , diapers) for the trip |
| Photocopy of important documents (photo identification, health card, Treaty card, list of medication, insurance information, list of emergency contacts | |

Adapted from Population Health Unit 2016



Smoke covered skies in La Ronge, SK, in summer of 2015

CANADA'S LOW - RISK ALCOHOL DRINKING GUIDELINES

For these guidelines, "a drink" means:



CCSA wishes to thank the partners who supported development of Canada's Low-Risk Alcohol Drinking Guidelines. For a complete list of the organizations supporting the guidelines, please visit www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/Supporters-LRDG.aspx

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www.ccsa.ca

Reference:

Butt, P., Beirness, D., Gilksman, L., Paradis, C., & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, ON: Canadian Centre on Substance Abuse.

The Canadian Centre on Substance Abuse changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.



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Developed on behalf of the
National Alcohol Strategy Advisory Committee
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Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

Safer Drinking Tips

- Set limits for yourself and stick to them.
- Drink Slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

When zero's the limit

Do not drink when you are:

- Driving a vehicle or using machinery and tools
- Taking medicine or other drugs that interact with alcohol
- Doing any kind of dangerous physical activity
- Living with mental or physical health problems
- Living with alcohol dependence
- Pregnant or planning to be pregnant
- Responsible for the safety of others
- Making important decisions

UPCOMING EVENTS



Telehealth in Northern & Indigenous Communities

Improving Access Through Innovation and Collaboration

**8:30am-4:30pm
October 5th, 2017**

**The Willows (382 Cartwright St.)
Treaty 6, Saskatoon SK**

Register at www.picatic.com/telehealth

**\$50 General Admission
\$20 students and
patient representatives**

Contact heather.exnerpirot@usask.ca or call
(306)966-5770 for more information



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Health
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NITHA JANITORIAL ENVIRONMENTAL CLEANING WORKSHOP

Dates: October 18th & 19th, 2017

Location: To be determined

Check our Facebook Page or Contact the NITHA
Infection Control Advisor (at www.nitha.com) for
updates.

OTHER NEWS



NITHA HEALTH CAREERS SCHOLARSHIP

WHO IS ELIGIBLE TO APPLY?

- You must be enrolled as a full-time student in a post-secondary health related program of study such as: nursing, dentistry, pharmacy, lab technology, physiotherapy, dietetics, nutrition, medicine, health administration or public health policy that is a minimum of two academic years in length.
- A band member of one of the NITHA's Partners: Peter Ballantyne Cree Nation, Lac La Ronge Indian Band or a band member of one of the first nations belonging to Meadow Lake Tribal Council or the Prince Albert Grand Council

AMOUNT OF SCHOLARSHIP AWARD: \$3,000

APPLY TODAY

The Northern Inter-Tribal Health Authority (NITHA) is the only First Nations Organization of its kind in the country. The organization is comprised of Meadow Lake Tribal Council, Lac La Ronge Indian Band, Prince Albert Grand Council and Peter Ballantyne Cree Nation and each has extensive experience in health service delivery. Formally established in 1998, the Partners joined together to create NITHA to deliver a service known as Third Level. NITHA provides services directly to the Multi-Community Bands and Tribal Councils in the areas of disease surveillance, communicable disease control, health status monitoring, epidemiology, specialized program support, advisory services, research, planning, education, training and technical support. Our environment is friendly, cordial and team-oriented and our operations are evolving to meet the needs of the Partnership.

TO ACCESS AN APPLICATION PACKAGE:

Download from www.nitha.com

or e-mail an application request to: receptionist@nitha.com

**APPLICATION
DEADLINE:**

SEPTEMBER 30

Every calendar year

Northern Inter-Tribal
Health Authority Inc.

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www.nitha.com

For more information about events,
stories and health information covered in
this newsletter please call:
306 953-5000, visit us at
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Authority

