



LITE XÁXLH SÉQSEL ON THE PATH OF SURVIVAL

DECEMBER 2021

**A TOOLKIT
PREPARED BY
COMMUNITY**



Lite Xáxlh Séqsel

- On the path of Survival -

Our Culture has Survived Many Difficult Times

The people have gathered to talk about how to move forward with our culture in a safe and respectful way during the COVID-19 pandemic.

A group of longhouse leaders were called together: Matriarchs, Elders and leaders. This group has created a number of recommendations to share with longhouses in our territory to protect the people from illness, make sure nobody gets hurt and prevent any losses.

These suggestions are made to the people in an effort to uphold our highest teachings while ensuring we are utilizing all the best practice tools offered by the BC Centre of Disease Control, First Nations Health Authority and the Fraser Health Authority.

Our culture has survived many difficult times. With good safety practices and everyone working together, our people and culture can survive this too.

We humbly offer these tools to the people to consider for their homes.

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Matriarchs, Elders, leaders and community members who contributed to this work

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Documents and websites referenced for this toolkit



Recommendations



Limit large gatherings

You may decide gatherings such as an opening, closing, naming, memorial and social gatherings need to be postponed or adjusted with proof of vaccine practices.



No initiations for this season

Initiation work includes actions that are high risk to spread COVID-19. We suggest to put this work on hold for now.



No travelling & visiting other homes

Keep travelling outside our own homes to a minimum or better yet, do not travel at all.



Develop and share a toolkit to support homes to gather in a safe way

Support cultural work to continue while practicing caution.



Connect with health service providers and work together

Work closely with health officials to keep our people safe.

Planning a Gathering



- Postpone gatherings** - It's difficult to know when it will be safe to gather so it is best to hold off on rescheduling gatherings to avoid confusion.
- If you must gather, smaller is better** - Current Provincial guidance will outline the ideal number of attendees based on the level of risk in your region. As part of planning, visit the Provincial website for up to date guidance: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#regional>
- Consider invitations** - Avoid gathering with people outside your bubble or longhouse group.
- Gifts** - Consider giving things that can assist during the pandemic such as masks, hand soap or hand sanitizer.
- Speaker notes** - It may be helpful to support your speaker to share the safety tips your home has adopted.
- Respectfully turn away guests** - We understand that this will be hard, but we can do so with kindness and respect in our hearts. Consider two smaller gatherings to accommodate those who may be turned away.

Building Considerations



- Entry/Exit** - Consider making one way traffic to minimize person-to-person contact.
- Smoking/Vaping** - No smoking or vaping inside the home, designate a special area and post a sign to remind people to social distance.
- Ventilation** - Consider options to increase air movement in the home: open doors, etc.
- Door** - Have a sign-in to track attendance. This is critical if someone develops symptoms, gets a positive COVID-19 test, and is required to participate in contact tracing to limit the spread. It may help to count people as they come in to ensure the gathering does not grow bigger than planned.
- Hand hygiene** - Set up a hand hygiene station with hand sanitizer, or provide a small hand sanitizer bottle handed for each attendant.
- Spitting** - Remove spitting rocks and post a "No Spitting" sign.
- Disinfect surfaces** - Use an approved solution to regularly disinfect commonly touched surfaces such as bathrooms, door handles, etc. Make a checklist and consider doing this before and after a gathering. You can have multiple people assigned to their own areas to clean.
- Signs** - Post signs around the home reminding everyone of the safety standards your home has adopted.
- Tape** - Color duct tape on the floor can direct traffic and signs with room restrictions can help ie. "3 person max in bathroom".

Group Ideas



- Hold a virtual or social distance meeting** - Share information, offer a chance for people to discuss and ask questions to ensure everyone can come to a collective understanding.
- Border travel** - Encourage people to follow the self quarantine orders if crossing the border. Any exemptions to these orders will be listed on the Government of Canada website: <https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>
- Group leaders** - A support network is available for you to have difficult conversations with those who may be resistant to the home's decisions.
- Social Networking** - Consider using a private group online to share information about the group and gathering.
- Immunizations** - Host an immunization clinic in your home by inviting the local nursing team to provide influenza (flu) or COVID-19 vaccine, once it becomes available.

Requests to the People



- Watch for symptoms** - Do not attend if feeling sick or experiencing mild symptoms (i.e., runny nose, mild fever, sneezing, headache, etc). Call 811 if you are unsure.
- Limit your movement** - Uphold this teaching at this time.
- Masks** - Encourage mask wearing. Dispose immediately after use, or wash reusable masks. Wash hands after touching a used mask.
- Hand hygiene** - Support handwashing/sanitizing by ensuring all sinks have soap, disposable towels and garbage. Set up hand sanitizer at the doors and exits.
- Drummers/Singers** - Encourage physical distance between others. Less drummers on the floor is better.
- Dancers** - Maintain physical distance between others and avoid sharing paint, scarves, sticks, with others.
- Seating** - Sit away from others. Those assisting others with seating please wear a mask and wash your hands when you are done.
- Garbage** - Dispose of your own trash and recyclables to avoid spreading germs.

Serving Food & Drinks



- Consider having someone with FOODSAFE lead a review of kitchen practices** - The FNHA may offer COVID-19 specific training in the future.
- Limit traffic in food preparation areas** - Consider posting signs that ask people to avoid socializing or sitting in the kitchen and determine what the max amount of people in the room should be (eg. Max 4 people).
- Serving food** - Buffet style food service is no longer safe. Consider plating or serving takeout packaged food with cutlery and condiments to limit the contact, give out to attendees rather than having them get up and move around. If it's a pick up location, have hand sanitizer at the table.
- Coffee/Tea station & Pop sales** - Limit contact if serving drinks. Consider having one person serve the drinks or best to eliminate these stations all together (bring your own).
- Feast kits and dishwashing** - No washing stations for reusable plates and cutlery at this time.

We look forward to the time when we can move around without restrictions. Until then, we call on everyone to take responsibility to do their best finding the way forward, with kindness and respect, in a good way.



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References



First Nations Health Authority

Prevention, protection, the COVID-19 vaccine, testing, and mental health and wellness.

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

Fraser Health Authority

Information about when to seek testing for COVID-19, where to go, and what to do next.

<https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus/testing#.X01ortPsYml>

British Columbia Centre of Disease Control

Access the Self-Assessment Tool - determine whether you may need further assessment or testing for COVID-19.

<https://bc.thrive.health/>

Assessment tool, Public information, statistics, exposure reports, etc. all related to COVID-19.

<http://covid-19.bccdc.ca/>

Worksafe BC

COVID-19 information and resources.

<https://www.worksafebc.com/en/about-us/covid-19-updates>

Government of British Columbia

Regional restrictions by health authority.

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions#regional>

Government of Canada

COVID-19 Travel: Checklists for requirements and exemptions.

<https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>

Brought to you by:



SESIYOMELH
Longhouse Working Group

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