



Awashishewiigiihiwayiin
(Social Services Framework)

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To families of the Awashishewiigiihiwayin Program

- Wash your hands often with soap and water or alcohol-based hand sanitizer;
- If you have a worker, your workers are available via phone - give them a call if you are in need of emotional support or in a state of emergency.
- We understand that social distancing is difficult but, it's a necessary part of flattening the curve on our health care system.
- Only go out to grocery outlets for essential reasoning to reduce the possibility of exposure of the virus to you and your household.
- Follow local food banks online/Facebook to get the latest updates on schedules.
- Utilize telehealth, phone into your clinic before heading into the hospital or walk in clinic hours, your dr or np may be able to provide prescription over the phone. Going into emergency will result in a 14-day self-isolating provision.
- Practice proper respiratory etiquette (covering your nose/mouth when coughing or sneezing).
- Avoid touching your eyes, nose or mouth; Avoid contact with people who are ill.
- Stay home if you are experiencing symptoms of respiratory illness.
- It is recommended to get your flu shot if you haven't already as the flu virus is still circulating in the community.
- Resist the urge to treat this time as a vacation. Wake up and go to bed at a regular time. As if it was a school and work day. This will help both adults and kids feel some normalcy within the disruption and will also make it much easier to transition back to regular life.
- Create a schedule for yourself and your children for each day. For example, if they need to do schoolwork online, or work sent home by teachers, set aside the same time each day for children to do their homework without distractions. This will be easier with middle and high schoolers because many schools are conducting distance learning.
For younger children, it's up to parents to structure learning time during the day. For adults, a schedule is also important, whether or not you have a job outside the home. With young children at home, this may be challenging. However, creating a daily routine is important for everyone's mental health, even if it is fully focused around the schedule you create for your kids.
- Heading outside for walks/hikes or outdoor adventures is a great idea, as long as you maintain the 2meter social distancing. (do not allow your children to play on public play structures, this is not a safe practice to prevent covid-19)
- 30 mins of outdoor activity can help combat feelings of sadness and or depression caused by social isolating.
- Use technology for social interaction, regular phone and video chatting with close friends and family is important for mental health