



Coronavirus Disease (COVID-19)

The NWT Office of the Chief Public Health Officer, along with their federal and provincial/territorial health partners, are closely monitoring the risk of coronavirus disease (COVID-19) in Canada.

The risk of spread of this virus within Canada, including the Northwest Territories, remains low at this time.

What is coronavirus disease (COVID-19)?

Coronaviruses are a large family of viruses that affect humans and animals. Coronaviruses usually cause mild illness (like the common cold).

What are the symptoms of COVID-19?

Symptoms of the COVID-19 include fever, dry cough, sore throat, headache, shortness of breath, difficulty breathing, and pneumonia. Difficulty breathing is a sign of possible pneumonia that requires prompt medical attention.

Call your community health centre and talk to your health care provider if you are experiencing symptoms and have recently visited affected areas or have been in contact with others who have and who are sick.

What is the NWT doing?

The NWT has emergency plans in place to deal with infectious outbreaks. Health officials are working with their federal and provincial/territorial partners to quickly identify and manage any cases of COVID-19 in order to protect the health of residents. This includes providing information directly to travellers from affected areas at major airports.

The NWT Office of the Chief Public Health Officer is regularly updating health care providers across the territory with the latest information so that they can provide quality care. All health facilities have protections and protocols in place to keep both patients and workers safe from COVID-19.

What can you do?

Here are 6 things you can do to protect yourself and those around you:



Stay home if you are sick

If you must go out wear a mask especially if you are in a waiting room or in large crowds.

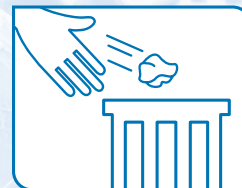


If you are sick, avoid close contact with others



Turn and cover

Turn and cover your nose and mouth for every cough or sneeze with a disposable tissue. If not available, cough or sneeze into your elbow.



Throw used tissues in the garbage

If no garbage, use small plastic bag to put used tissues until you can put them in a garbage.



Wash your hands

Wash your hands after coughing, sneezing or blowing your nose. Use alcohol based sanitizer if no soap immediately available.



Clean/Disinfect

In your home, clean/disinfect any surfaces or objects you or others might have touched while sick.

For more information and for updates on COVID-19, please visit www.hss.gov.nt.ca/coronavirus.



Coronavirus Disease (COVID-19)

Self-Monitoring Information Sheet

Updated: March 14, 2020

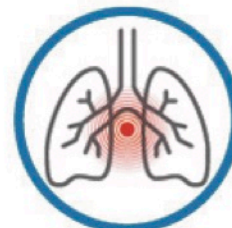
Self-monitoring means you do not need to stay at home, but you should watch for the following symptoms:



FEVER



COUGH



DIFFICULTY
BREATHING

How long should I self-monitor?

Individuals should self-monitor for symptoms for **14 days** upon arrival from outside the NWT. See page 2 for a daily monitoring sheet you can use.

What should I do while I self-monitor?

While self-monitoring please avoid large crowds and visiting at-risk individuals during the 14 day period, especially those residing in long-term care facilities. At-risk individuals include those over 60 years of age, those with chronic conditions (diabetes, heart disease, lung disease, etc.) and those with weakened immune systems (ie. cancer).

What should I do if I develop symptoms of COVID-19?

If you develop **symptoms**, continue to isolate yourself and call:

Yellowknife: 867-767-9120

Inuvik: 867-490-2225 or 867-777-7246

Fort Smith: 867-872-6219 or 867-872-6221

Hay River: 867-874-7201

All Other Communities call your local health centres: www.hss.gov.nt.ca/health-centres

If your symptoms are severe call 9-1-1.

If you do not develop symptoms within 14 days, continue to use healthy respiratory practices to prevent getting COVID-19 or other respiratory infections.

For more information and updates visit
www.hss.gov.nt.ca/coronavirus

Here is a sheet to help you keep track of your daily symptoms while self-monitoring.

COVID-19 Daily Self-Monitoring Form

Let your healthcare provider know if you develop symptoms.

Name: _____

Date of Symptom Onset: _____

Monitoring End Date : _____

Individuals should self-monitor for symptoms for 14 days upon arrival from outside the NWT

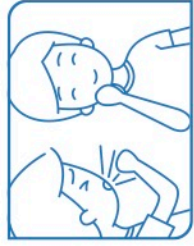
Date each day, check your temperature and then check any of the symptoms.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	If symptoms continue past this point call your healthcare provider	
Date																
No Symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Symptoms : Let a health care provider know if you develop symptoms.																
Temperature (specify: °C)																
Chills/Feverish																
Difficulty breathing																
Cough																
Runny Nose																
Nausea/Vomiting/ Diarrhea																
Sore throat																
Other, specify																

Healthy Respiratory Practices Everyone Can Use to Protect Yourself & Your Community



Stay home if you are sick



If you are sick, avoid close contact with others



Turn and cover your mouth and nose



Throw used tissues in the garbage



Wash your hands



Clean/Disinfect

Daily Home Schedule

7:00	BREAKFAST	
7:30	FREE PLAY	
8:30	LEARNING ACTIVITIES	
10:00	SNACK	
10:30	CRAFTS	
11:00	MOVEMENT ACTIVITIES	
11:30	STORY TIME	
12:00	LUNCH	
12:30	OUTDOOR PLAY	
1:30	LEARNING ACTIVITIES	
3:00	COOKING & SNACK	
4:00	GAMES & PUZZLES	
4:30	FREE PLAY	
5:30	DINNER	
6:00	FREE PLAY & TECH TIME	
7:30	BEDTIME ROUTINE	

Activity Ideas



LEARNING

- MATCHING
- COUNTING
- PREPOSITIONS
- COLOR/SHAPE ID
- PATTERNING
- LETTERS/NUMBERS
- DESCRIBING
- ORDERING BY SIZE
- RHYMING

CRAFTS

- COLLAGES
- PAINTING
- STICKERS
- KINETIC SAND
- CARDBOARD BOX CREATIONS
- SCRAPBOOKING
- BEADING
- SEWING

MOVEMENT

- DANCE PARTY
- GONOODLE/FUN & FLUENCY (ONLINE)
- MOVEMENT SONGS
- OBSTACLE COURSE
- EXERCISES
- BRAIN BREAK ACTIVITIES
- YOGA POSES

FREE PLAY

- LEGOS/BLOCKS
- MAKE A FORT
- PUPPET SHOW
- DOLL HOUSE
- DRAMATIC PLAY
- BUILD A CITY
- SENSORY BIN
- CREATE A MAZE
- PLAY DOUGH

COOKING

- HOMEMADE PIZZA
- POPSICLES
- CEREAL BARS
- STOVETOP POPCORN
- PLAY DOUGH
- SLIME/OOBLECK
- APPLESAUCE
- JELLO/PUDDING
- FRUIT SALAD

STORY TIME

- STORYLINE ONLINE
- BOOKS ON TAPE
- PICTURE WALK
- FELT BOARD ACTIVITIES
- STORY RETELLING
- COMPREHENSION QUESTIONS
- STORY ELEMENTS

GAMES

- PUZZLE RACE
- PLAYING CARDS
- HIDE AND SEEK
- BOARD GAMES
- CHARADES
- FOLLOW THE LEADER
- SIMON SAYS
- ACTION IMITATION
- I SPY

OUTDOOR

- RIDE BIKES
- NATURE WALK
- SCAVENGER HUNT
- CHALK
- HOPSCOTCH
- BUBBLES
- JUMP ROPE
- SPORTS/RACES
- TAG

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Daily Fun with Your Little One!

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Help your child get ready to learn to read!

Each day features a fun activity that will help your child build pre-reading skills. Activities are color-coded by skill. Ask your children's librarian for more ideas on how to promote early literacy skills with daily activities at home.

1 Reading

It's April Fool's Day! Read a silly book together, such as *Silly Suzy Goose* by Petr Horacek.

2 Writing

It's National Peanut Butter and Jelly Day. Celebrate by drawing pictures of the silliest PB and Js you can think of!

3 Science

It's Find a Rainbow Day. Hold a glass of water over a sheet of paper at a sunny window. Watch a rainbow form on the paper as light passes through the glass!

4 Sounds

While at the park, sit quietly for one minute. Then, talk about all of the sounds you heard.

5 Songs

Play some of your child's favorite songs and have a dance party in the living room.

6 Play

Get out your favorite board game, but play it with your own rules.

7 Math

Hide Easter eggs around your yard or living room, and see how many your child can find. Count the eggs when she is finished.

8 Writing

On National Zoo Lovers Day, have your child draw a picture of his favorite animal at the zoo.

9 Reading

On National Unicorn Day, read *Unicorn Day* by Diana Murray together.

10 Songs

On National Farm Animals Day, sing "Old MacDonald Had a Farm" together.

11 Stories

On National Pet Day, tell your child a story about a pet you had when you were growing up.

12 Science

It's National Grilled Cheese Sandwich Day. Make one together, and talk about what happens to the cheese as it cooks.

13 Rhymes

Recite favorite nursery rhymes together, such as "Jack and Jill" and "Humpty Dumpty."

14 Reading

On National Dolphin Day, go to the library and check out a nonfiction book about dolphins.

15 Songs

Sing your own version of a favorite song together.

16 Writing

Help your child write a message to a loved one in a blank greeting card. Mail or deliver the card together.

17 Sounds

How many words can your child think of that have the same ending sound as "bunny"?

18 Math

On National Animal Crackers Day, use animal crackers to practice simple math problems.

19 Stories

Have your child tell you her own version of her favorite story.

20 Songs

As you prepare a meal, sing a song together about what you are doing.

21 Science

Walk in your backyard or visit a park and talk about all of the plants and flowers that are blooming.

22 Math

On National Jelly Bean Day, have your child use jelly beans to practice sorting objects by color.

23 Play

It's National Picnic Day. Celebrate by having a picnic, outside or in the living room, with your child and his stuffed animals!

24 Rhymes

Write down the words "dog," "cat," "pig," and "cow." Can your child think of a rhyming word for each animal?

25 Reading

Watch a show with closed captioning together.

26 Math

It's National Pretzel Day. Spread out an assortment of pretzels on a table and use them to practice making patterns.

27 Stories

On National Tell a Story Day, have your child tell you a story about a happy memory.

28 Play

It's National Superhero Day! Pretend you and your child are superheroes, and play a game together.

29 Sounds

Flip through a magazine and point to different pictures. Ask your child to tell you what sound the object or animal in the picture makes.

30 Writing

In the morning, have your child help you write a to-do list for the day.



Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

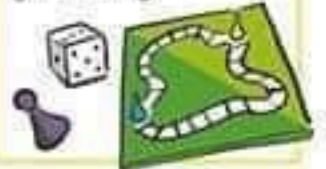


8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?



Supporting Tlicho Language Activities;

Songs, Chants and Rhymes

- Repetition is key in language learning: with songs, chants and rhymes, learners will happily repeat language structures many times.

Songs to sing in Tlicho (pick a tune and make up new words): Hokey Pokey, The Farmer in the Dell, Kumbaya, Twinkle Twinkle Little Star, Head and Shoulders, or Itsy Bitsy Spider

Games

Games are fun and usually active. Games can be used to teach cooperative skills and language. Kids will learn without even knowing they're learning!

Simon Says...

Snakes and Ladders

What Time is it Mr. Wolf? Flashcard Games

Spot the difference games Puzzles and blocks

TALK/Read

- Read a Tlicho book (several have been given out and more may be available in these kits)
- Have a Tlicho phrase of the day to practice
- Call or write to a friend, family member or Elder in Tlicho