



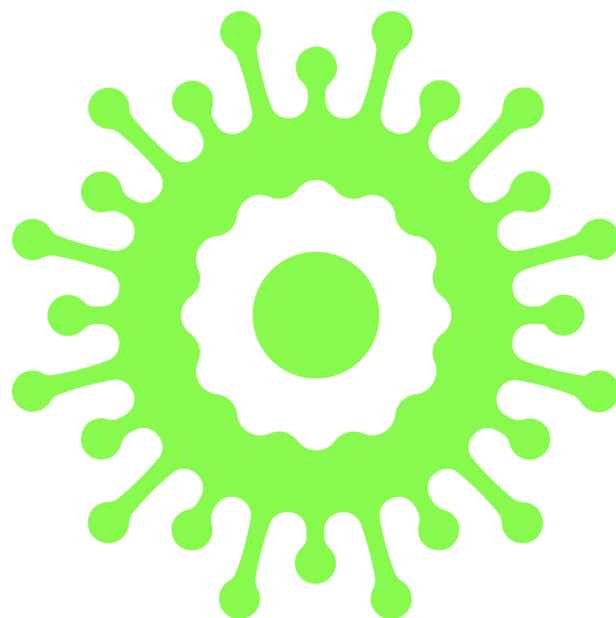
National
Defence

Défense
nationale



COVID-19

AIDE MEMOIRE



FOR CADETS AND JUNIOR CANADIAN RANGERS



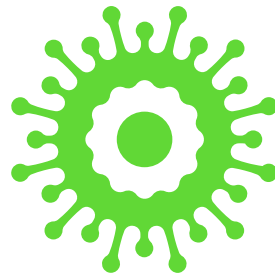
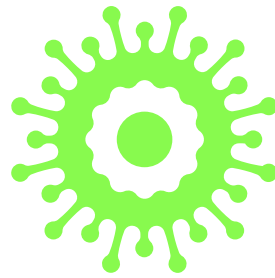


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SECTION 1: INTRODUCTION

The purpose of this document is to help you learn strategies to reduce the spread of the COVID-19 virus.

This is important, because the virus can make anyone sick, even if they are young and healthy. And for people who are over 60 or have certain health problems, it can be really serious... or even deadly.

Since many people who catch COVID-19 have very mild symptoms (and sometimes none at all), it's possible to spread the virus without even knowing you have it!

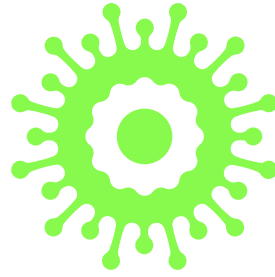
The good news, though, is that there are a lot of things you can do to help keep the virus from spreading, and most of them are pretty simple!

This document contains some information about the virus, and some guidelines for ways to protect yourself and the people around you. There is also a section that contains some common myths and real facts about the virus.

In the Canadian Armed Forces, a booklet like this is called an "aide-memoire" – you can keep it with you, in your pocket or on your phone, to refer to whenever you need it.

At the end of this aide-memoire, you will also find a list of links to other resources, so that you can keep up to date on new information as it becomes available.





SECTION 2: COVID-19 ANSWERS

This section contains some basic information about COVID-19 to help answer questions you or others might have. What we know about COVID-19 is changing all the time, so remember to stay up to date on new information as much as you can.

If you have internet access, you can check online resources like the [Government of Canada's Health website](#) often to stay up to date! You can also call the Public Health Agency of Canada (PHAC) at 1-833-784-4397.



WHAT IS COVID-19, ANYWAY?

COVID-19 is a new disease that hasn't been previously identified in humans. Its name comes from a combination of the word "coronavirus" and the year "2019."

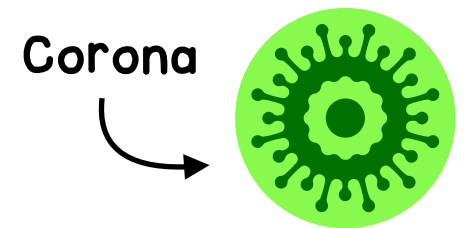
This disease has many different symptoms, but often affects a person's lungs and their ability to breathe. It can lead to serious health problems like pneumonia, when the air sacs in the lungs start to swell and fill with fluid.

SO... WHAT'S A CORONAVIRUS?

The virus that causes COVID-19 is a type of coronavirus.

Coronaviruses get their name from the fact that they are round and have a fringe of tiny projections around them, making them look as if they're surrounded by a **halo** or **corona**.

There are lots of different types of coronaviruses - some can cause illnesses in humans, while others affect animals. Most of the ones humans can catch only cause mild symptoms, similar to having a cold.



But there are other coronaviruses that can make people really sick, such as SARS (which stands for Severe Acute Respiratory Syndrome).

HOW DOES IT SPREAD?

COVID-19 spreads from person to person through **tiny droplets**, which spray into the air when people cough, sneeze, or even speak. If these droplets enter your body, they can infect you with the virus.

The droplets are usually too small to see without a microscope, but they can still carry the virus.



This is why physical distancing is so important.

Because droplets containing the virus can stay on your hands or clothes, COVID-19 can also spread through close physical contact like **hugging** or **shaking hands**.

If you get the virus on your hands, and then touch your face, the virus can get into your eyes, nose or mouth and make you sick. Cleaning your hands



frequently is essential to prevent this. You should also cough or sneeze into your arm instead of covering your mouth with your hand.



The virus can live on **door handles, railings, phones**, and other surfaces that people have contact with. Cleaning regularly with household disinfectant can make these things safer for people to touch.

HOW DO YOU KNOW IF YOU HAVE IT?

That's the tricky thing about COVID-19: a lot of the people who catch it *don't* know they have it!

As many as **25 per cent of people can have no symptoms at all**, and for others it's so mild that they think they just have a cold, or maybe the flu:



Unfortunately, **even people who have no symptoms** can still be **spreading the virus** to others, and those who catch it from them could become seriously ill or even die!

Some of the symptoms associated with COVID-19:

- Cough
- Fever
- Chills
- Sore throat
- Runny nose
- Sore muscles and joints
- Diarrhea
- Fatigue (feeling tired all the time)
- Difficulty breathing
- Sudden loss of taste or smell



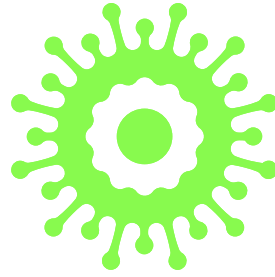
Not everyone with COVID-19 has the same symptoms. The only way to know for sure whether you have COVID-19 is to **be tested by a doctor**, nurse or other health care provider. Each community has its own process for COVID-19 testing.

It can take up to **14 days** for someone to show symptoms after they have been exposed, but they can still spread the virus during this time.

This is why people who may have been exposed to the virus might be asked to [quarantine](#) or [isolate](#), and why [staying home](#) is important.

Regardless of where you live, make sure that you follow the COVID-19 safety measures for the organization while participating in Cadet or JCR activities.

If you still have questions, there are some resources at the end of this aide-memoire that can provide more information.



SECTION 3: SO... SHOULD I STAY HOME?

Depending on where you live in Canada, the rules around COVID-19 safety and the terms people use may be different.

This section includes explanations of some of the COVID-19 precautions you may be hearing about, such as physical or social distancing, stay-at-home, isolation, and quarantine.

You should always keep up to date with the information for your area by:

- Checking the [Government of Canada Health website](#)
- Using the [COVID-19 app](#)
- Following updates on local television channels, radio stations or social media
- Calling the [Public Health Agency of Canada](#)



PHYSICAL DISTANCING MEASURES

Physical distancing is about reducing the amount of close contact people have with each other, so that there is less opportunity for the virus to spread.

It will look different depending on where you live and the level of precautions required, but here are some of the physical distancing measures you could see:



Not all of these physical distancing measures will happen at the same time, and some will differ by community.

Keep up to date on the current rules for your area, and please respect restrictions - they exist to protect you and others!

★ Essential Services: Preserving life, health, and the basic functions of society.

Things to remember:

- Stay two meters apart from other people
- Be patient and kind - physical distancing is hard on everyone
- Avoid physical contact with people who don't live in your household
- Be flexible in case you need to change your plans
- Keep in touch with friends and relatives online or by phone instead of visiting
- Buy only what you need so there's enough left for everybody
- Make sure to get some groceries that will last longer in your fridge, freezer or cupboard so you don't have to shop as often
- If you need prescription medication, have some extra in case you can't get to the pharmacy
- Wear a mask if you have to go someplace where it will be hard to keep two meters between you and others

Not sure about hosting or attending an event, like a party?

Ask yourself if people will have 2 metres of personal space the entire time. If not, you should probably skip it for now.

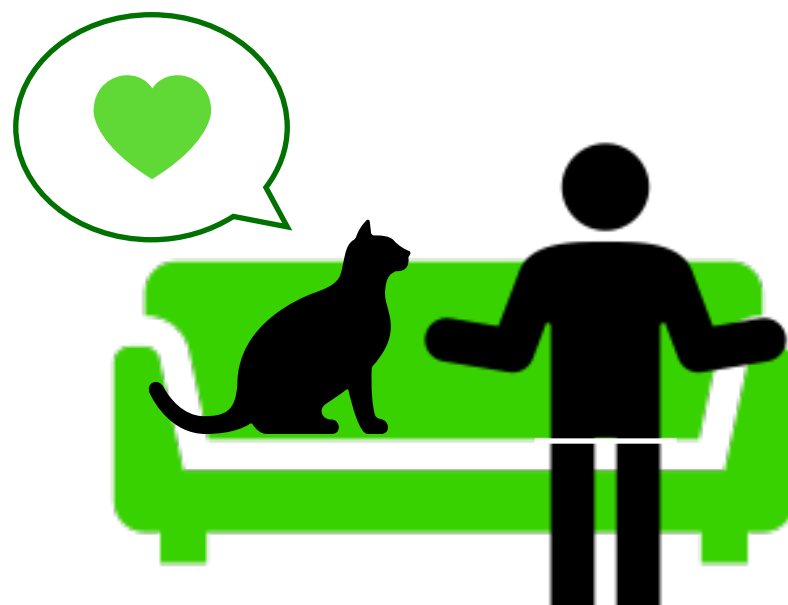


Note: In some places, people use the term "social distancing" instead of "physical distancing," but both mean the same thing. There's more information about physical distancing in Section 4!

STAY AT HOME!

Along with other physical distancing measures in your area, people may be told to stay at home. This is not the same as isolation or quarantine, but it can still do a lot to help slow the spread of the virus.

This is because every time you have contact with people outside your household, you risk spreading the virus to those you meet. So it's important to stay at home as much as you can, especially if you're feeling sick.



You can literally help save people's lives from the comfort of your couch!

Things to remember:

- Only those providing essential services (health care, food, etc.) should go out to work.
- People should only go to the store for items that are absolutely necessary, like groceries or prescriptions. Try to pick up groceries just once a week if you can.
- If possible, let one person run the errands alone instead of the whole family going along. You and your family can still order things online and have them delivered.
- Instead of visiting friends and relatives, keep in touch by phone, text or video chat.
- If your province, territory or community is loosening restrictions around staying home, make sure to know and follow local guidelines.

ISOLATION AND QUARANTINE

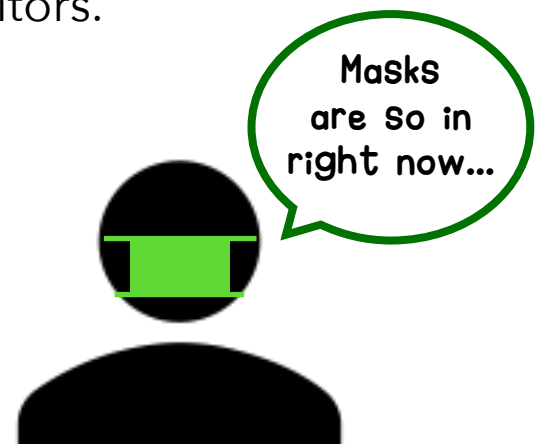
Isolation and quarantine are not the same thing as just staying home. There are some other steps you will have to take to keep others safe.

ISOLATION

If it's likely that you have COVID-19 or could be spreading it, a health care provider will tell you to *isolate*. This means staying at home **all the time**, except to go to medical appointments.

During isolation, you should:

- Go **straight home** after talking to the health care provider.
- Get someone to **bring** you groceries and other items you need.
- Monitor your **symptoms** and check in with your health care provider.
- Try to **stay away** from other people (and pets) in your household - only share bedrooms and bathrooms if you have to. Avoid having visitors.
- If you must be around the other people in your house, wear a clean [mask](#) and stay **two meters** apart.
- If you have to go to the doctor, get someone to **drive** you instead of taking public transit.
- Avoid sharing **personal items** like towels, dishes, toothbrushes, blankets and devices with other people at home.
- **Disinfect surfaces** often with something like rubbing alcohol or bleach that can kill the virus. Carefully disinfect phones and other devices, too.
- [Wash your hands](#) or use **60% alcohol-based** hand sanitizer frequently.
- Contact a **health care provider** if your symptoms get worse.
- Take [care](#) of yourself!



QUARANTINE

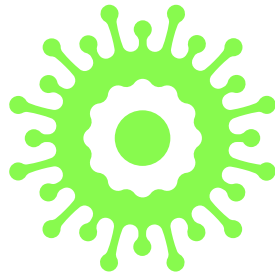
Quarantine is also called “**self-isolating**”. It lasts two weeks (14 days), and is for people who have no symptoms but may have been exposed to COVID-19. You will need to quarantine if:

- You just returned to Canada from another country - this is a mandatory quarantine, so it's literally illegal to leave your house!
- You have had close contact with someone who has a confirmed or suspected case of COVID-19, even if you feel okay.
- A health care provider has told you that you may have been exposed to the virus and should quarantine.

When in quarantine, you should do the same things as if you are isolating. If you start to develop symptoms, you should check your public health authority's website or call a health care provider.

Note: If you have returned to Canada *with* symptoms, you will need to **isolate**. If you are not sure about whether you should isolate or quarantine, you should call a health care provider to check.





SECTION 4: STOP THE SPREAD!

Stopping COVID-19 from spreading is a team effort - we all have to help make it work!

The more people follow guidelines to prevent the spread of the virus, the more likely it is that our communities, provinces and territories will be able to fight it successfully.

Luckily, most of the things you can do to contribute are really simple!



KEEP YOUR DISTANCE

If you go out, do your best to keep **two meters** between you and other people.

That's the length of two hockey sticks...



Or two big happy dogs...

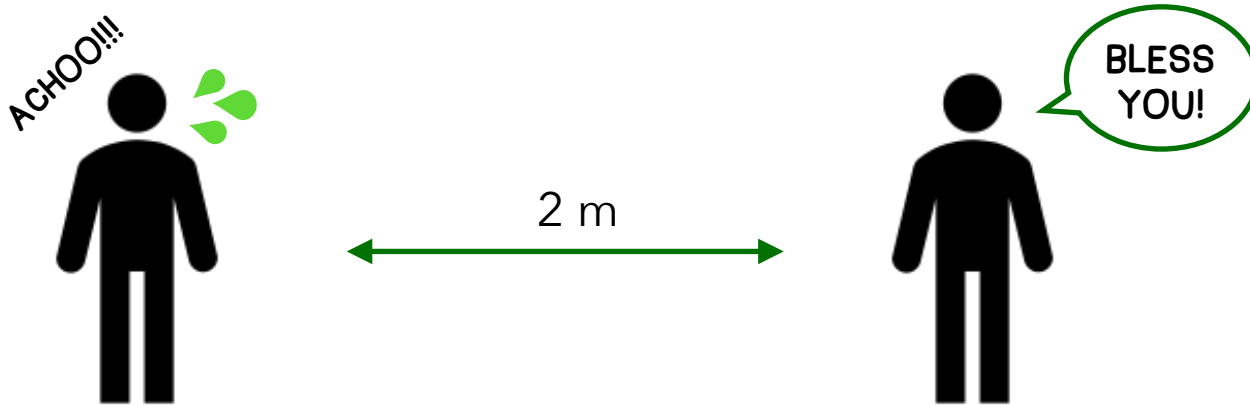


Or one large bear.



Keeping two meters between people is part of **physical distancing**, and is important because COVID-19 can be spread through tiny droplets from a cough or sneeze.

If you are two meters away from someone else, you reduce the risk of those infected droplets reaching the other person.



Things to remember:

- If you're in a store, avoid crowded aisles. Stay two meters back from the next person in line.
- If you are outdoors walking, running or riding your bike, leave extra distance around other people on the road or trail.
- If you are talking to your neighbours, talk over a fence or from opposite ends of the driveway.

WASH YOUR HANDS

You should **always** wash your hands after using the washroom, before preparing food, and when you come home after being in the woods or in a public place.

But when it comes to COVID-19, it's especially important to wash your hands often, completely and properly. Take off any jewelry first!



Soap

Use soap that lathers. Use the suds to scrub **all** the parts of your hands, not just your palms.



Hot Water

Make sure you're using hot water to help kill the germs.



Twenty Seconds

Wash your hands for at **least 20 seconds** every time. That's long enough to sing "Happy Birthday" twice.

Happy Birthday:

Happy birthday to you!
Happy birthday to you!
Happy birthday, happy birthday,
Happy birthday to you!

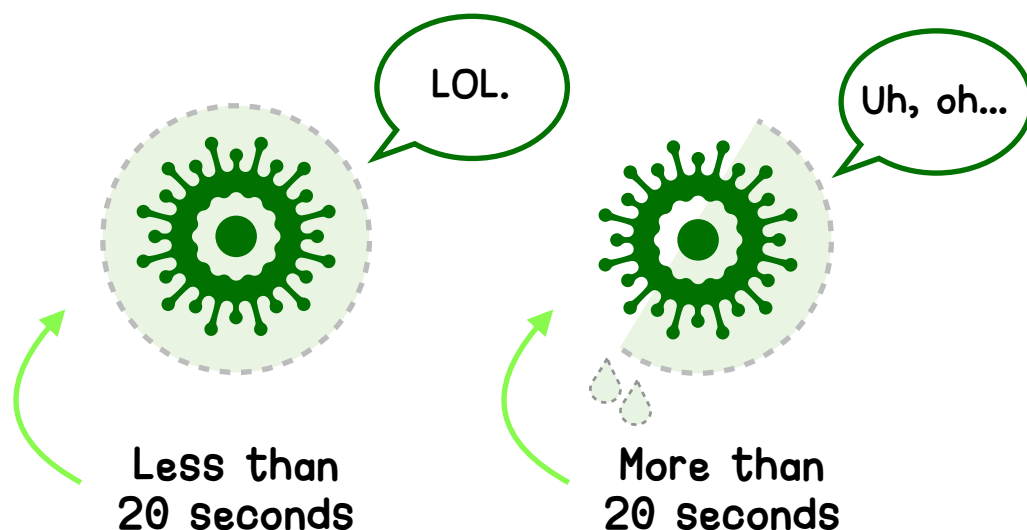
(Repeat)

No, you don't have to sing it out loud.
But you can if you want to!

If you can't wash your hands,
use a hand sanitizer
that is 60% alcohol!

The reason you have to wash for 20 seconds is that the virus has a protective covering.

It takes at least 20 seconds of scrubbing your hands with soap to remove that coating and wash the virus away.



AVOID TOUCHING YOUR FACE

Do your best to keep yourself from touching your face, especially if you haven't washed your hands recently. It may take some practice, but it's important.

If you touch or rub your face, the COVID-19 virus can get into your eyes, nose or mouth and make you sick.

If you cough or sneeze, cover your mouth with your elbow or a tissue (throw the tissue in the trash, please!). Wash your hands after handling tissues.



WEAR A MASK

A homemade or disposable mask can help decrease the spread of COVID-19, though it doesn't replace other measures like staying home, physical distancing and proper hand-washing.



However, a mask *can* reduce your risk of spreading the virus to others when you can't always stay two meters apart, such as in a store or on public transit.

This is especially important if you are around those who have a higher chance of becoming seriously ill.

A good mask should:

- Fit securely on your face and cover your mouth and nose
- Have at least two tightly-woven layers
- Be either disposable or washable
- Be breathable and comfortable enough to wear for as long as needed



HOW TO MAKE A MASK FROM A BANDANA

This method is super-easy, and you won't even have to sew!

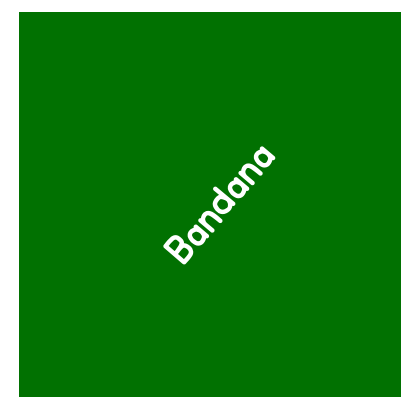
All you need is a large cotton bandana, a coffee filter, and some rubber bands or hair elastics.

Here's how to make your bandana into a mask:

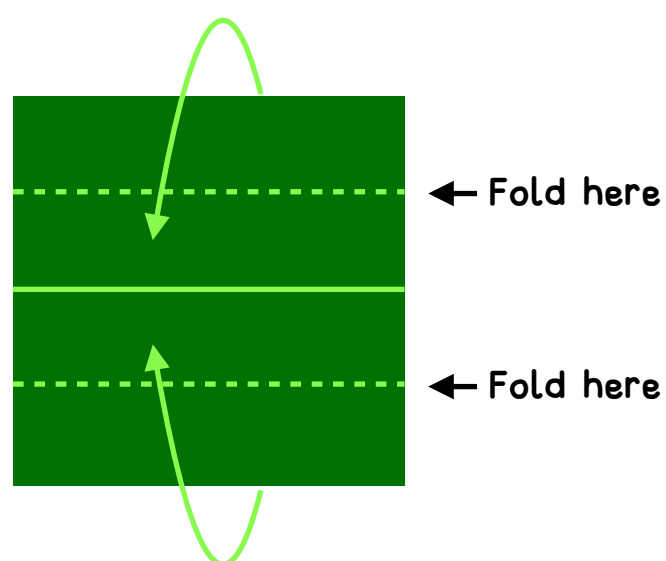
Coffee Filter



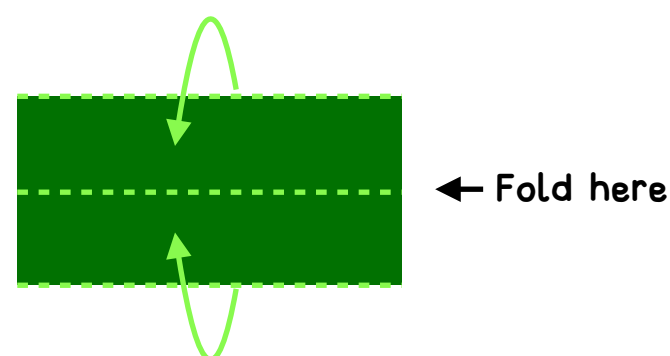
Elastics



1. Fold the ends into the middle:

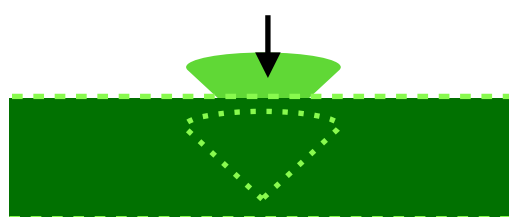


2. Fold into the middle again:



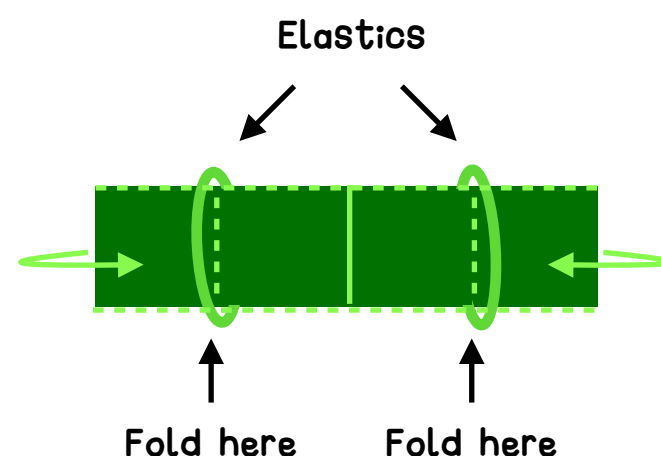
3. Insert the coffee filter into the "pocket" made by your folds.

Insert coffee filter here



(You might have to cut the filter to fit)

4. Slide the elastics onto the bandana, and fold the ends over them into the middle



5. Put the mask over your mouth and nose, with the loose ends against your face.
You might have to adjust your folds a bit to fit right!

Then put the elastics over your ears, or tie a shoelace between them to hold the mask in place.



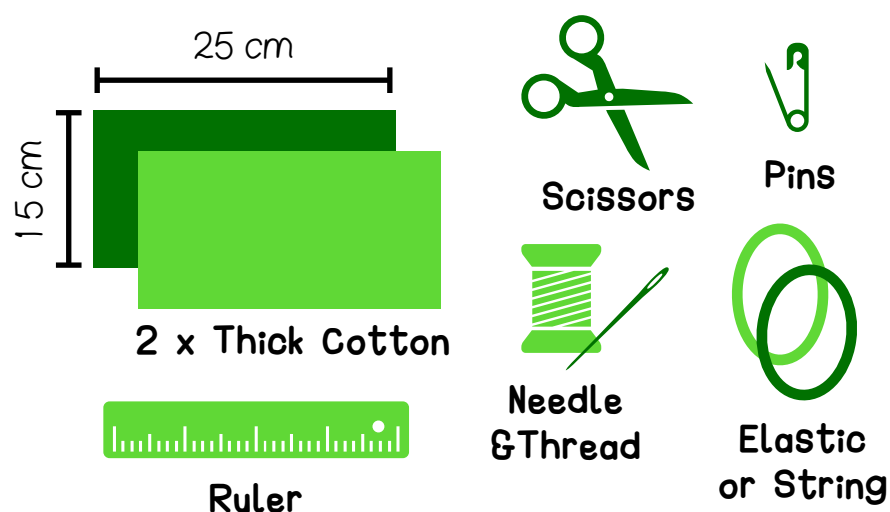
TA-DAAA!
You have made a mask!

HOW TO SEW YOUR OWN MASK

For this method, you can put your sewing skills to work! You don't need any special knowledge, or even a sewing machine – this mask is perfect for beginners.

Materials: - Two 15 x 25 cm pieces of cotton
(thick enough for no light to get through)

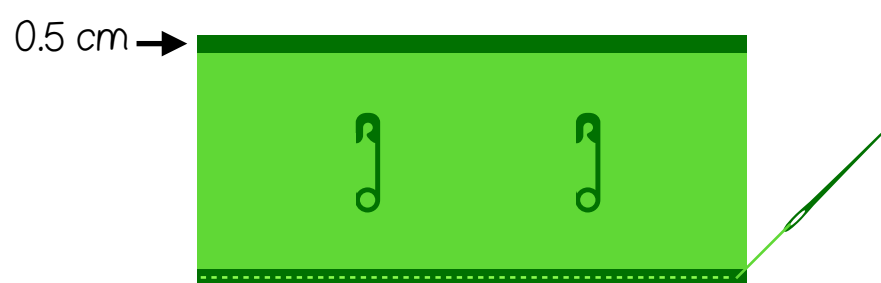
- Thread and a needle
- Pins
- Scissors
- Ruler or tape measure
- String or elastic
(for ties to hold your mask on)



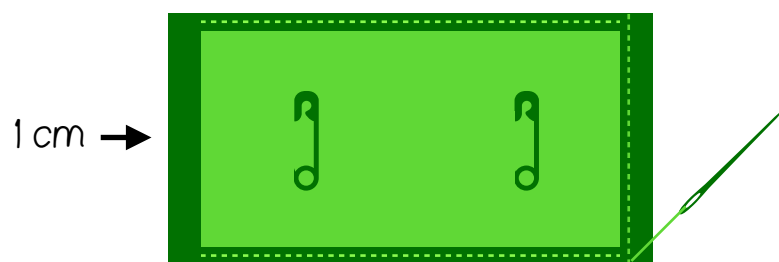
1. Put your two pieces of fabric back-to-back and pin them together.



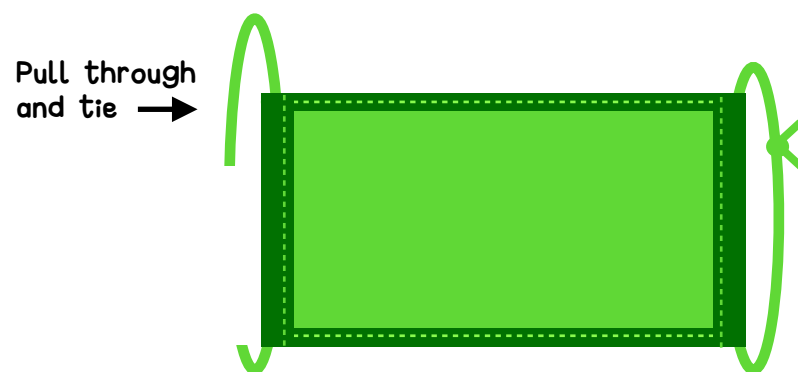
2. Fold over about 0.5 cm on the top and bottom, and sew in place.



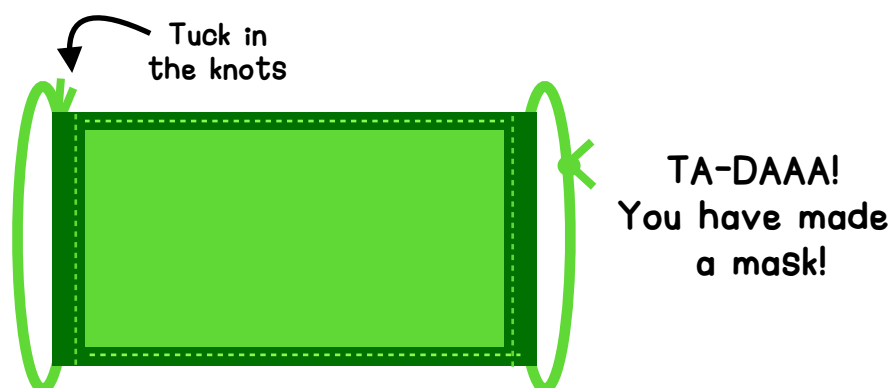
3. Fold over about 1 cm on each side, and sew. These are the sleeves for your ties!



4. Take out your pins. Feed your string or elastic through the sleeves and tie.



5. Check that your ties are a comfortable length. Put them over your ears, or tie them behind your head with another string. Then tuck the knots into the the sleeves of your mask, and you're done!



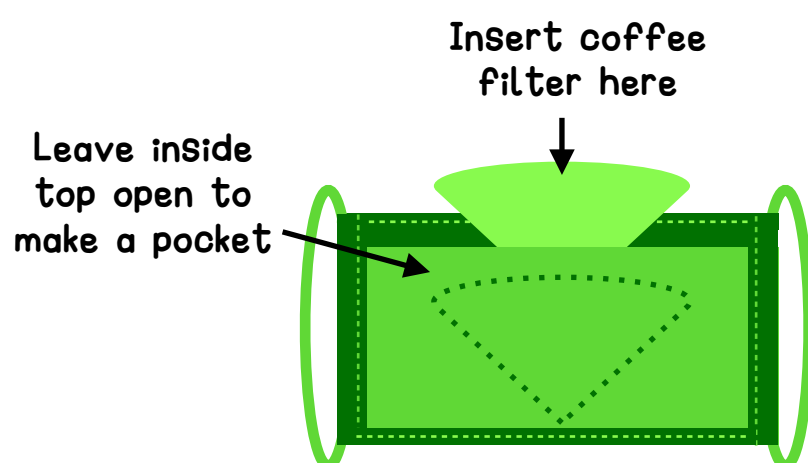
MORE ABOUT MASKS

Things to Remember:

- When making a mask, you can use fabric from things you have at home, like old clothes, pillowcases, or bedsheets. Check with parents or guardians first!
- If you don't have thick fabric to make a mask, you can use thinner material like an old t-shirt and make a pocket for a coffee filter on the inside.
- Many grocery stores and dollar stores sell basic sewing supplies.
- Be careful when cutting and sewing!

MASK MODIFICATIONS

Add a pocket for a coffee filter:

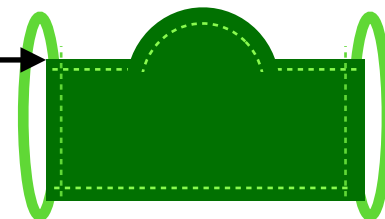


Sew in a thin, flexible wire to shape the mask over your mouth and nose:

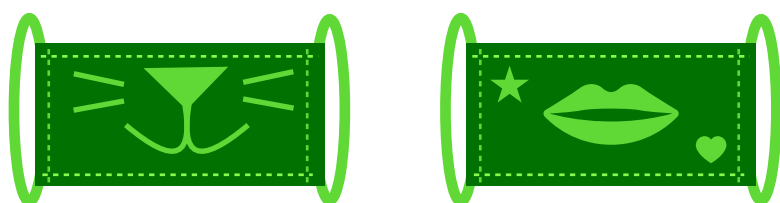
Sew a wire into the top seam



Now you can bend it to fit better!



Use fabric markers or decorations to add some colour:

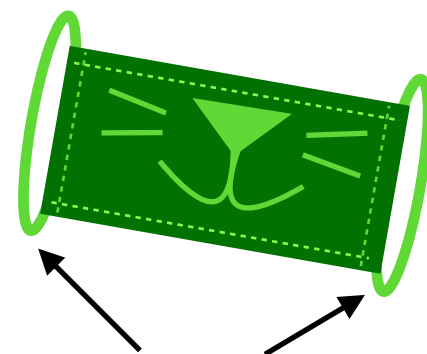


If you're having fun making masks, why not make some for family, friends and neighbours?

Just remember to stay safe and respect physical distancing rules!

PUTTING ON AND TAKING OFF A MASK

- Check that your mask is clean and dry before you put it on.
- Always wash your hands or use hand sanitizer before putting on or taking off your mask.
- Make sure your hair doesn't get caught under the mask.
- Adjust the straps so it covers your mouth and nose, and there are no gaps between it and your face.
- Wash your hands again once you have your mask on.
- When you take your mask off, hold it by the straps, and put it in a plastic bag.
- Wash your hands again after removing the mask, and try not to handle it before you wash it.



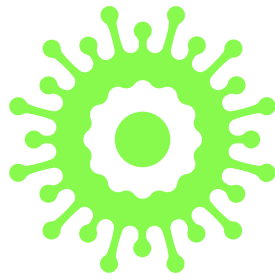
Try to only
handle your mask
by the straps

MASK MAINTENANCE

Here are some ways to keep your mask working well for a long time:

- Avoid touching the outside of your mask while you have it on.
- Change your mask whenever it gets damp or dirty.
- Wash your mask after **every** time you wear it.
- Remember to take the coffee filter out before you wash it!
- Your mask can be washed by hand, or put it in a small mesh bag to protect it in the washing machine.





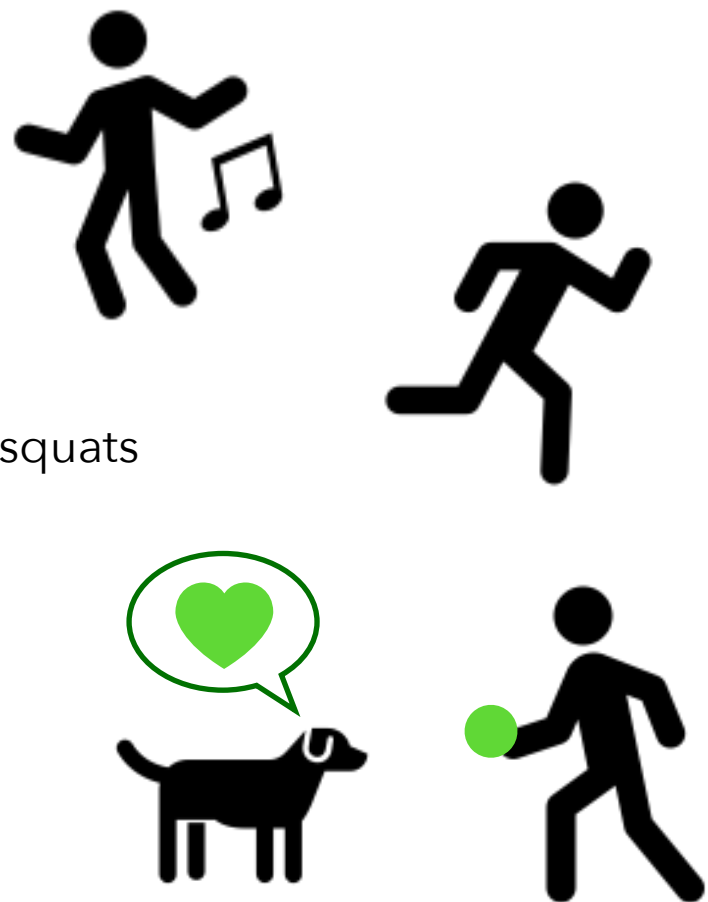
SECTION 5: STAYING HEALTHY

COVID-19 has caused a lot of our normal routines to change. But here are some ways you can keep yourself healthy ... even if you're stuck at home!

STAY ACTIVE

Regular physical activity is important for young people. It's not only good for your physical health, but it can also help improve your mood and reduce stress! Luckily, there are lots of strength and cardio activities you can do at home. Here are a few ideas:

- Do yoga or tai chi
- Dance to an upbeat song
- Follow an exercise video
- Do bodyweight exercises like pushups or squats
- Use cans of soup as dumbbells
- Play with your pet
- Jog around your yard
- Climb up and down the stairs



There are even some fitness-focused video games, and free phone apps that let you track your activity and give you a virtual reward every time you reach a goal!

GO OUTSIDE

Get outside if you can. It's okay to bike, walk or run outdoors as long as you keep a safe distance from others.

Fresh air and sunshine can do wonders for your mood!

You can also find places to walk or run where there aren't too many people around, like in the woods.

Remember to stay safe, respect other people's property, and follow the physical distancing rules for your area.



STAY CONNECTED

Even if you can't visit friends or family, you can still keep in touch through phone, text, video chat or social media.

Keeping in contact with people outside your household can be good for your mental health, especially if you're someone who likes to be social.

And you can also cheer up people who may be feeling lonely, like older relatives who have to stay indoors.



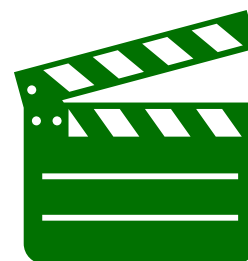
KEEP YOURSELF OCCUPIED

If you're not going to school or work, it can be tempting to just stay in bed! But as much as doing nothing all day might sound relaxing, it can actually make you feel worried, angry, and sad.

Instead, keep yourself occupied. Use your free time to do something you enjoy, help out around the house, or learn a new skill.

Here are some ideas:

- Try a new recipe
- Play games
- Make crafts
- Read a book
- Draw or paint
- Practice drill
- Go for a walk
- Redecorate your room
- Try out a new hobby
- Plan a family activity, like a movie night
- Make a funny video or a skills tutorial to share
- Create a poster to thank essential workers



TAKE TIME FOR SELF-CARE

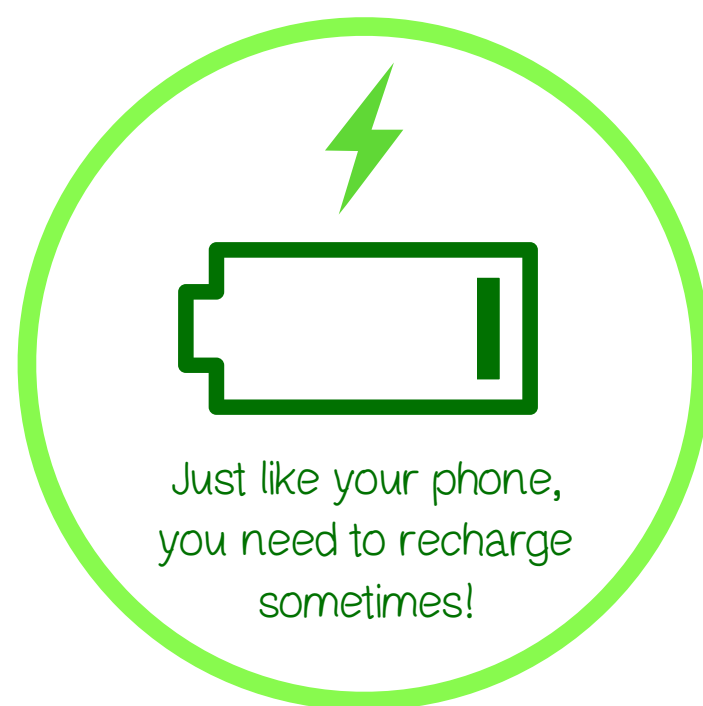
With all the changes and uncertainty that have come with COVID-19, it's understandable that many young people find themselves feeling tired, worried, scared, or angry.

Things may be getting a little too busy at home, especially if you're working, trying to keep up with schoolwork, or constantly looking after your siblings or elderly relatives.

Or you may be finding it tough to be at home with your whole family, particularly if you're someone who needs time alone to recharge.

Whatever the reason, it's important to take time to look after yourself, and manage your stress and anxiety. Here are some things you can do:

- Get into a **routine** to give your day some structure
- **Make time** to be alone and do things you enjoy
- Set **boundaries** - it's okay to say "no" sometimes
- Learn to **meditate** or do yoga with a free app
- Get enough **sleep** - 8 to 10 hours a night!
- Write your thoughts in a **journal**
- Look for the **humour** in tough situations
- Create a story or **comic strip** about your life
- **Talk** about your feelings with someone you trust
- Show **gratitude, kindness** and **patience**
- Limit your **exposure** to social media if it makes you angry or sad
- Instead of stressing about things you can't do, **focus** on things you can!



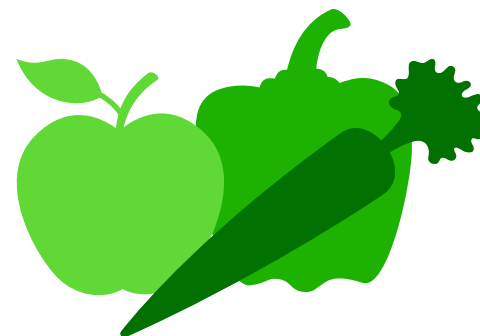
EAT A NUTRITIOUS DIET

As much as it might be tempting to live on junk food right now, eating right is important to staying healthy!

It's still okay to have a little comfort food once in a while, but make sure you're also eating lots of fruits and veggies, whole grains, and high-fibre foods like peanut butter, oatmeal, peas and beans.

If you can't get fresh vegetables at the store right now, frozen and canned vegetables are still good for you, and there are lots of tasty recipes you can make with them.

You could even try growing your own fruit and vegetables indoors or in a garden!





SECTION 6: MYTH-BUSTING

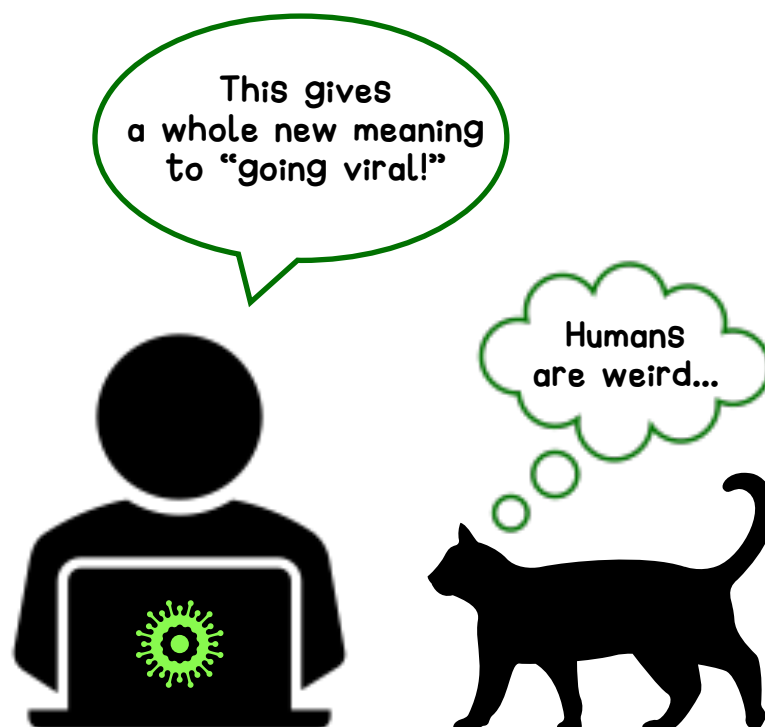
There's a lot of misinformation out there about COVID-19. Sometimes it can be hard to tell what's true and what isn't.

In some cases, the people spreading this misinformation really believe it and want to help. But most of the time, their goal is to sell a product or otherwise further their own aims.

Either way, **misinformation can be deadly**. Always fact-check before you pass on information, whether in person or online!

If something isn't on the [government health website](#) or another official source, it's probably not reliable.

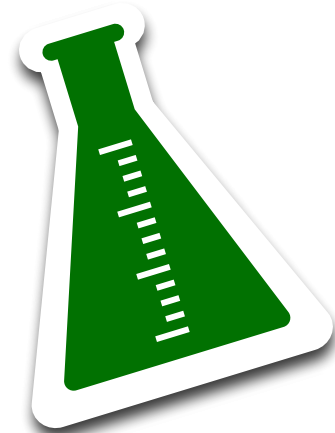
This section includes some of the COVID-19 myths that are making the rounds, and some of the questionable "miracle cures" that people have been sharing on the internet!



COVID-19 MYTHS:

“I’m young and healthy.
I have nothing to worry about!”

The truth: COVID-19 can make *anyone* really sick, regardless of their age or health. People who are elderly or who have existing medical conditions might be most at risk, but it can be dangerous for young people, too.



“You can catch COVID-19
from your pets!”

The truth: There is very little chance of catching COVID-19 from a pet. You’re much more likely to catch it from another human, and the virus doesn’t seem to be dangerous to dogs or cats. If you’re worried about your furry friends coming into contact with the virus, keep them indoors or in the yard unless you’re with them, and practice physical distancing when out for walks.

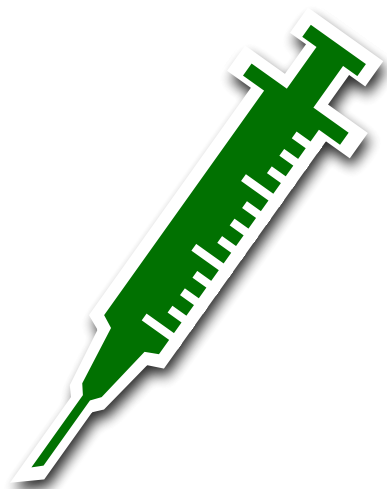


“All hand sanitizers do
the same thing!”

The truth: Only 60% *alcohol-based* hand sanitizers are proven to kill the COVID-19 virus. Always check the ingredients when buying hand sanitizer. And remember that washing your hands with soap and hot water is the best way to keep them clean.

“You won’t catch it if you
wear a mask and gloves.”

The truth: A mask and gloves alone are NOT enough to keep you from getting sick. A good mask can keep you from spreading the virus, but physical distancing and proper hand-washing are the best ways to avoid catching the virus.



“I don’t need to worry -
I got the flu shot!”

The truth: COVID-19 is caused by a totally different virus, and a flu vaccine will not protect you from catching it. There is no vaccine for COVID-19 yet, though many different countries are working on one. However, the flu can also be dangerous, so it’s good to get the flu shot anyway!

“I’m pretty sure I had it already,
so I’m immune now.”

The truth: There is no guarantee that having COVID-19 once will keep you from getting it again. Not all viruses work that way. Moreover, you could still spread it even if you don’t have symptoms. And only a health care provider could tell you if you had COVID-19 for sure. Don’t risk it!

“I just have a sore throat. I
don’t need to stay home.”

The truth: If you have any **symptoms** of COVID-19, it’s a good idea to play it safe and stay home if you can. Some people will have different symptoms than others, and even if you have no symptoms at all, you could still be spreading the virus to others!



“Don’t take Advil. It will
make COVID-19 worse.”

The truth: Ibuprofen, which is the medicine in brands like Advil, is used to treat things like fever, pain and swelling. It doesn’t make COVID-19 symptoms worse or increase your risk of catching the virus. But even some journalists fell for this myth at first!



“MIRACLE CURES” FOR COVID-19

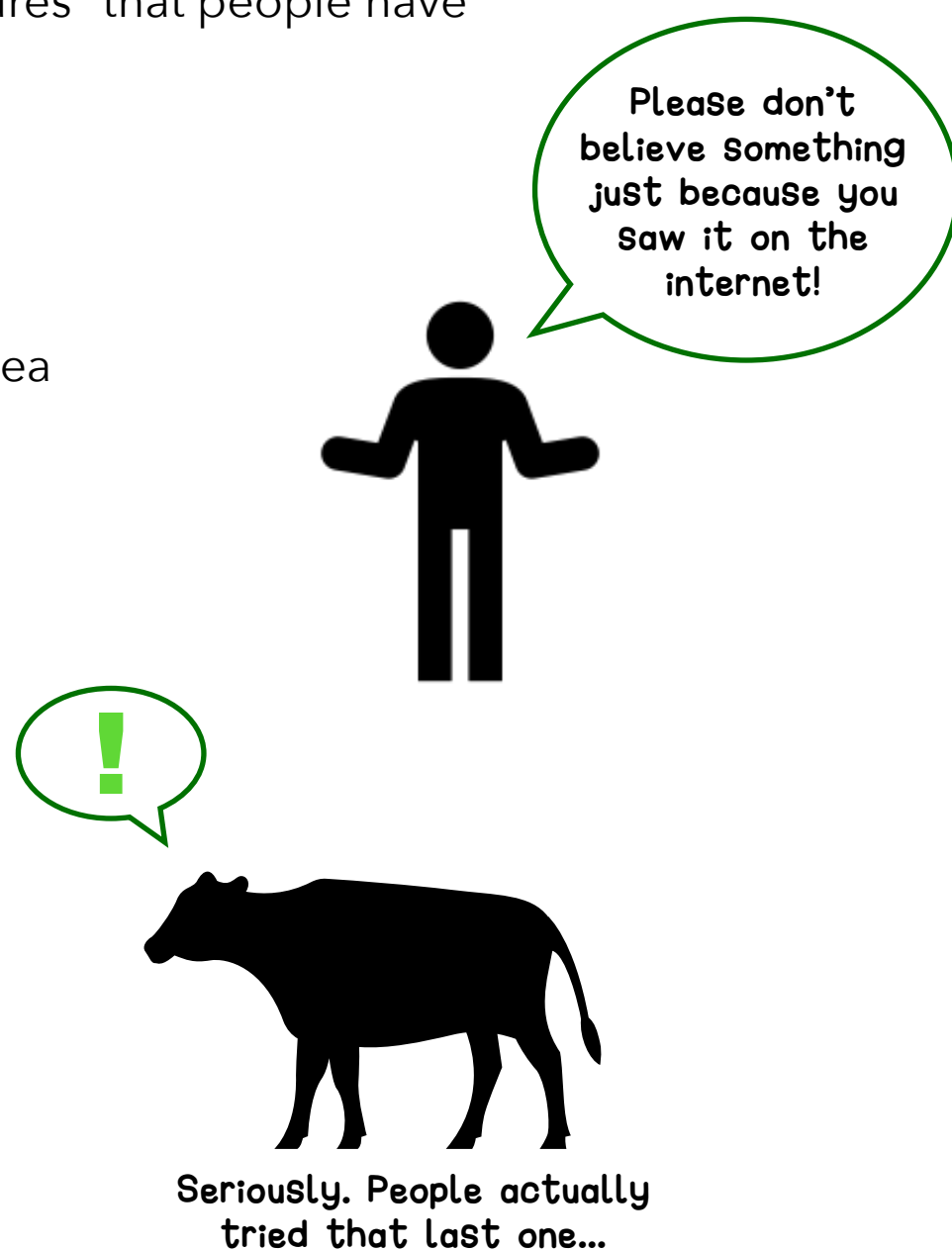
There are dozens of “miracle cures” making the rounds on the internet, claiming to treat or prevent COVID-19. Some of them may sound believable, but none are actually proven.

These fake cures can cause *a lot* of problems. Those who follow them may believe it’s okay to skip real prevention methods like physical distancing and hand-washing. People who get sick may not seek actual medical help. And some of the “cures” are actually dangerous or even deadly all by themselves!

There is no known cure or vaccine for COVID-19, and you should only use treatments that are prescribed by a qualified health care provider.

Here are some of the fake COVID-19 “cures” that people have shared online:

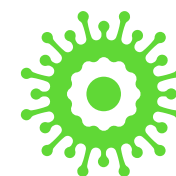
- Drinking industrial alcohol (toxic)
- Using essential oils
- Taking herbal remedies like lavender tea
- Drinking hand-sanitizer (toxic)
- Injecting or drinking bleach (toxic)
- Gargling with peroxide (toxic)
- Eating garlic
- Drinking water constantly
- Blow-drying your entire body
- Going out in the sun
- Using cocaine or marijuana
- Sipping hot water or inhaling steam
- Drinking cow urine



RESOURCES

Here are some helpful resources for information about COVID-19, as well as for staying physically and emotionally healthy.

GOVERNMENT OF CANADA COVID-19 INFORMATION



Up-to-date info about prevention, symptoms, treatments, patterns for masks, and pretty much everything else COVID-19 related! Check back often for updates.

www.canada.ca/coronavirus

BREAKTHEFAKE.CA



A site dedicated to helping young people recognize and stop the spread of misinformation online. Home of the House Hippos!

<https://mediasmarts.ca/break-fake>

KIDS HELP PHONE



Need someone to talk to? You can contact Kids Help Phone by phone, text or live chat! The website also has a feature that lets you find local resources in your area, so you can connect with someone who can help.

<https://kidshelpphone.ca>

1-800-668-6868

Text CONNECT to 686868

PUBLIC HEALTH AGENCY OF CANADA



For up-to-date information about COVID-19, follow the Public Health Agency of Canada (PHAC). They have a website, a toll-free phone number, and social media.

Facebook: <https://www.facebook.com/HealthyCdns>

Twitter: @GovCanHealth
@CPHO_Canada

Website: <https://www.canada.ca/en/public-health.html>

1-833-784-4397

MORE INFORMATION ON MASKS



Information about masks and how to make them! These sites are updated regularly with new info.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html>

CANADA'S FOOD GUIDE



Need some information about healthy eating, or want to try some new recipes? Check out the Canada's Food Guide site!

<https://food-guide.canada.ca/en/>

DFIT (DEFENCE FITNESS)



Designed for Canadian Armed Forces members, this fitness site is open to Cadets and JCRs as well. You can create physical activity plans, try new recipes, and track your progress.

<http://dfit.ca>

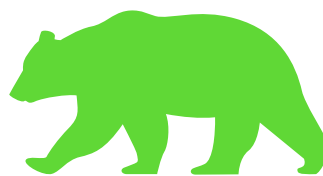
PARTICIPACTION



Information about physical activity, some great exercise ideas, and an app to track your progress. If you need ideas for physical activity you can do at home, this site has plenty to choose from.

<https://www.participation.com/en-ca>

KAMATSIAQTUT NUNAVUT HELPLINE



If you're in an area where you can't reach Kids Help Phone, Kamatsiaqtut Nunavut Helpline is there for you! You can reach them by phone 24 hours a day.

<http://nunavuthelpline.ca>

1-800-265-3333

HOPE FOR WELLNESS HELP LINE



This service is available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.

Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

You can contact them by phone or online chat.

www.hopeforwellness.ca/

1-855-242-3310

CRISIS SERVICES CANADA



If you or someone you know is in crisis, this website can connect you with a counsellor who can help. Reach them by phone or text.

<https://www.crisisservicescanada.ca/en/>

1-833-456-4566

Text START to 45645

REFERENCES

The information for this aide memoire came from the following sources.

Government of Canada COVID-19 Information Site:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Public Health Agency of Canada website

<https://www.canada.ca/en/public-health.html>

Wikipedia article - List of Unproven Methods Against COVID-19:

https://en.wikipedia.org/wiki/List_of_unproven_methods_against_COVID-19

CDS/DM Joint Directive - DND/CAF COVID-19 Public Health Measures and Personal Protection, 1 May 2020.