



# *Tel̥naapéewi Lahkéewiit*

*Wiingu-néewEénda-Lunaapeewáhkiing -Welcome to the land of the Delaware's*

## **THANKSGIVING DISTRIBUTION:**

The Special Events Planning group would like to thank the following programs for their generous support for the Thanksgiving event:

Early Learning Centre  
Lands Department  
Health Department  
Ontario Works – pandemic funding  
Economic Development  
Administration & Council

Anushiik to our Language Department for providing the wording / translations for the tote bags. Greatly appreciated!

And anushiik to our helpers, Kamryn Whiteye, Rebecca Noah-Fisher, Carrie Snake, Sybil Snake, Robert Huff, Greg Peters Jr., Randy Jacobs, Chas Stonefish, & Councillor Sarah Hopkins-Herr. It was a fun time.

We would also like to express our thanks to the Roads Department, Manager Brian Snake; your continued support is very much appreciated at these events.

Planning Committee:

Councillor Justin Logan, Amanda Logan, Jaime Ann Whiteye,  
Jessica Stonefish-Snake and Cathy Stonefish.



**NOTE:**  
Water Service  
Water Operator : Chris Doxtator  
New number 1-519-709-2796

## ***Medical Driver - NEEDED***

Delaware Nation Health Centre is looking to hire another medical driver. If interested or for more information please call the office. (519) 692-3969

### **News Items Due:**

**Monday October 26th, 2020 @ 4:00 pm**

### **Next Publication Distributed:**

**Wednesday, October 28th, 2020**



Eelunaapeewi Lahkeewiit

# DELAWARE NATION COUNCIL

Phone: (519) 692-3936  
Fax: (519) 692-5522  
[www.delawarenation.on.ca](http://www.delawarenation.on.ca)

14760 School House Line, R.R. #3  
THAMESVILLE, ON

## NOTICE RESIDENTS-SNOW REMOVAL PUBLIC WORKS DEPARTMENT

The Public Works Department will be providing the SNOW REMOVAL SERVICE again this year (2020/2021).

The waiver forms for the removal of snow during the winter season must be filled out, before any snow removal services will be provided and forwarded to the Public Works Department.

The forms will be provided in the Bi-weekly Newsletter along with the Snow Removal Policy.

**DUE DATE: FRIDAY NOVEMBER 27/2020 (after this date we will no longer be accepting waiver forms).**

**Anushiik and Happy Holidays and STAY SAFE!  
PUBLIC WORKS DEPARTMENT**



**Eelūnaapéewi Lahkéewiit  
(Delaware Nation)**

**SNOW REMOVAL POLICY**

## **Eelūnaapéewi Lahkéewiit (Delaware Nation) Council**

### **SNOW REMOVAL POLICY**

During snow and ice conditions, many people call requesting for snow removal. The following is the Eelūnaapéewi Lahkéewiit Council's policy on snow removal.

#### **1. INTRODUCTION**

In the best interest of the Members, the Eelūnaapéewi Lahkéewiit Council assumes the basic responsibility for control of snow and ice on its roads. Reasonable ice and snow control is necessary for routine travel and emergency services. The Eelūnaapéewi Lahkéewiit Council and its Administration, through its Public Works Department, will provide such control in a safe and cost effective manner, keeping in mind safety, budget, personnel and environmental concerns. The Eelūnaapéewi Lahkéewiit Administration will use Public Works departmental employee(s) and/or equipment to provide this service.

#### **2. WHEN WILL THE PUBLIC WORKS DEPARTMENT START THE SNOW REMOVAL OPERATIONS?**

As snow and icy conditions vary by the day of the week and the hour of the day, the Public Works Superintendent will identify the appropriate resources and equipment to deal with the winter weather situations.

Depending on how wide spread and intense the storms are, the Public Works Superintendent may need to continually adjust to achieve the most benefit of its available resources and equipment.

The Public Works Manager and Superintendent will decide when to begin snow removal operations. The criteria for that decision are:

- A. Snow accumulation of 2 inches or more;
- B. Drifting of snow that causes problems for travel; and
- C. Icy conditions which seriously affect travel.

Snow and ice control operations are expensive and involve the use of limited personnel and equipment. Consequently snowplowing operations will not generally be conducted for snowfall of less than 2 inches.

#### **3. PRIORITIES SCHEDULE FOR SNOW REMOVAL**

The Eelūnaapéewi Lahkéewiit Council and its Administration will make every effort to ensure that all roads within the Eelūnaapéewi Lahkéewiit territory remain passable for emergency vehicles throughout the snow removal period. This is always the first priority.

The second priority is the Eelūnaapéewi Lahkéewiit parking lots providing access to its buildings for its programming and services.

The third priority is the driveways for citizens aged 55 years and older.

The fourth priority area is the parking lots for other buildings; and its rental units.

The fifth priority area is community household laneways.

**Please note:** It is virtually impossible to clear parking spaces in parking lots while cars are parked there.

4. **WEATHER CONDITIONS**

Snow removal operations will be conducted only when weather conditions do not endanger the safety of employee(s) or equipment, and operations are effective. Factors that may delay snow and ice control operations include: severe cold, significant winds, limited visibility and rapid accumulations of snow and/or ice.

5. **USE OF SAND, SALT AND OTHER CHEMICALS**

The Eelūnaapéewi Lahkéewiit Public Works department will use sand, salt, and other chemicals when there are hazardous ice or slippery conditions. However, the Eelūnaapéewi Lahkéewiit Council is concerned about the effect of such chemicals on the environment and will limit its use for that reason. Even after reasonable care, snow and ice may still build up.

6. **EMERGENCY SITUATIONS**

For emergency vehicles responding to emergency situations (fire, medical, police) within the Eelūnaapéewi Lahkéewiit territory, or Fire Department/Police Department jurisdiction, necessary employee(s) and equipment will be dispatched as soon as possible.

**During an especially concentrated storm, it may be necessary to continually return to plowing the roadways and that the areas lower on the priority list may have to wait until the storm subsides.**

7. **DAMAGE TO PERSONAL PROPERTY**

Damage to trees, shrubbery, other landscaping and mail boxes will not be considered for compensation.

Damage to personal vehicles will be considered only if they are legally parked and only if physically contacted by equipment.

8. **PRIVATELY OWNED BUSINESS ENTERPRISES**

There shall be no plowing of driveways and/or parking lots of privately owned businesses.

9. **WHAT YOU SHOULD NOT DO**

- Do not clear your driveway until after your road has been plowed. This will reduce the amount of snow that the plow leaves as it passes your driveway.
- Do not shovel or put snow from driveways into the roadway as this creates a hazard for other drivers.
- Do not place garbage bags, trash, etc. on roadways or along the edge of the roadway.

**The Eelūnaapéewi Lahkéewiit Council is committed to providing the best service possible. As mentioned, a lot of problems are uncontrollable: the duration of the storm, the amount of snow, equipment failures and fatigue all hinders the process.**

The Eelūnaapéewi Lahkéewiit Council and its Administration Anushiik for your patience and cooperation.

## 2017-2018 Snow and Ice Removal

During the Winter season, snow and ice removal will be conducted by the Eelūnaapéewi Lahkéewiit Public Works Department in accordance with the 'Snow Removal Policy' dated November 2017. (Attached)

"During an especially concentrated storm, it may be necessary to continually return to plowing the roadways and that the areas lower on the priority list may have to wait until the storm subsides."

The priority list of snow and ice removal will be as follows:

- Roads within Eelūnaapéewi Lahkéewiit Territory
- Eelūnaapéewi Lahkéewiit Buildings
- Seniors (medical)
- Seniors (65 and older)
- Seniors (55 - 64)
- Band Rental Units
- Other Community household driveways

Your understanding, patience and cooperation are most appreciated. Anushiik.

- Public Works Department

**In order to continue with this COMPLIMENTARY SNOW REMOVAL, please return the bottom portion to the Administration Office.**

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**Eelūnaapéewi Lahkéewiit (Delaware Nation)  
Complimentary Snow Removal Service  
WAIVER**

I \_\_\_\_\_, hereby request Eelūnaapéewi Lahkéewiit to clear snow from my driveway subject to the following:

I understand that the service is complimentary and is subject to the availability of employees and equipment to perform the service.

I have been duly informed that injury or damage can occur in the process, including but not be limited to damage to my driveway or objects in or near my driveway. I understand that Eelūnaapéewi Lahkéewiit will use best efforts not to incur injury or damage to my property, but I accept all liability for any injury or damage in consideration of the complimentary service.

I understand the risks, known and unknown, including risk of injury or damage, but knowing those risks, it is my desire to utilize Eelūnaapéewi Lahkéewiit complimentary snow removal service.

I assume all risks and hazards, known and unknown, and I agree to release and discharge Eelūnaapéewi Lahkéewiit Council, its agents, employees, successors and assigns and all other persons associated with the snow removal service from liability for any injuries, claims, costs and damages arising out of, or related to, the complimentary snow removal service, howsoever caused.

**I fully understand this waiver and I am aware that this is a release of liability in favour of Eelūnaapéewi Lahkéewiit (Delaware Nation) Council and others and I sign it of my own free will.**

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

ADDRESS: \_\_\_\_\_

# Eelūnaapéewi Lahkéewiit Job Posting

## Finance Clerk

### Finance Department

The Delaware Nation Council is seeking a dedicated, and self-motivated individual who will assist the Financial Controller, to maintain the financial records.

#### OBJECTIVE

To maintain accurate financial records, and to provide financial information on a timely basis as required by the financial policy.

#### REPORTING

This position reports and is under the direct supervision of the Delaware Nation Financial Controller.

#### DUTIES & RESPONSIBILITIES

- Responsible for the accuracy and timeliness of financial information.
- Prepare bi-weekly payroll, with 3 segments of employment, and manual human resource allocations
- Maintain accounts payable record keeping, with manual cheques and electronic transfers
- Assist in reconciling bank, credit card and other General Ledger accounts
- Prepare and record purchase orders
- Prepare bank deposits, issue receipts as needed
- Assist in other accounting related duties.
- Complete online bank bill payments, download statements.
- Promotes and maintains positive relations with all staff and outside agencies.
- Other clerical duties assigned from time to time as required.
- Ability to maintain confidentiality.
- Strong team player required

#### QUALIFICATIONS

- Accredited college in accounting and/or two years related experience.
- Experience using Sage 300, ACCPAC.
- Strong analytical and organizational skills, with good attention to details.
- Working knowledge of Microsoft Outlook and Excel.
- Excellent verbal and written communications.
- Ability to multi-task.
- Ability to work effectively under the pressure of deadlines.
- Above average attendance, and punctuality is a must.

#### Job Summary

#### Location:

Delaware Nation  
Administration Office  
14760 School House Line  
Thamesville, Ontario  
N0P 2K0

#### Term:

Full-time  
35 hour per week  
8:30 to 4:30

#### Salary:

TBD

**Closing Date:**

**Extended:**

**Friday**

**October 30, 2020**

**4:00 p.m.**

## **CLOSING DATE FOR APPLICATIONS**

Interested candidates, please submit a **Cover Letter, Resume, and 3 references (2 work related & 1 personal)** to:

Director of Operations  
Delaware Nation Administration Office  
14760 School House Line,  
Thamesville, Ontario N0P 2K0  
By email: [director.operations@delawarenation.on.ca](mailto:director.operations@delawarenation.on.ca)

**Marked: CONFIDENTIAL – Finance Clerk**

**By: Friday, October 30, 2020 @ 4:00 p.m.**

*Pursuant to Section 16(1) of the Canadian Human Rights Act, Eelūnaapéewi Lahkéewiit gives preference to First Nation applications.*

*While we sincerely appreciate all applications, only those candidates selected for interview will be contacted.*

*Please note the selected candidate will be required to submit a current CPIC/Vulnerable Sector Search and consent to a background reference check.*

**Anushiik to All That Apply.**





REGISTER FOR  
OUR LIBRARY CARD!

**SUMMER HOURS**

Monday 9:00 am - 1:00 pm

Tuesday 9:00 PM - 1:00 pm

Wednesday 4:00 pm - 7:00 pm

Thursday - 9:00 pm - 1:00 pm

Friday - closed

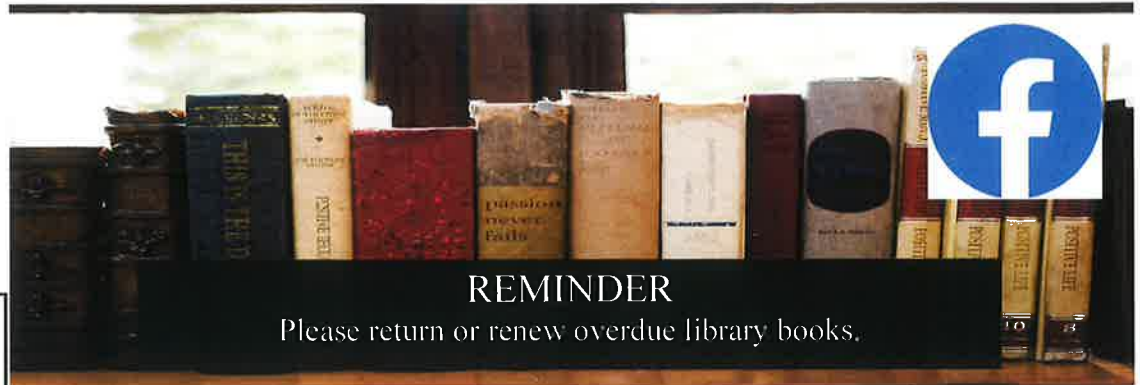
R.R.#3

Thamesville, Ontario N0P 2K0

Tel. 591-692-3411

Email: [Library@Delawarenation.on.ca](mailto:Library@Delawarenation.on.ca)

Facebook: Delaware Nation Library



### REMINDER

Please return or renew overdue library books.

## Countdown to Halloween



The Library will be continuing the black and white horror classics on Wednesday till the end of October.

The limit for watching these universal classics is 5 people. Due to the size limitation, please call in at 519-692-3411 to reserve your spot.

The Library door is locked but if you knock maybe you'll garner some attention. Bwahahaha



**MASKS REQUIRED**

### Schedule:

The Mummy  
The Invisible Man  
Creature from the Black Lagoon

## The Mummy

1932

SHOWTIME  
October 21 @ 3



In 1921 a field expedition in Egypt discovers the mummy of ancient Egyptian prince Im-Ho-Tep, who was condemned and buried alive for sacrilege. Also found in the tomb is the Scroll of Thoth, which can bring the dead back to life. One night a young member of the expedition reads the Scroll out loud, and then goes insane, realizing that he has brought Im-Ho-Tep back to life. Ten years later, disguised as a modern Egyptian, the mummy attempts to reunite with his lost love, an ancient princess who has been reincarnated into a beautiful young woman.



Presents

# Business Planning Program



Want to start your own business?  
Is your current business ready for expansion?  
Are you curious about small business?

This 7 session workshop (Half Days) is specifically designed to assist aspiring and existing business owners to learn the skill of business planning

*Jeffrey Jacobs (Sierra Consulting) will be presenting*  
**FUNDAMENTALS OF BUSINESS PLANNING:**

- Self-Employment and Entrepreneurship
- Business Plan Preparation
- Practical Small Business Management
- Designing a Start Up / Expansion Budget
- Key Funding Sources Available to You
- Your Idea’s Industry Outlook and Market Potential
- Marketing and Operations
- Preparing and Understanding Financial Projections to determine the overall feasibility of your idea.

### REGISTRATION DETAILS

- Sessions Start Promptly at 9:00 A.M.—12:00 P.M. Each Day
- 7 Sessions (Half Day) Once Per Week
- Beginning the week of November 16th, 2020.



560 Williams Drive  
Sarnia, ON N7T 7H5

Phone 519-332-5151  
Fax 519-332-6196  
Toll Free 1-888-433-1533  
E-mail: info@tcdc.on.ca

*Funded by the:*

**Ministry of  
Indigenous Affairs**

*Facilitated by the:*



**REGISTRATION**

***No Registration Fee***  
Registrations will be processed on a “First Come / First Served” basis.

**INCLUDES**  
7 Sessions (Half Day Workshops)  
All Training Materials (via email)

**VIRTUAL TRAINING — Zoom Classroom**  
**Requirements: Computer (with Audio Capabilities)**

**TO ATTEND, CALL MARY MCGAHEY**  
**EMAIL at mam@tcdc.on.ca or 1-519-332-5151, EXT. 200**

# POLICE BULLETIN

**Delaware Nation Administration Office  
(Band Office)**

**is unable to assist with any Police matters**

**IF YOU REQUIRE A NON-EMERGENCY CALL**

**519-692-9189**

This number will put you in contact with London OPP Communication Centre. This number has been put on call forwarding due the recent concerns that your messages do not get a response.

Your call is important to the us.

**IF YOU REQUIRE POLICE  
FOR EMERGENCY SITUATIONS**

**CALL 911**

**24 Hour Police Dispatch**

**or**

**1-888-310-1122**

14760 Schoolhouse Line  
Moravian Ontario  
N0P-2K0





Ontario Provincial Police  
Police provinciale de l'Ontario

## News Release/ Communiqué

**FROM:** Security Bureau

**DATE:** October 2, 2020

### UPDATED - OPP POLICE RECORD CHECKS

**(ORILLIA, ON)** – As the economy continues to recover from the pandemic, the Ontario Provincial Police (OPP) is committed to improving customer service for citizens seeking police record checks.

Due to COVID-19, and the gradual movement through the stages of reopening of Ontario, the OPP is currently experiencing an extremely high volume of police record check requests. In order to effectively meet the demand and process the volume of checks as expeditiously as possible, the OPP is temporarily transferring the criminal record check process back to detachments while an enhanced online central intake and payment model is finalized.

To facilitate this transition, at 4:00 p.m. ET on October 2, 2020, the current online account will no longer be accepting applications. Effective October 5, 2020, members of the public who require a criminal record check, and who have not already submitted a request online, are asked to contact their local OPP detachment to set up an appointment. Please refer to [OPP detachments](#) on opp.ca to find your nearest detachment.

Please note that cash is the only accepted currency and the exact amount for each record check is required.

The cost for a criminal record check for employment purposes is \$41.00. The OPP does not charge for checks for volunteer purposes. The fee for a duplicate copy is \$11.00. If fingerprints are required there is an additional fee of \$90.00.

Applicants who have already submitted a criminal record check online will be contacted by their local OPP detachment and provided further information. Applications will continue to be processed in the order they are received and applicants are asked not to resubmit a new application. Duplicate applications will only continue to add to the volume and processing times.

The OPP recognizes long wait times impact the public within the OPP's jurisdiction and wish to highlight two additional possible options for attaining record checks:

#### 1. Alternative Service Providers:

**Did you know that a third party vendor can complete a Criminal Record Check (CRC) or a Criminal Record and Judicial Matters Check for anyone in Canada for a fee?**

These third party vendors may be able to offer a reduced timeline. Please speak to your employer/agency to ascertain if this option would be acceptable, noting there is a cost for this service. The OPP does not charge for checks for volunteer purposes, but should



Ontario Provincial Police  
Police provinciale de l'Ontario

## News Release/ Communiqué

your volunteer check be urgent, the third party vendor check may be a time sensitive option.

The OPP does not endorse or promote the third party check, and a private check may not meet the organization's requirements. A list of third party vendors can be obtained with a web-based search in your area by querying "criminal record checks" through a search engine.

It is important to note that if you require a Vulnerable Sector Check (VSC) and you reside within the OPP's jurisdiction, RCMP policy dictates that the OPP must complete the check.

### 2. Temporary Measure for OPP Vulnerable Sector Check:

#### **Did you know that some organizations may have the ability to request a self-declaration of criminal convictions?**

Check with the employer/agency requesting the VSC to determine if this temporary measure would be acceptable, until the police record check can be completed in its entirety. This may be especially applicable in urgent circumstances. The OPP cannot provide self-declaration forms, please ask the employer/agency for assistance.

The OPP understands the change in process may cause inconvenience, however it is confident that new measures taken to improve processing times will lead to shorter wait times for the public.

-30-

**Media Contact:** A/S/Sgt. Kerry Schmidt  
Provincial Media Relations Coordinator

**Phone:** (416) 460-4701

A festive Halloween-themed poster for a youth pumpkin carving kit. The poster features a black border with orange and white decorative elements. At the top, there are two glowing jack-o'-lanterns, a black bat silhouette, and two white ghost silhouettes. The main title 'YOUTH PUMPKIN CARVING KITS' is written in large, stylized, blocky letters. Below the title, the registration information is provided in a simple black font. The deadline is clearly stated. At the bottom, there are more jack-o'-lanterns, a spider, a candy corn, and the word 'BOO' in large letters. The overall design is colorful and fun, typical of Halloween decorations.

# YOUTH PUMPKIN CARVING KITS

Please call the DN  
Youth Centre to register  
@ 519-692-4242

Deadline to register is Oct. 16th

A cluster of four colorful candies: one red and black striped, one orange and black striped, one green and purple striped, and one purple and green striped.

**PICK UP @ THE DN YOUTH CENTRE**  
**OCT. 22ND FROM 1PM-4PM**

A black cartoon spider with large white eyes and orange dots on its body, positioned on the right side of the poster.



# LET'S SEE YOUR HALLOWEEN COSTUMES!



**\*\*Band/Residency Members Only**  
E-mail a picture of your halloween  
costumes to  
[communityc@xplornet.com](mailto:communityc@xplornet.com) or drop  
off at The Health Centre with names  
and receive a prize!

**Accepting Submissions from October 19**  
**- October 28**

**PICTURES MAY BE POSTED IN THE DELAWARE  
NEWS!!**

**\*IF YOU DO NOT WISH TO BE POSTED PLEASE WRITE WITH  
SUBMISSION**



*Eelünaapéewi Lahkéewiit Health Centre*



## Meal to Go Program

First **15 families** that sign up will be in our **First** Meal to Go Program.

**\*Delaware Nation Members Only! One per household!**

It will pack 1 meal in it and recipes for theses **meals for yourself to cook at home!**

**Pick Up will be Every Tuesday for 4 weeks!**

After the four weeks, I will do another list of different households for the next 4 weeks. If you have already received this program, you're not eligible for this at this time!

Call the Health Centre on **Wednesday Nov 4<sup>th</sup> to Sign up!**

Leave name and phone# 519-692-3969

Norma Logan – CHR



## Eelünaapéewi Lahkéewit Health Centre



### Guidelines for the Program **must** be followed:

- EVERY WEEK ON THE TUESDAY BETWEEN 3:30 p.m. and 4:30 p.m. YOU MUST PICK UP YOUR MEAL TO GO BAG!
- IF THIS IS NOT PICKED UP, I WILL BE DONATING IT THE NEXT DAY!
- Participants that have received this first program, are not eligible until the 4<sup>th</sup> program start date, to apply again.
- We have an overwhelming response to this program and We want
- to help as many households as possible. This is why we are taking turns in 15 households per program.

Thanks for Understanding and Enjoy your Meal to Go Bag!

Norma Logan – CHR

Any question phone 519-692-3969



# FLU READINESS KIT FOR INDIVIDUALS 60+ YEARS OF AGE

A starter kit with useful supplies and information for adults 60+ years of age. Please call the Health Centre at 519-692-3969 before Friday October 23, 2020 by 12:00 noon to sign up. Pick up is Wednesday October 28, 2020 from 1:00pm to 4:30pm.

**Sign up by Friday  
October 23, 2020  
by 12:00 Noon.**

**Pick up  
Wednesday  
October 28, 2020  
from 1:00 pm to  
4:30 pm.**

**If you can't make  
it during this time  
please call to  
make other  
arrangements @  
519-692-3969**

**Eelūnaapéewi  
Lahkéewiit**

**HEALTH CENTRE  
14737 Schoolhouse Line  
Thamesville ON N0P 2K0  
519-692-3969**



WULAMALISWIIKAAN  
Eelūnaapéewi Lahkéewit Health Centre

# HALLOWEEN BAGS/KITS

**SIGN UP BY**  
**Thursday, October 22nd, 2020**

**Pick up Date: Friday, October 30th, 2020**  
**Pick up Time: 2:00pm-5:00pm**

*Delaware Nation band members only.  
You must make arrangements if you are  
unable to pick up your kit.  
Call the Health Centre to sign-up  
(519) 692-3969.*

*Please remember to social distance upon arrival  
and wear your mask.*



**In partnership with  
the Early Learning  
Centre!**

# Balloon Kits

**What can you do with a balloon?**

Find out with a fun balloon kit with random items for all ages!

**\*\*Band Members Only\*\***

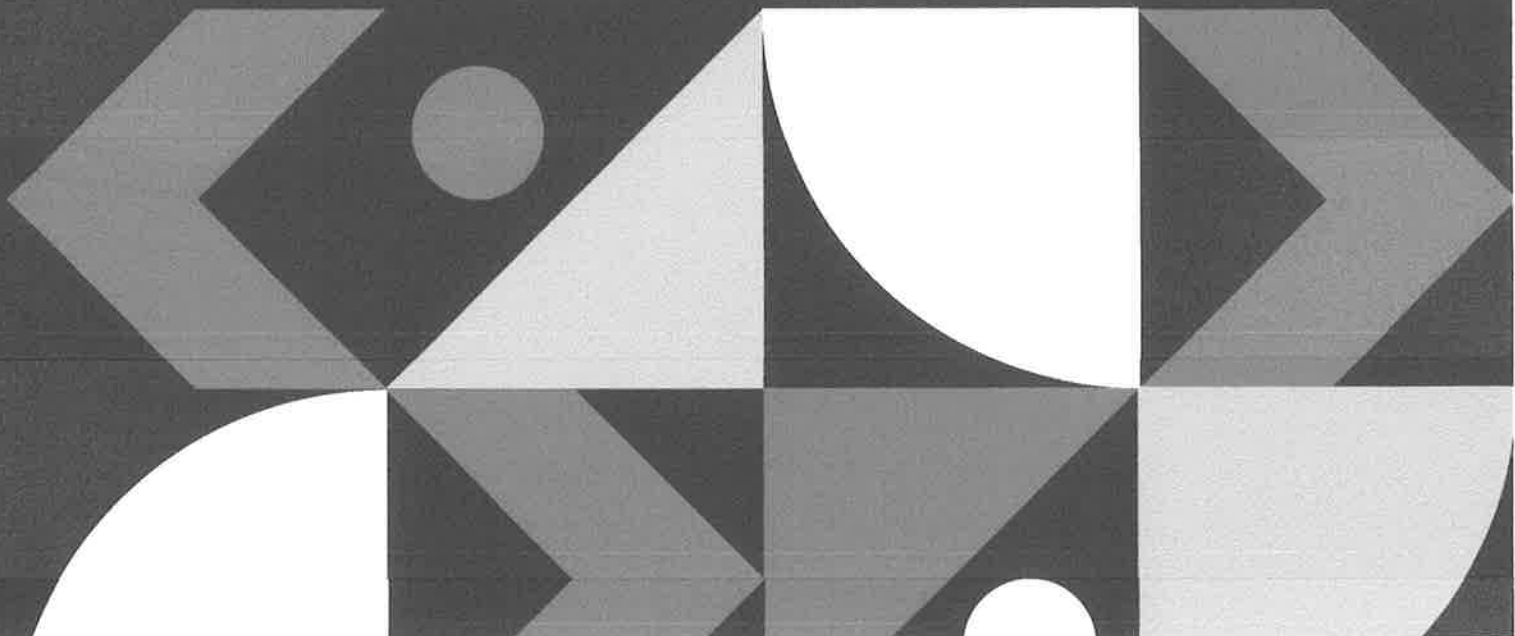
**Register by Tuesday, October 21st**

**Call Community Centre @**

**(519) 692-3541**

**Pick up will be at the Community Centre  
on Thursday, October 29th from 1:00pm  
to 4:30pm**

Experience different competitive or just for fun games with balloons!





## **\*Food Bank Time Change\***

**November, Thursday 12, 2020**

**Time: 9:30 a.m. to 12:00 p.m. \*\*Note Time Change\*\***

**Must pick up Thursday Morning!**

Please Bring reusable bags! Should you not be able to make it. Make sure you have made other arrangements!

**Please Call 519-692-3969 if you have any questions!!**



# COVID-19

## WHAT IS CORONAVIRUS?

Coronavirus is a large family of viruses that cause a variety of diseases including colds to serious illnesses such as SARS and MERS-CoV).

Coronavirus is a new strain of the virus that has never been detected or detected in the human body.



## SIGNS & SYMPTOMS



Fever



Cough



Hard to breathe

## HOW CAN I PROTECT MYSELF?

Wash your hands often with soap and water for at least 20 seconds.

Avoid touching your eyes, nose or mouth with unwashed hands.

Avoid close contact with people who are sick.



# PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

1

## WASH

Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.



2

## COVER

Cover your mouth and nose when you cough or sneeze with your elbow or tissue.



3

## DON'T TOUCH

Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.



4

## AVOID

Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.

