



First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A guide to gatherings and events during
respiratory flu and COVID-19 season

The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Many cultural practices and celebrations include close proximity to others. This can increase potential risk for spread of illness in the form of respiratory droplets from coughing or sneezing.

Building on the lessons learned from the COVID-19 pandemic, here are some alternative ways to celebrate culture during the colder months when flu and COVID-19 spread more easily.

ALTERNATIVES



Consider vulnerable community members when planning group gatherings. Wearing masks, physical distancing and hand washing are some acceptable safety measures that can help prevent the spread of respiratory illness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Getting outside and spending time on the land and water is a powerful way to nurture health and wellness. Choose outdoor venues or wide open spaces for gatherings when possible.



If sharing food at an event, consider ways to decrease the spread of illness such as bagged lunches, proper hand hygiene and limit self serve buffets.



Modify any ceremonies and cultural practices to include the safe practices learned during the pandemic to minimize the risk of spreading flu or COVID-19.

Get vaccinated against the flu and COVID-19!
It is an important way to protect yourself and others.

www.fnha.ca/what-we-do/communicable-disease-control

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