

## MAINTAINING TRADITIONAL PRACTICES DURING THE COVID-19 PANDEMIC

**CONTINUE** to live your ceremonial way of life with the members of your household:

- Speak Anishinaabemowin. Use opportunities to learn more
- Harvesting traditional medicines/learn how to harvest medicine in a good way
- Feast your sacred items
- Tobacco offerings
- Learn/teach songs using drums and rattles
- Share teachings
- Create regalia items
- Stay connected to social media for cultural online programming
- Family gardening
- *Be kind, be patient to everyone, **we are all in this together***



**BE PREPARED:** Essential ceremonial gatherings up to 5 people are asked to maintain distance (at least 2 meters or 6 feet apart). Wear personal protective equipment (PPE), mask, gloves, eye protection. Ensure proper hand washing or use hand sanitizer when hand washing is not available.

- Feasting of community buildings (schools, gyms, band offices, etc)
- Harvesting medicines with people outside of your household
- Delivering materials for work/volunteer purposes to others in your community
- Preparing ceremonial grounds for when ceremonies can occur safely
- Community gardening



**WAIT:** Until COVID-19 is no longer a health concern before planning to attend any ceremonial gatherings that include contact with others outside of your household.

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