



Sioux Lookout
First Nations
Health Authority

Radio Script: Be Prepared, Not Scared

Developed: January 2021

Hello/Boozhoo listeners! This is _____.

Today we are going to talk about ways we can stay safe from COVID-19.

Before we get started, we want to remind you about NAN Hope. NAN Hope is a mental health and addictions support service. It is for all NAN citizens. If you or someone you know needs support, visit nanhope.ca or call 1-844-626-4673. That is 1-844-626-4673.

We want to begin by saying thank you. Miigwetch for all that you do to keep your community safe. It is making a difference.

But we need to keep fighting. This new coronavirus is tricky. The virus moves in and out of communities. The virus is always changing. And, we now know that there is a variant of this virus that spreads more easily.

So, what are we to do?

Let's consider this wisdom from Algonquin/Haudenosaunee Elder Simon Brascoupe.

“It is said, do not fear the virus, respect it. Respect is one of the cornerstones of our values. When we respect something, we lose fear of it and attitude and behavior changes. Like learning to swim, you must respect both the beauty and the danger of water. Same with the virus, we need to obey the precautions and safety practices, because fearing it may result in behavior that is dangerous.”

We can beat this virus by respecting its power. By being prepared, and not scared.



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There are many things we are already doing that are an effective defense against the virus. These are things like preparing traditional medicines and following public health guidelines.

But we also need to be open to other tools that come our way. Tools like the Moderna COVID-19 vaccine.

The COVID-19 vaccine can help save lives. The COVID-19 vaccine can also help save ways of life. Think of your Elders and knowledge keepers. The vaccine can help protect them from serious illness. And, if they are protected, so is the cultural knowledge they hold.

The vaccine may not be the right thing for everyone. But it can be a good thing for many people. Now is the time to ask questions to your community health team. Learn what you can about the vaccine. Speak and reflect with other people you trust. Practice things that will give you hope and strength. And keep doing all that you are doing to keep yourself and the community safe.

Gitchi-Miigwetch.