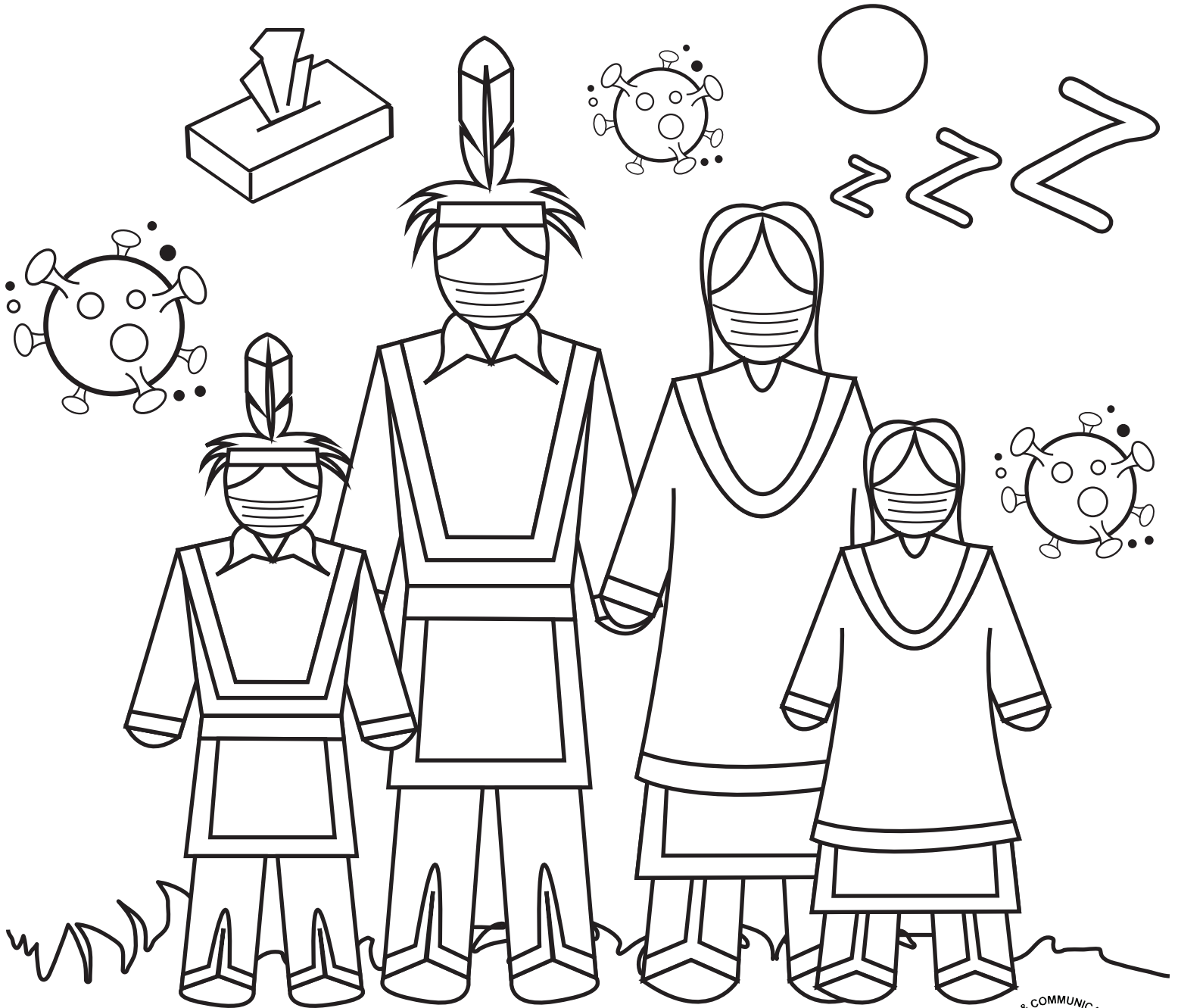


Healthy and Safe Families

Coloring Book

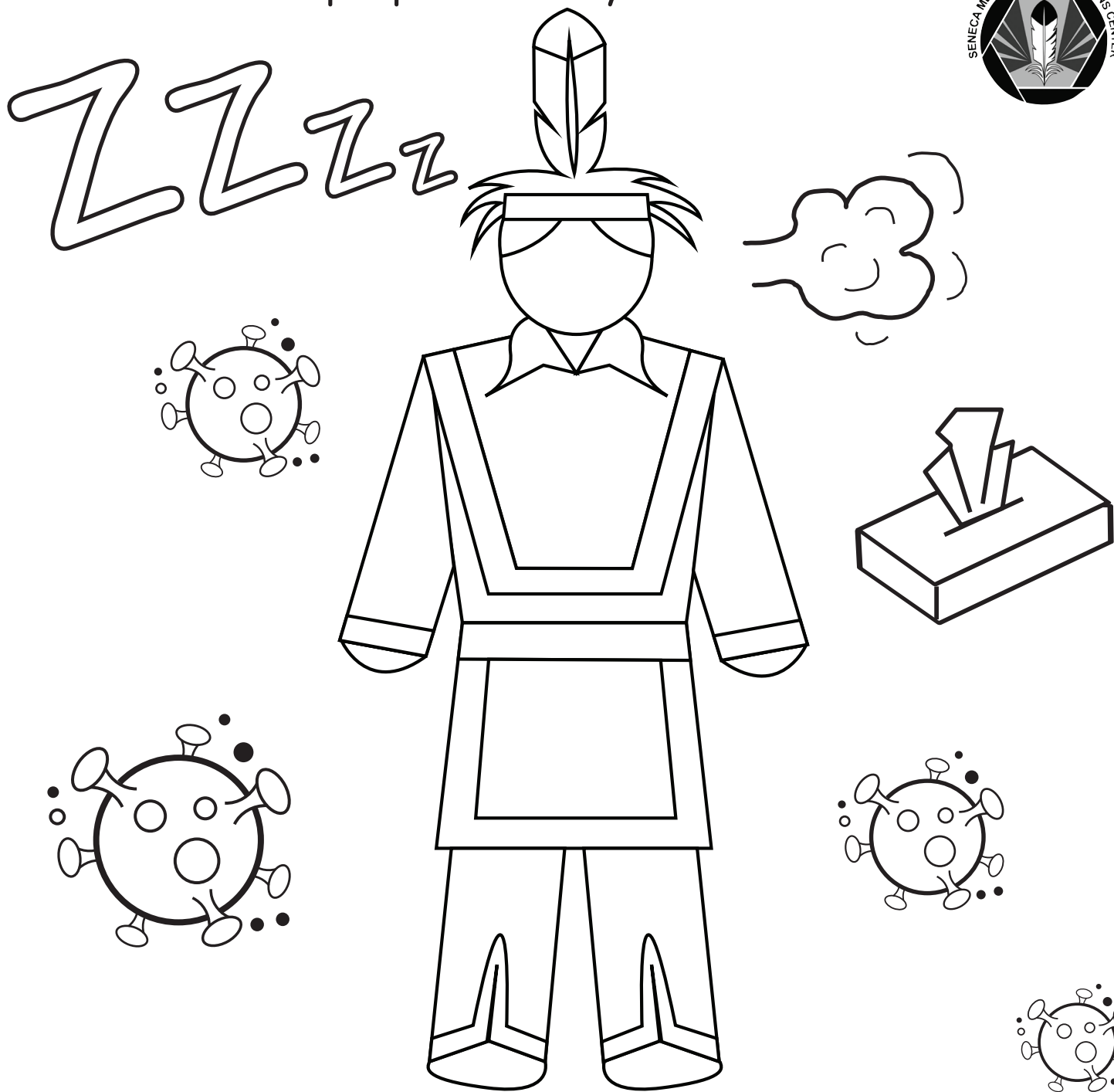


#SenecasStaySafe

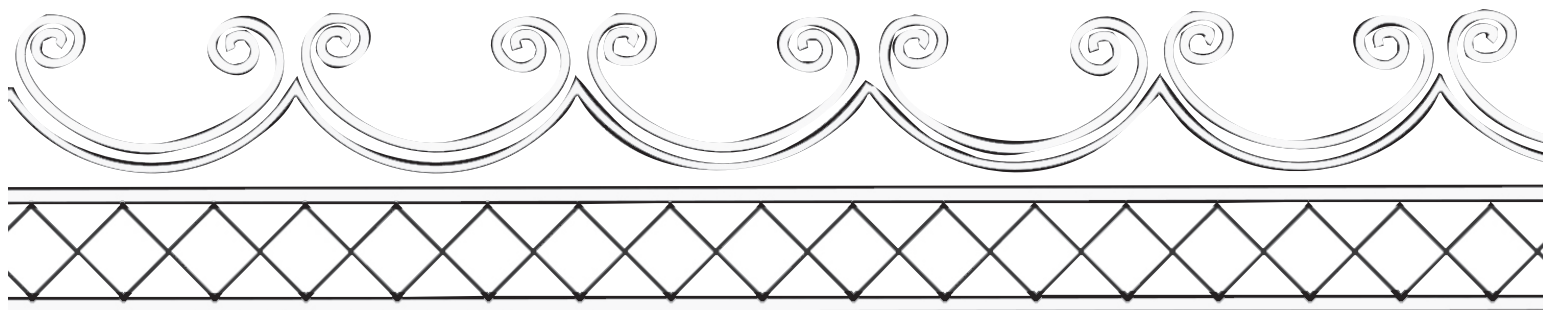


If a person catches the Coronavirus, they usually get a fever.
They might also have a dry cough, feel tired, or trouble breathing.

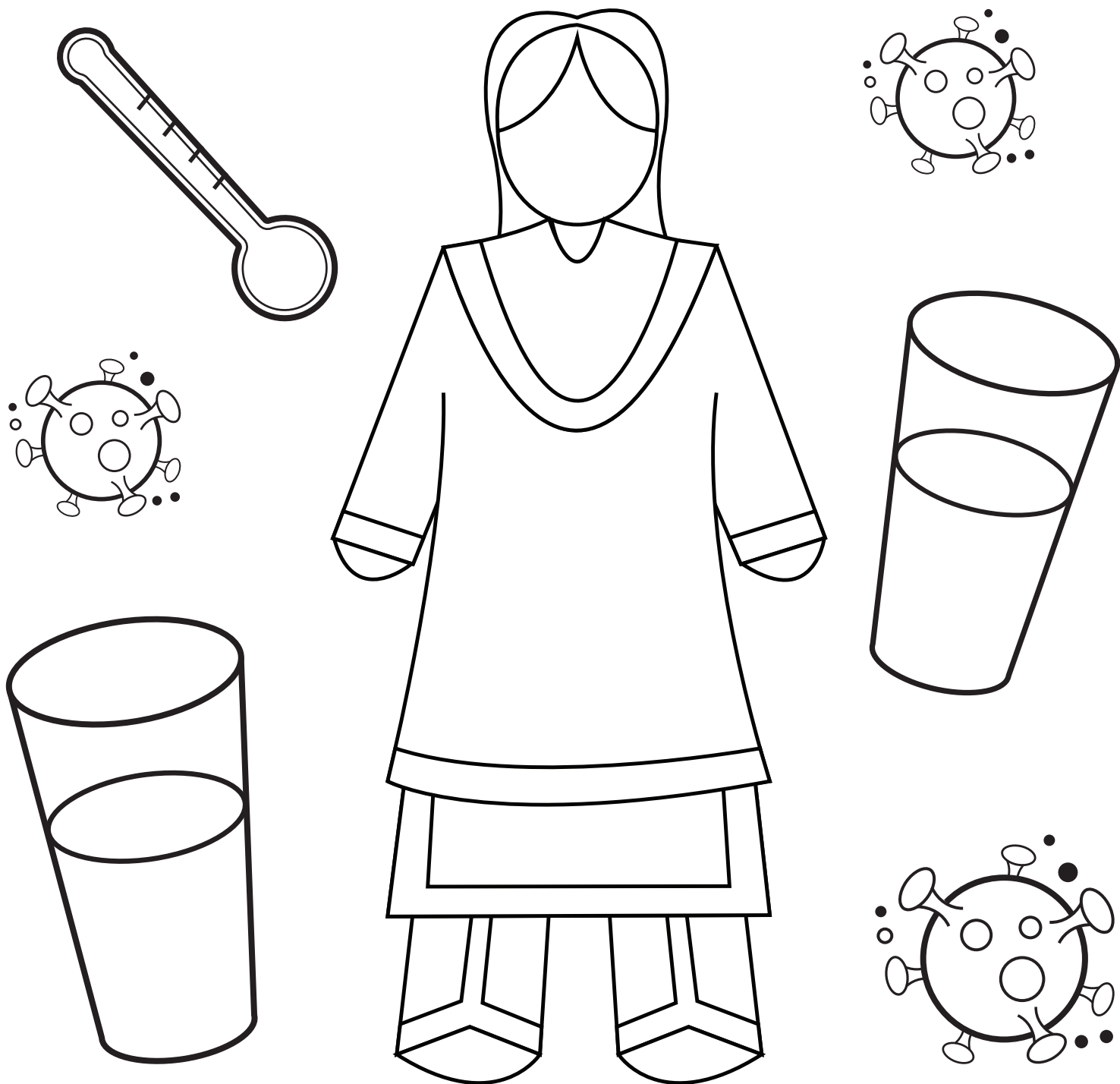
Most people feel only a little bit sick.



Some people can get very sick.



Drink plenty of fluids when you feel sick.





Desadadesnye:



Sya'da' Take care of yourself



Saja'dowa:eh!
Wash your body!

Wear clean clothes
after you shower or
take a bath.

Healthy habits to keep
your body safe

Ses'ohda'



Sahdzowaeh!
Wash your hands!

*When you
arrive
somewhere

*Before & after
you eat

*After you play
with others
(inside or outside)

*After you
sneeze or
cough

*After you
touch animals

Sano'dza'



Sahno'dzowa:eh!
Brush your teeth!
Brush 2x a day.

Sage'a'



Satge'owa:eh
Sado:tgah koh!
Wash & comb your hair!

Keep your
hair brushes for your
own use. Be careful of
sharing.

Sa'nigöë'



Ès adöishë:',
sè:dah koh!
Rest & sleep!

Read, listen to music, be
creative. Make sure you
rest & get enough sleep
to keep a healthy mind.

Ha'dewë:nishage:h
Every day

Ha'dewahs'öda:geh
Every night

Your body

Your hair

Your hands

Your teeth

Your mind



Desadadesnye: Sya'da' Your body



Gya'da'

Ėgaja'dowae:'

1) Sga:d hē:gađ ėgaja'dowae:'
ha'dewē:nishāge:h

2) Ga:nyo' ėgaja'dowae:si'
ahsyōnya'sā:se' ėgahsyōnya't

3) Ganowāhse' ėgajā:'dak



I will wash
my body

Ėgajā:'dak onowā:'shā'
hae'gwah ga:negadaieh!



I will use soap
and warm water!

- 1) I'll take a bath/shower
once, everyday
- 2) When I finish washing my body,
I will put on clean/new clothes
- 3) I will wear clean items

Saja'dowa:eh!

Wash your body!



Desadadesnye: Sage'a' Your hair



Agege'ä'

My hair

• •
Ėgatge'owae:'

- 1) Dohga:'ah hëga:d ėgatge'owae:',
ha'dewëdöda:geh
- 2) I:' aga:wëh ėgajä:'dak
neh ganöhda'



I will wash and
comb my hair

- 1) I'll wash my hair a few times a week
- 2) I will use my own hairbrush



Satge'owa:eh
Sado:tgah koh!
Wash & comb your hair!



Desadadesnye: Ses'ohda' Your hands



Ges'ohda'

My hands

Ėgahdzowae:

- 1) Ga:nyo' hëgyö' gatga'hoh
- 2) Ga:o' nö'wö:dih ëgekö:ni'
- 3) Ga:o' nö'wö:dih ëgadekö:ni'
- 4) Ėsgahdzowae: ga:nyo'
ëgekwë:da't

- 5) Ga:nyo' ëgatga:nye:si'
- 6) Ga:nyo' dewage'tsösta',
gahsa'ka' koh

Ėgajä:'dak onowä:'shä'
hae'gwah ga:negadaiëh!

*I will use soap
and warm water!*



**I will wash
my hands**

- 1) When I arrive somewhere
- 2) Before I will cook
- 3) Before I will eat a meal
- 4) I will wash my hands again
when I finish eating
- 5) When I finish playing
- 6) When I sneeze and cough

Sahdzowae!

Wash your hands!



Rest & sleep!

Desadadesnye:



Sano'dza'

Your teeth



Agano'dza'

My teeth

..
Ėgahno'dzowae:

1) Dekni:h hëga:d

ëgahno'dzowae:',
ha'dewënishäge:h

2) l:' aga:wëh ëgajä:'dak

neh yöhno'dzowä'dahgwa'



I will brush
my teeth

1) I will brush my teeth
two times, everyday

2) I will use my own
toothbrush



Sahno'dzowa:eh!

Brush your teeth!

Healthy families are happy families!



#SenecasStaySafe

