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.
Desadasnaye:
Take care of yourself

Syada'
Healthy habits to keep your body safe

Sano'dza'

Ses'ohda'

Saja'dowa:eh!
Wash your body!

Wear clean clothes after you shower or take a bath.

Sahno'dzowa:eh!
Brush your teeth!

Brush 2x a day.

Sahdzowa:eh!
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

Sa'negoe'

Satge'owa:eh
Wash & comb your hair!

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

Ésadoišhë:
Rest & sleep!

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

Every night

Ha'dewë:nishage:h
Every day

Your body

Your hair

Your hands

Your teeth

Your mind
Gya’dα’

Égaja’dowae::’
1) Sga:d hē: gad ēgaja’dowae::’
   ha’dewē:nishāge:h
2) Gα:nyo’ ēgaja’dowae:si’
   ahsyōnya’sā:se’ ēgahsyōnyat’
3) Ganowähse’ ēgajā::’dak

I will wash my body
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

Égajā::’dak onowā::’shā’
hae’gwah ga:negadaiēh!
I will use soap
and warm water!

Saja’dowae:eh!
Wash your body!
Agege’a’

Égac’ég’owae’:

1) Dohga:’ah ḥēga:d égac’ég’owae:’
   ha’dewēdōda:geh
2) I:’ aga:wēh égajā:’dak
   neh ganōhda’

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:tghah koh!
Wash & comb your hair!
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
Age’nigöë’

Égadoishë’
éwögida’ koh

1) Ėgadeyës,
   ēgadēnotōda:d,
   ēgesyönya:nö’

2) Ga:nyo’ ēgyënëda’ syö:’
   ēgadoishë:’

3) We:so’kö’ ēwögida’t
   ēga’nigöëiyö:wak dih näh

I will rest and sleep

1) I will read/learn,
   I will listen to music,
   I will make things

2) When I finish projects, I will rest

3) I will get enough sleep so that I’ll have a good mind

Ēsadoishë:’,
śē: dah koh!

Rest & sleep!
Agano’dza’

Égahno’dzowae:’
1) Dekni:h hëga:d
   égahno’dzowae:’,
   ha’dewënishäge:h
2) l:’ aga:wëh égajä:’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

Sahnó’dzowá:eh!
Brush your teeth!
Healthy families are happy families!

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