

# Nuttah & Kitchi

## Project: Protect Our People

### Stay Healthy - Keep Safe



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**Written by Sandra Samatte**  
**Illustrated by Julian Grafenauer**

Nuttah and Kitchi are sister and brother,  
best friends, and neatest of all?  
They are fraternal twins!

Nuttah and Kitchi live with their family in  
Skownan First Nation on Treaty 2 Territory.

## Did you know?

**Ne-biimiskonaan** is how we say  
**Skownan** in our **Saulteaux language**.  
It means, "to turn around the point,"  
or "the turning point."



# Nuttah and Kitchi's Family:



**Nuttah** is the oldest twin by 2 minutes and 31 seconds. She and her fraternal twin have just turned 12 years old.



**Kitchi** protects his siblings and loves them dearly. He and his fraternal twin share a special bond.



**Gabriel** was given the surname of his ancestors. He is 10 years old. Gabriel tags along with Nuttah and Kitchi any chance he gets.



**Niibin** means **summer**. She is the youngest sibling in the family. She is 8 years old. Niibin loves everything about summer on the Rez.

# Nuttah and Kitchi's Family:



**Miigwaan** is their **Mom's** name. It means **feather**. Mom grew up across the river in Mallard. She met Dad at school.



**Mahkwa** is their **Dad's** nickname. Kokum said he was like a little teddy bear when he was young. His real name is Steve. Dad and Mom have been married for 13 years.



**Kokum** means **Grandmother**. Kokum Tani came to live with them when Mishoomis (Grandfather) passed on to the spirit world 5 years ago. Kokum Tani has lived in Skownan all her life.



Last but not least, their dog, **Mikom**. **Mikom** means ice. They gave him this name because they had to go over the ice by snowmobile in winter to get him.

Nuttah and Kitchi came up with  
an idea to do a project called:

**Protect our People - Stay Healthy - Keep Safe**

To help the people in their community  
stay healthy and keep safe from the  
**global coronavirus pandemic.**



# Project Responsibilities:



**Nuttah -**  
What is the Coronavirus  
and COVID-19?



**Kitchi -**  
How Do We Fight  
COVID-19 If We Get It?



**Mom -**  
What is Physical and  
Social Distancing?



**Niibin -**  
Keeping Yourself and  
Others Healthy and Safe.

# Project Responsibilities:



**Gabriel -**  
More Ways to Help  
Stop COVID-19.



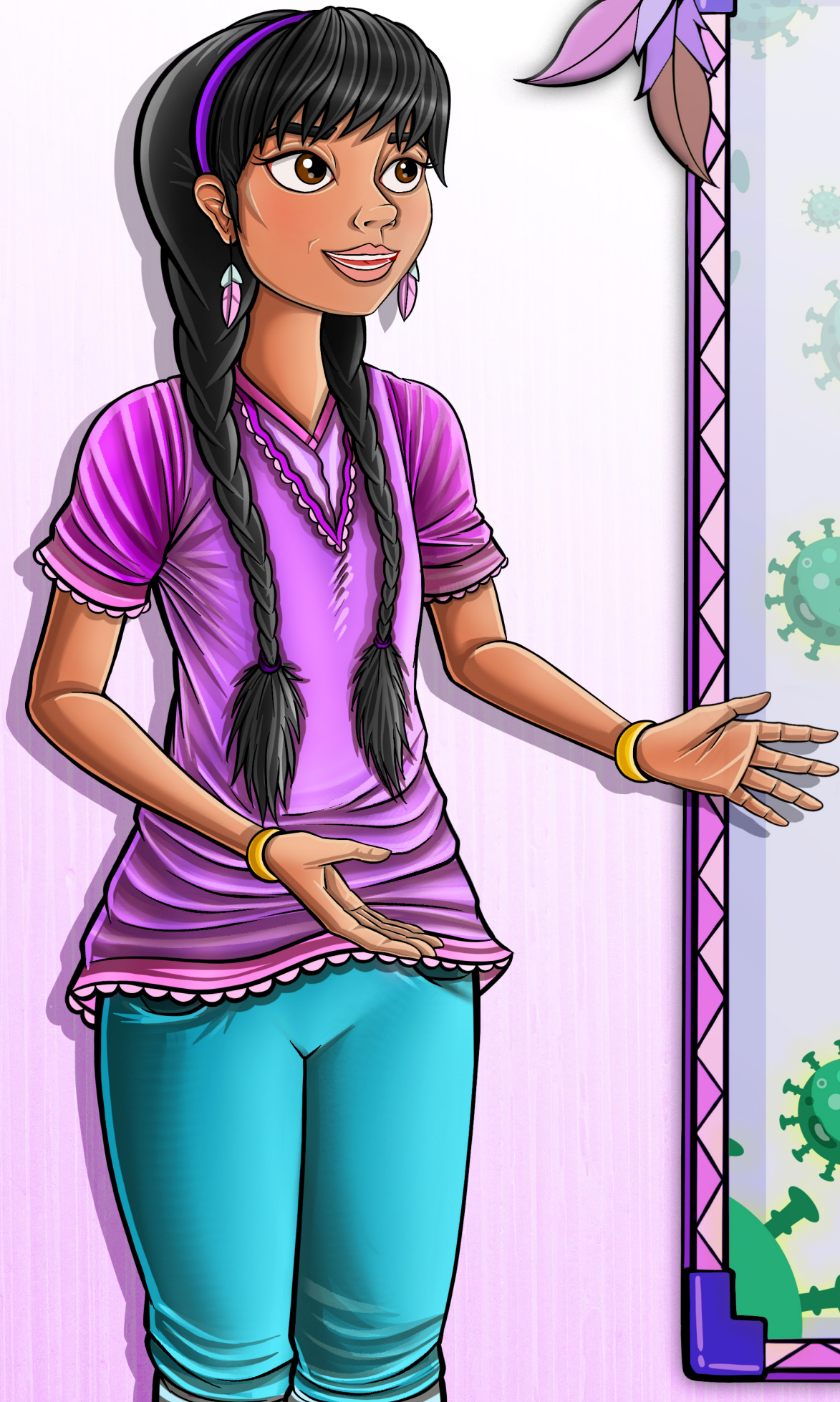
**Kokum Tani -**  
Practice Wellness  
in Your Home.



**Dad -**  
Protect Our People.

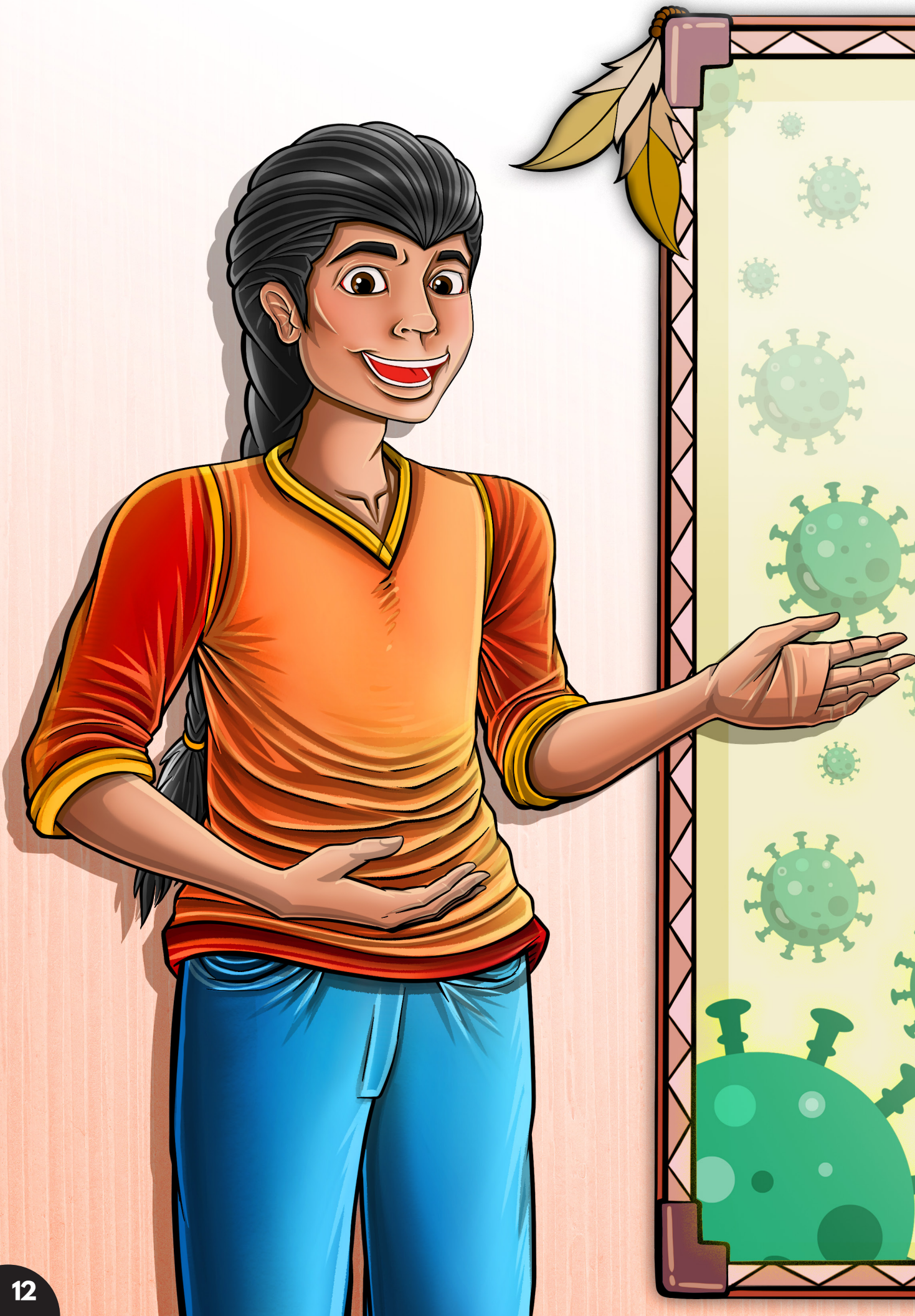


**Mikom -**  
Pets and COVID-19.



## What is the Coronavirus and COVID-19?

- The coronavirus is a virus.
- A virus is a tiny germ that you cannot see.
- A virus can make you sick if it enters your body.
- The virus will try to enter your body through your nose or mouth and travel to your lungs.
- If you get sick the disease is called COVID-19.



## How Do We Fight COVID-19 If We Get It?

### Our Immune System

- If the virus enters your body, your immune system will attack the virus.

### COVID-19 Symptoms

- Symptoms are conditions that show that something is wrong in your body when you get sick.
- Some yucky symptoms of COVID-19 are: fever, headache, runny nose, coughing, which are all signs that your body is fighting the virus.

### Remember

- If you are feeling sick, tell an adult in your home.
- If you get sick, your immune system will fight the virus to make you well again.



## What is Physical and Social Distancing?

Physical and social distancing are 2 ways in which we can help stop COVID-19.

### Physical Distancing

- Physical distancing puts space between people.
- Go out only for necessities.
- If you go out keep at least 6 feet away from the next person.

### Social Distancing

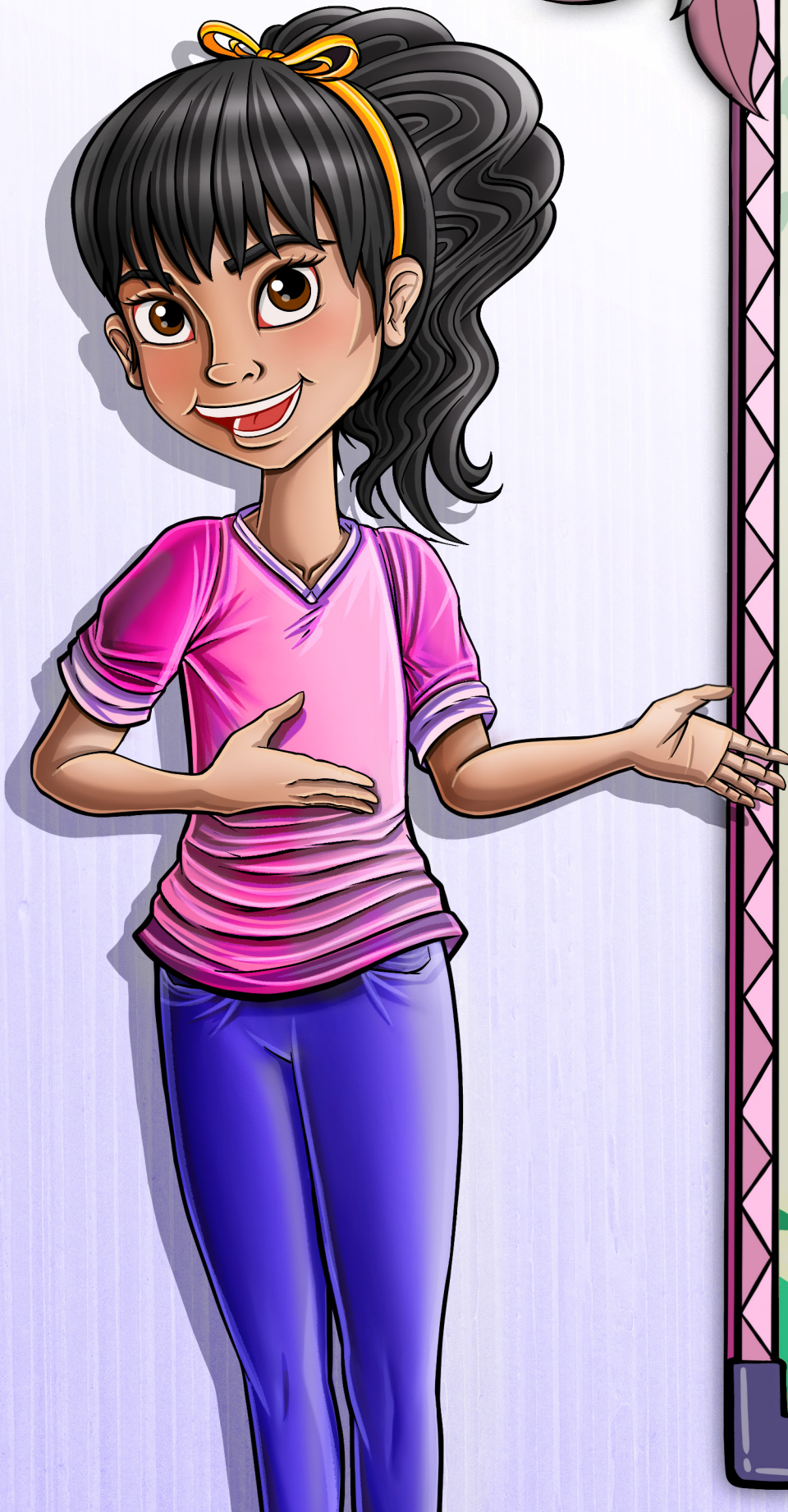
- Social distancing is avoiding large gatherings of people.
- Social distancing can be done in different ways:
  - School and library closures.
  - Not getting together with friends and family.
  - Not going to the store unless it's necessary.
  - Working from home.
  - Closing all non-essential businesses.

### Remember

- Social distancing doesn't mean to isolate.
- There are many ways to keep in touch with family and friends.

social media    phone calls    write notes  
send cards    video chatting    text messages





## Keeping Yourself and Others Healthy and Safe

**Always wash your hands with soap and water for at least 20 seconds:**

- Make lots of suds.
- Clean all your fingers.
- Clean under your fingernails.

**Say the following 3x while washing your hands:**

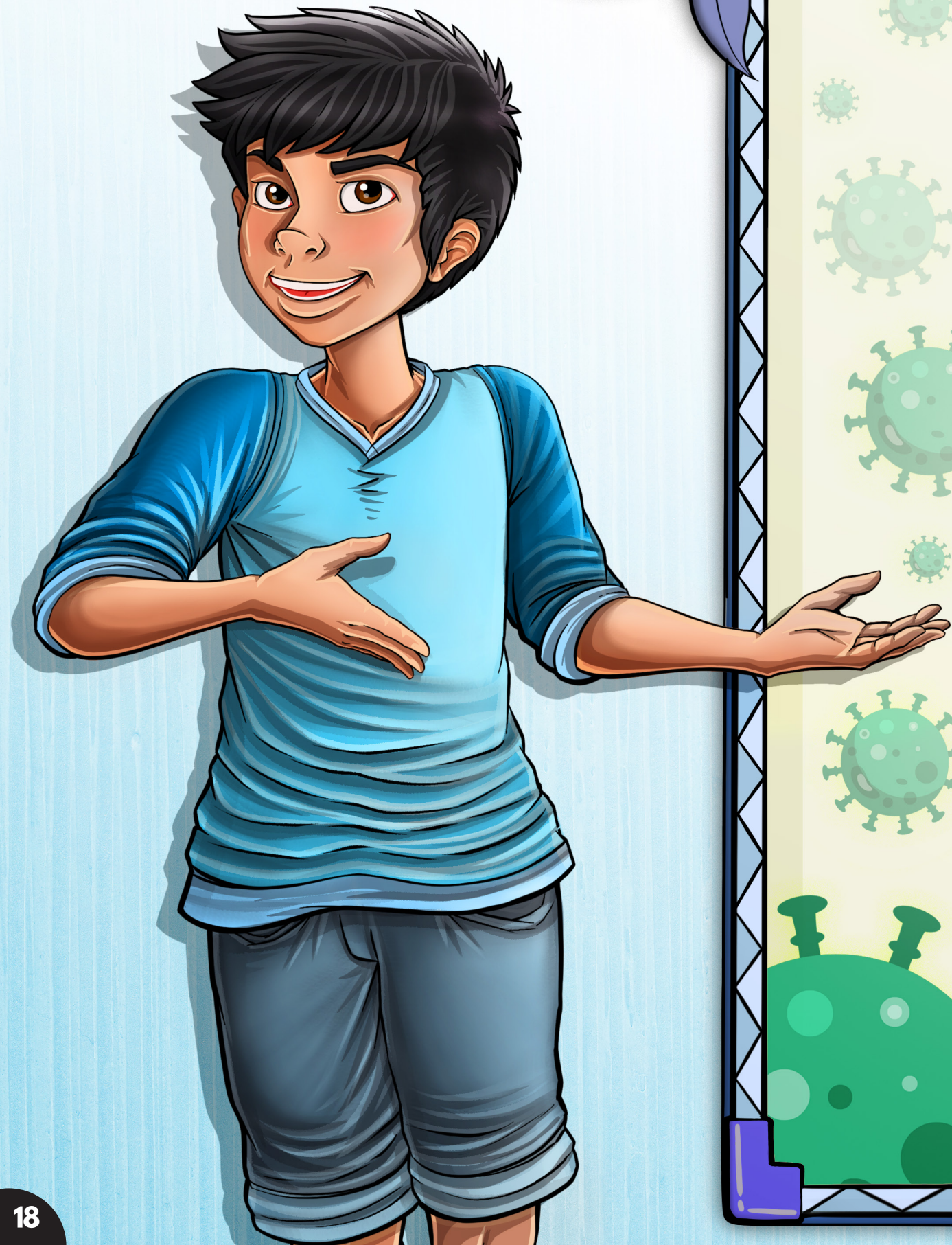
"I love my family and friends.

I love my community.

I will do my part to keep them healthy and safe."

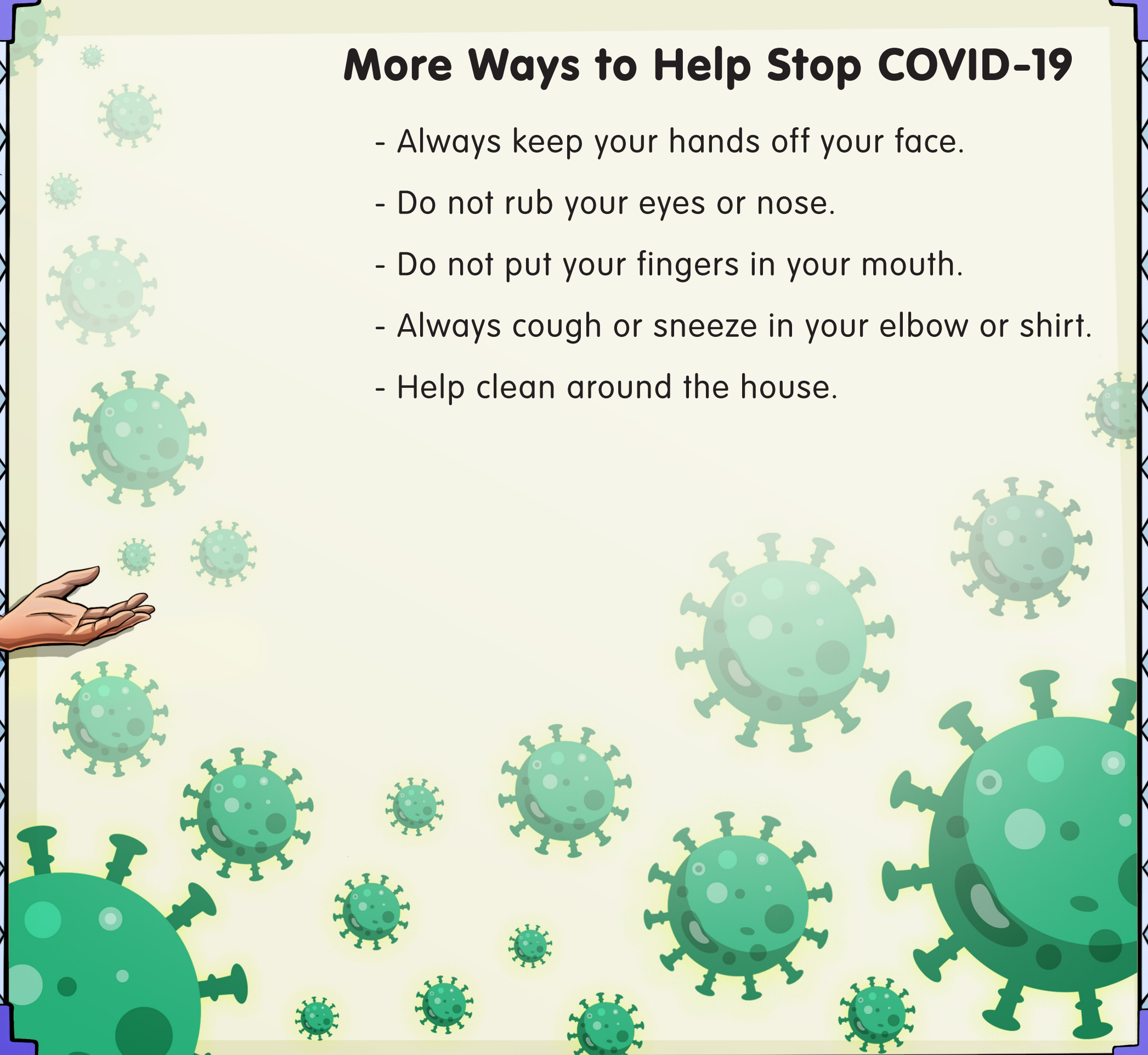
**Always wash your hands:**

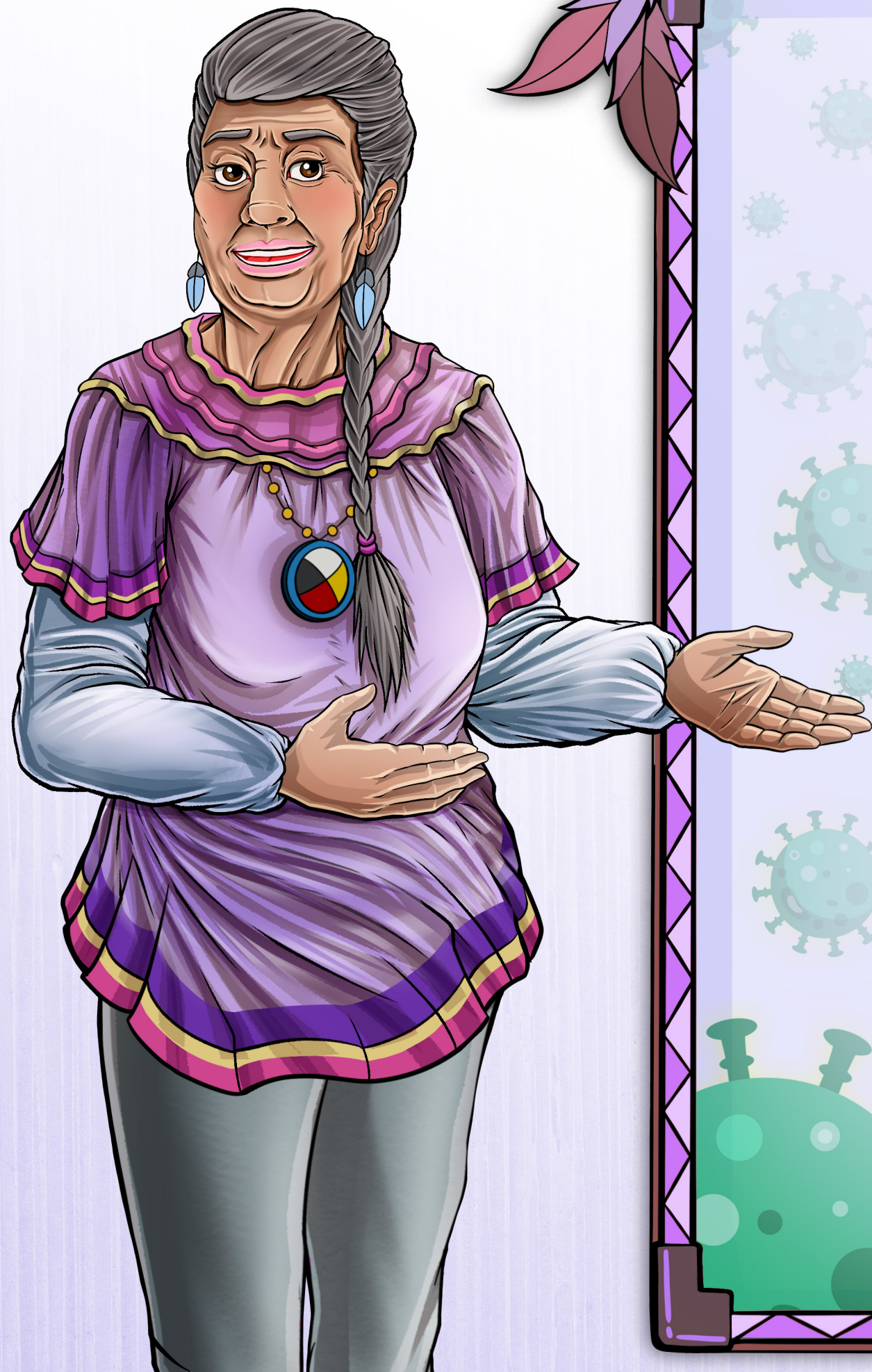
- When you come in from outside.
- After using the bathroom.
- Before eating.
- After any coughing or sneezing.



## More Ways to Help Stop COVID-19

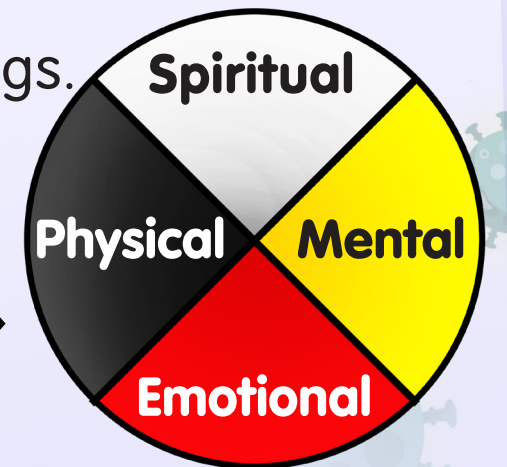
- Always keep your hands off your face.
- Do not rub your eyes or nose.
- Do not put your fingers in your mouth.
- Always cough or sneeze in your elbow or shirt.
- Help clean around the house.





## Practice Wellness in Your Home

- Involve all family members in the discussions of how to manage the interruptions of routines.
- Talk things through to help everyone in the family feel more involved, comforted, and prepared.
- Be honest and share your feelings.
- Practice wellness.
- Make sure your personal Medicine Wheel is in balance.
- Practice gratitude each day, together.



**Remember, our Elders and your Elders, with medical conditions, are especially vulnerable. They can get very sick, if they get COVID-19. We need to protect them! They are our Knowledge Keepers. They have the wisdom we need, now and for future generations.**



## Protect Our People

**Do your part to minimize the risk of COVID-19 infections in our families and our communities.**

- Designate one family member to go out for your necessities.
- Be available to assist Elders in our community:
  - Stay in contact.
  - Get their necessities.
- Help enforce our roadblocks.
- Keep up with the current events that are taking place in our communities and share with my family.

**We are all in this together. So, let's all do our part!**

- Stay safe.
- Stay home.



## Pets and COVID-19

- Treat all pets as you would other human family members.
- Practice good hygiene by keeping pets clean and all pet areas clean.
- Continue to exercise your pet.
- Keep 6 feet away from others while on your walks.
- Have a plan in place for pet care, just in case you get sick.

**From Nuttah and Kitchi's  
Family to Yours:**

**Say Miigwetch to all  
the Frontline Workers.  
Stay strong, stay healthy,  
and keep safe!**



Here are some things you and your family can do while staying safe and staying home:

**Tell Stories**

**Exercise**

**Nature Walks**

**Journal**

**Paint**

**Clean**

**Play Games**

**Draw**

**Do Crafts**

**Relax**

**Listen to Music**

**Smudge**

**Read**

**Write**

**Bake**

