MISSION: To enable all youth people, especially those who need us most, to reach their full potential as caring, productive and responsible citizens.

To offer opportunities to provide Native youth with ongoing relationships with caring adult professionals, a safe place to learn and grow, life-enhancing programs, character development experiences and, most of all, hope and opportunity. Clubs promote positive youth growth and development along critical cultural, social, emotional, intellectual, and physical dimensions.

VISION: Boys & Girls Club Movement in achieving our ambitious vision of great futures for all young people, while sustaining and respecting each community’s unique cultural values, traditions and ways.
All Club activities are canceled until further notice due to safety and health concerns of Coronavirus (COVID-19). Please watch for updates as they come available.
Dear Club Parents / Guardians,

Our commitment to keeping the young people we serve safe is always our number one priority. Following the Coronavirus (COVID-19) outbreak, it’s important that you know the Boys & Girls Club of the Red Cliff Band of Lake Superior Chippewa is doing everything possible to keep your child, our staff, and volunteers protected from its spread. We have also temporarily closed to help protect from spreading as well. The Tribe is also closely monitoring reports from the Centers for Disease Control and Prevention (CDC) and our local health department for all updated information.

As a reminder, we recommend these preventive actions every family should take to prevent exposure to COVID-19.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask:
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often:
  - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. It takes an average of 11.8 seconds to sing the entire Happy Birthday song, so if you sing it twice, that will ensure you’ve scrubbed long enough. This is a great method to share with children in your family. While this measure is simple, it is effective.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
  - For more information about handwashing, see CDC’s Handwashing website
- The CDC also provides specific guidance for travelers.

At this time, there is no evidence that children are more susceptible. Children should engage in usual preventive actions to avoid infection, including cleaning hands often using soap and water or alcohol-based hand sanitizer, avoiding people who are sick.

The National Child Traumatic Stress Network offers a Parent/Caregiver guide for COVID-19 with more helpful information for families.

Should you have any questions or concerns about this or any other matter, please do not hesitate to contact the Red Cliff Tribe directly. Our commitment to you and your children is unwavering.

Sincerely,

The Staff of the Boys & Girls Club of Gitchigami
SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: www.cdc.gov/COVID19-symptoms
<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Coronavirus</th>
<th>Cold</th>
<th>Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Common</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sometimes</td>
<td>Sometimes</td>
<td>Common</td>
</tr>
<tr>
<td>Cough</td>
<td>Common* (usually dry)</td>
<td>Mild</td>
<td>Common* (usually dry)</td>
</tr>
<tr>
<td>Sneezing</td>
<td>No</td>
<td>Common</td>
<td>No</td>
</tr>
<tr>
<td>Aches and pains</td>
<td>Sometimes</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td>Rare</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Rare</td>
<td>No</td>
<td>Sometimes for children</td>
</tr>
<tr>
<td>Headaches</td>
<td>Sometimes</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>Sometimes</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Sources: World Health Organization, Centers for Disease Control and Prevention
Staff Corner

Paige Moilanen, Youth Director

Abe Butterfield, Youth Worker

Mark Defoe, Youth Worker

Don Gordon III, Activities Coordinator

Darrell Murphy, Youth Worker

GREAT FUTURES START HERE.

BOYS & GIRLS CLUBS
OF THE RED CLIFF BAND OF
LAKE SUPERIOR CHIPPEWA

Gilchigami
School Year Hours

The Club is closed due to Coronavirus (COVID-19). We hope to open back up in April. Please watch for updates.
How to handrub?
WITH ALCOHOL-BASED FORMULATION

1a. Apply a palmful of the product in a cupped hand and cover all surfaces.

1b. Rub hands palm to palm

2. Rub hands palm to palm

3. Right palm over left dorsum with interlaced fingers and vice versa

4. Palm to palm with fingers interlaced

5. Backs of fingers to opposing palms with fingers interlocked

6. Rotational rubbing of left thumb clasped in right palm and vice versa

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8. Rinse hands with water

9. Dry thoroughly with a single use towel

10. Use towel to turn off faucet

20-30 sec

How to handwash?
WITH SOAP AND WATER

0. Wet hands with water

1. Apply enough soap to cover all hand surfaces.

3. Right palm over left dorsum with interlaced fingers and vice versa

4. Palm to palm with fingers interlaced

5. Backs of fingers to opposing palms with fingers interlocked

6. Rotational rubbing of left thumb clasped in right palm and vice versa

7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8. Rinse hands with water

9. Dry thoroughly with a single use towel

11. Use towel to turn off faucet

40-60 sec

...once dry, your hands are safe.

...and your hands are safe.

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.
1. These 12 famous museums–from London to Seoul–offer virtual tours you can take on your couch.
2. If kids are missing their school friends or other family, try video chats to stay in touch.
3. Practice multiplication and script with your kids. That’ll put them in a REALLY good mood. For older kids, break out the practice tests.
4. Build a fort with blankets or cardboard boxes.
5. Make time for active play. Bring out the blocks, balls, jump ropes and buckets and let the creativity go.
6. Wash the floors by hand. Or use a toothbrush.
7. Do that mending and ironing you’ve been putting off since 2004.
8. Calm yourselves with mindfulness meditation. Check-out the Moodparth app to track moods, Headspace and Calm for meditation.
9. Groom the dog. Then suck all the fur off your couch.
10. Make mazes or puzzles for each other to solve.
11. Find all the lids to the Tupperware.
12. Make homemade mini pizzas.
13. Download an app and learn how to edit videos.
14. Call your elderly neighbors and see what you can do to help. Make happy notes and leave them on their door.
15. Play Monopoly with the rules that make the game go slower.
16. Go through your junk drawer. Do not be afraid.
17. Create a treasure hunt for them (leaving clues around the house or yard).
18. Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.
19. Sort mementos into keep and toss piles. Spend time poring over the keepers—after all, that’s why you’re keeping them.
20. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
21. Make a master calendar for gift-giving dates. Shop ahead online. Or for yourself. Pretend there are sales.
22. Put on your fanciest dress-up clothes, evening dress and jewelry and pretend you’re in an old movie.
23. Scan old photos and make a photo book. Then force the kids to look at pictures of their parents when they were little.
24. Do a science experiment.
25. Order seeds and plants for your spring garden. Yes, spring will come eventually.
26. Go through clothes (for you and your children) in drawers and closet. Try on and toss.
27. Upload your CDs, finally. Now, this may be difficult: Toss the CDs and the CD player.
28. Pitch a tent inside and have a family campout.
29. Take out all the beach chairs, umbrellas and boogie boards and make a beach day in your living room.
30. Create a schedule for your day – but don’t put too much pressure on yourself to stick to it.
31. Make fun decorations and decorate the house with them.
32. Collect all the pennies from the corners of the house, coat pockets, sofa cushions, jeans in the laundry. Maybe you’ll have enough for a cup of coffee at Starbucks. Then again, maybe not.
33. Write a letter. You know the kind, with pen and paper.
34. Make snowflakes out of paper. Tape them to your windows to block out the white piles outside.
35. Teach haiku—five, seven, five—and make a book of illustrated snow haiku.
36. Play this fun game with your kids: Let’s Clean the Bathroom!
37. Do shadow puppets in the dark.
38. Play family-friendly spin the bottle with your chore list. Hope it doesn’t point to you when it’s time to clean toilets.
39. Mani-pedi, scrub or mask, deep condition..
40. Learn to juggle.
41. Bubble bath. Turn down the lights, light a candle and pretend you’re in a spa. Doesn’t do it for you? It’s not completely impossible that a real one is open.
42. Experiment all day on devising the ultimate chocolate chip cookie. Tasting mandatory.
43. Begin your memoirs.
44. Make a comic book.
45. Take pictures of all your belongings to inventory for insurance. Now do a written inventory.
46. Sleep. Glorious sleep.
47. Have a reading or movie marathon.
48. Take turns saying tongue twisters.
49. Send messages to your friends and relatives with your favorite memories with them.
50. Build paper airplanes and have a flying contest.
As conventional cigarette use has declined, e-cigarette use is rising.

From 2014 to 2018, there was a 272% increase in e-cigarette use.

- **Electronic Cigarettes**: current use 4.1%, ever use 11.0%
- **Conventional Cigarettes**: current use 1.4%, ever use 6.1%
- **Smokeless Tobacco**: current use 1.1%, ever use 3.6%
- **Hookah and Pipes**: current use 1.0%, ever use 2.3%
- **Cigars and Cigarillos**: current use 0.7%, ever use 3.4%

1 in 9 Wisconsin middle schoolers have ever tried e-cigarettes.

- **96%** of those who have ever used e-cigarettes first tried an e-cigarette before age 13.
- **47%** of those who have ever used e-cigarettes tried e-cigarettes before any other product.
- **95%** would not use unflavored tobacco products.
- **93%** think smoking does not make you look cool.

19% live in homes where others smoke.
20% rode in vehicles where others smoked in the last week.

41% of middle schoolers said it is easy to get tobacco products.
93% of middle schoolers agree secondhand smoke is dangerous.
90% of middle schoolers agree all tobacco products are dangerous.
72% of middle schoolers think kids are targeted by tobacco companies.
High School Snapshot

As conventional cigarette use is declining, e-cigarette use is rising.

From 2014 to 2018, there was a 154% increase in e-cigarette use.

<table>
<thead>
<tr>
<th>Tobacco Product</th>
<th>Current Use</th>
<th>Ever Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electronic cigarettes</td>
<td>20.1%</td>
<td>32.6%</td>
</tr>
<tr>
<td>Cigars and Cigarillos</td>
<td>6.6%</td>
<td>18.0%</td>
</tr>
<tr>
<td>Conventional cigarettes</td>
<td>4.7%</td>
<td>18.6%</td>
</tr>
<tr>
<td>Hookah and Pipes</td>
<td>4.1%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Smokeless tobacco</td>
<td>4.0%</td>
<td>8.4%</td>
</tr>
</tbody>
</table>

1 in 5 Wisconsin high schoolers use e-cigarettes.

1 in 4 of those who have ever used e-cigarettes first tried an e-cigarette before age 16.

16% of e-cigarette users also smoke conventional cigarettes.

89% would not use unflavored tobacco products.

more than 1 in 3 current smokers usually smoke menthol-flavored cigarettes.

19% live in homes where others smoke.

24% rode in vehicles where others smoked in the last week.

76% of high schoolers said it is easy to get tobacco products.

15% of high schoolers have never seen a warning label on a cigarette pack.

88% of high schoolers agree all tobacco products are dangerous.

40% of high school tobacco users want to quit using all tobacco products.

Wisconsin Department of Health Services

P-01824 (Rev. 01/2019) Division of Public Health Tobacco Prevention and Control Program