

Saugeen First Nation

COVID-19 HANDBOOK

Prepared for community members

by Marcia Ritchie

Health and Safety Coordinator



This Handbook was created for the community of Saugeen First Nation to assist in delivery of education on COVID-19. It is important and crucial to take additional precautions to avoid contracting the virus and to prevent the spread of the virus within our community.

COVID-19

Coronavirus Disease 2019

COVER YOUR COUGH

PREVENT PEOPLE AROUND YOU FROM GETTING SICK



Cover your mouth and nose with a tissue when coughing or sneezing.

Put your used tissue in a waste basket and wash your hands or use an alcohol-based gel.



If you don't have a tissue,
cough or sneeze into your upper
sleeve, not your hands.

If you are sick and face masks are available, use one to protect others.

PAHO



BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus



SAUGEEN SECURITY SERVICES

CALL: 519-379-5332



CANCOM SECURITY INC. 1183 FINCH AVE W. # 205 TORONTO, ONTARIO M3J 2G2

Aaniin,

I would like to take this opportunity to thank the leadership of Saugeen First Nation, for the opportunity to provide Cancom Security Services to the band membership of Saugeen First Nation. Although we are not new to the community we have been piloting the security services and exploring the many possibilities that our sole owned First Nations company can provide the community in partnership with the several agencies that serve Saugeen First Nation. The Mandate of Cancom Security is to **OBSERVE, REPORT AND DETER**.

OBSERVE & REPORT - Cancom Security patrols the community to observe and report their findings to the band leadership, management and emergency services. This ongoing reporting is immediate and live during our hours of operation. This level of communication and reporting affords the leadership to know what is going on in the community and affords them to respond to the information we provide. Reporting to the police creates a cooperative relationship promoting a safer community comprised of community members serving their own community.

DETER - Cancom Security's presence in the community accompanied with identifiable uniformed presence and marked patrol vehicles is a great deterrent to undesirable persons and activity.

The question of how the community can communicate with the services that we provide can be communicated through the new website www.saugeensecurityservices.com. During our hours of operations from 2pm - 2am band members can contact security at 519-379-5332. Operating hours will vary due to service requests. Please do not call this number for emergencies. All Emergencies must go through 911 (POLICE, FIRE and AMBULANCE). Band members are encouraged to call Security for all safety related matters for prevention. Security can then act as a liaison with emergency services and band services to address safety related matters. Some areas of interest that band members may wish to report are:

Examples:

- Suspicious Activity
- Suspicious vehicles
- Noise complaints (After Hours)
- Insecure premises
- Alarms
- Hazardous conditions
- Poor lighting

- May report emergencies to Security after you call 911
- Trespassing and Mischief
- Persons failing to comply with the rules and regulations on Saugeen property

Cancom Security is committed to creating jobs for the community of Saugeen and is proud to say we are now providing Security Services to Hydro One in the South West Region of Ontario. Cancom Security looks forward to creating a partnership with Saugeen First Nation in creating a safer community for all. Cancom Security will host a security training course in the community very soon to create more jobs for the band membership. We are proud to say we are partners in community safety for the Saugeen First Nation.

Migweetch,

Ronald Wells-Odjig

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Emergency Contact Numbers

CONTACT/ ORGANIZATION	NUMBER
<i>CanCom Security</i>	519-379-5332
<i>Ontario Telehealth</i>	1-866-797-0000
<i>Saugeen First Nation Band Office</i>	519-797-2781
<i>Grey Bruce Health Services</i>	519-376-2121

Health and Safety Coordinator

519-797-5991

What is COVID-19?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

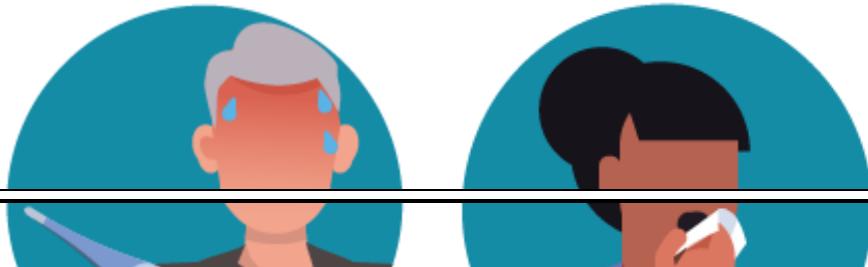
The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow). Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care. It is therefore quite normal for people to worry about how the COVID-19 outbreak will affect them and their loved ones.

What are the Symptoms?

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

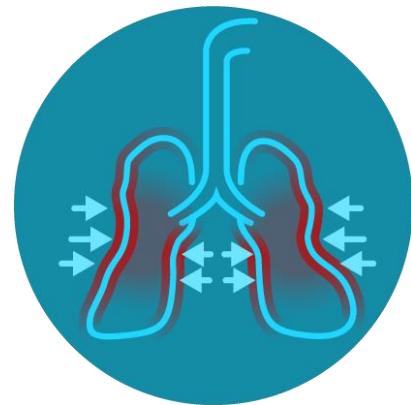
- Fever
- Cough
- Shortness of breath



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



What is the Treatment?

At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. World Health Organization will continue to provide updated information as soon as clinical findings become available.

"Keep cedar simmering on your stove. It cleans the air in your home. Add juniper and balsam as well. Drink the tea but not in excess, you can get sick from drinking too much and for too long. Just take a shot now and again. These medicines are everywhere in the community. Gather where closest to your home so don't have to travel around searching for it."

-Lori Kewagwom

The Four Sacred Medicines

Tobacco is the first plant that the Creator gave to First Nations Peoples. It is the main activator of all the plant spirits. Three other plants, sage, cedar and sweetgrass, follow tobacco, and together they are referred to as the Four Sacred Medicines. The Four Sacred Medicines are used in everyday life and in ceremonies. All of them can be used to smudge with, though sage, cedar and sweetgrass also have many other uses. It is said that tobacco sits in the eastern door, sweetgrass in the southern door, sage in the western door and cedar in the northern door. Elders say that the spirits like the aroma produced when we burn tobacco and the other sacred medicines. Traditional people say that tobacco is always first. It is used as an offering for everything and in every ceremony. "Always through tobacco", as the saying goes.

Traditional tobacco was given to us so that we can communicate with the spirit world. It opens up the door to allow that communication to take place. When we make an offering of tobacco, we communicate our thoughts and feelings through the tobacco as we pray for ourselves, our family, relatives and others. Tobacco has a special relationship to other plants: it is said to be the main activator of all the plant spirits. It is like the key to the ignition of a car. When you use it all things begin to happen. Tobacco is always offered before picking medicines. When you offer tobacco to a plant and explain why you are there, that plant will let all the plants in the area know why you are coming to pick them. When you seek the help and advice of an Elder, Healer or Medicine Person and give your offering of tobacco, they know that a request may be made as tobacco is so sacred. We express our gratitude for the help the spirits give us through our offering of tobacco. It is put down as an offering of thanks to the First Family, the natural world, after a fast. Traditional people make an offering of tobacco each day when the sun comes up. Traditional tobacco is still grown in some communities. For example, the Mohawk people use traditional tobacco that they grow themselves and that is very sacred to them.

Sage is used to prepare people for ceremonies and teachings. Because it is more medicinal and stronger than sweetgrass, it tends to be used more often in ceremonies. Sage is used for releasing what is troubling the mind and for removing negative energy. It is also used for cleansing homes and sacred items. It also has other medicinal uses. There is male sage and female sage. The female sage is used by women.

Sweetgrass is used in prayer, smudging and purifying ceremonies. It is usually braided, dried and burned. It is usually burned at the beginning of a prayer or ceremony to attract positive energies.

Like sage and sweetgrass, cedar is used to purify the home. It also has many restorative medicinal uses. Cedar baths are healing. When cedar is put in the fire with tobacco, it crackles. When it does this, it is calling the attention of the spirits to the offering that is being made. Cedar is used in fasting and sweat lodge ceremonies as a form of protection: cedar branches cover the floor of the sweat lodge and a circle of cedar surrounds the faster's lodge.

How to Protect Yourself

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Talking to Children about COVID-19

1. Remain calm and reassuring. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
2. Make time to talk. Be sure children know they can come to you when they have questions.
3. Avoid language that might blame others and lead to stigma. Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.
4. Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
5. Provide information that is honest and accurate. Give children information that is truthful and appropriate for the age and developmental level of the child.
6. Teach children everyday actions to reduce the spread of germs. Remind children to stay away from people who are coughing or sneezing or sick. Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.

How Likely am I to Catch COVID-19?

1. The risk depends on where you are - and more specifically, whether there is a COVID-19 outbreak unfolding there.
2. For most people in most locations the risk of catching COVID-19 is still low. However, there are now places around the world (cities or areas) where the disease is spreading. For people living in, or visiting, these areas the risk of catching COVID-19 is higher. Governments and health authorities are taking vigorous action every time a new case of COVID-19 is identified. Be sure to comply with any local restrictions on travel,

movement or large gatherings. Cooperating with disease control efforts will reduce your risk of catching or spreading COVID-19.

3. Outbreaks can be contained and transmission stopped, as has been shown in China and some other countries. Unfortunately, new outbreaks can emerge rapidly. It's important to be aware of the situation where you are or intend to go. WHO publishes daily updates on the COVID-19 situation worldwide.

Being Prepared

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice everyday preventive actions now. Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick.

What to Stock Up On

Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.

It is important to stock up on essentials, but avoid panic buying. At this time, it is recommended to ensure you have a stock of non-perishable food items and supplies. This is so you do not need to go shopping if you become sick or in case of a peak outbreak you won't need to leave your home.

Good options to stock up on are as follows::

- Dried pasta and rice
- Pasta Sauces
- Canned Soups, vegetables and beans
- Canned baby food
- Hygiene products
- Diapers
- Anti-bacterial soap
- Alcohol-based hand sanitizer
- Fever reducing medicines (acetaminophen or ibuprofen for adults and children)
- Toilet paper
- Paper Towels
- Plastic Garbage Bags
- Dish Soap
- Laundry Detergent
- Household bleach and other cleaning products

IF YOU ARE SICK

Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.



Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

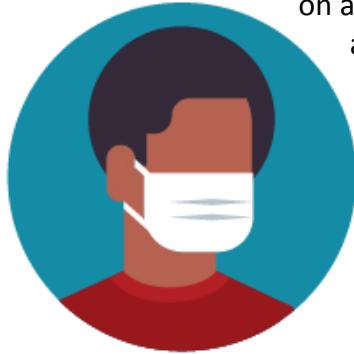
Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people. *When possible, have another member of your household care for your animals while you are sick with COVID-19.*

Call ahead: If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Clean and disinfect areas that may have blood, stool, or body fluids on them.

Wear a facemask: If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.



Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information. If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Testing Centres

COVID-19 ASSESSMENTS CENTRES in the Grey Bruce Region:

Owen Sound Regional Hospital, Grey Bruce Health Services	
Location	Hours
Portable facility just outside the entrance to the Owen Sound Hospital Emergency Department	12:00 PM – 8:00 PM, 7 days per week
Kincardine Hospital, South Bruce Grey Health Centre	
Location	Hours
Location: Portable facility located between hospital and medical clinic	9:00 AM – 5:00 PM, 7 days per week
Hanover & District Hospital	
Location	Hours
Main entrance to the hospital	10:00 AM – 4:00 PM, 7 days per week

The Assessment Centres are for individuals with symptoms of COVID-19 who are having difficulty managing at home. Please follow these guidelines to determine if you should come:

1. If you do not have symptoms of COVID-19, please do not come to the Assessment Centre.
2. If you have mild symptoms, and you can manage at home, please stay home and self-isolate.
3. If you have symptoms, and are struggling at home, come to an Assessment Centre.
4. If you are very ill, go to the nearest Emergency Department or call 911.

Appointments are not necessary. Patients will be pre-screened, and will be asked to wash their hands and put on a mask prior to entry. To reduce risk and traffic within the Centres, only those patients who require assistance will be permitted to bring a support person with them into the facilities. Following screening at the Assessment Centres, patients will be sent home to self-isolate and monitor symptoms, unless the patient is critically ill and requires hospitalization. The most common symptoms of COVID-19 are fever, cough, and difficulty breathing. Most patients experience mild symptoms, and recover fully without treatment within two weeks.

How to Care for Those Who Are Ill.

Household members, intimate partners, and caregivers in a nonhealthcare setting may have close contact² with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation. Close contacts should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

Close contacts should also follow these recommendations:

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. This will help the healthcare provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the healthcare provider to call the local health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for COVID-19.

- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.

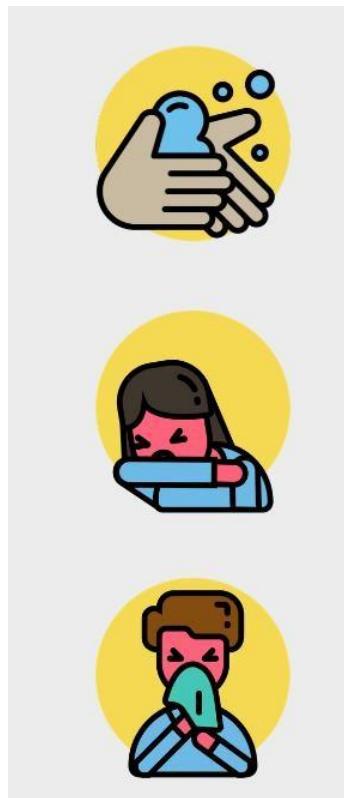
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.

Social Stigma associated with COVID-19

Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease.

Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share other characteristics with this group may also suffer from stigma.

The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.



WHY IS COVID-19 CAUSING SO MUCH STIGMA?

The level of stigma associated with COVID-19 is based on three main factors:

- 1) it is a disease that's new and for which there are still many unknowns;
- 2) we are often afraid of the unknown; and
- 3) it is easy to associate that fear with 'others'.

It is understandable that there is confusion, anxiety, and fear among the public. Unfortunately, these factors are also fueling harmful stereotypes.

WHAT IS THE IMPACT?

Stigma can undermine social cohesion and prompt possible social isolation of groups, which might contribute to a situation where the virus is more, not less, likely to spread. This can result in more

severe health problems and difficulties controlling a disease outbreak.

Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviours

HOW TO ADDRESS SOCIAL STIGMA

Evidence clearly shows that stigma and fear around communicable diseases hamper the response. What works is building trust in reliable health services and advice, showing empathy with those affected, understanding the disease itself, and adopting effective, practical measures so people can help keep themselves and their loved ones safe.

How we communicate about COVID-19 is critical in supporting people to take effective action to help combat the disease and to avoid fuelling fear and stigma. An environment needs to be created in which the disease and its impact can be discussed and addressed openly, honestly and effectively.

BOREDOM BUSTERS

- 1) Try YouTube yoga for kids
- 2) Play hide and seek
- 3) Build a fort
- 4) Make a snack together
- 5) Bake cookies
- 6) Paint a picture
- 7) Practice handstands
- 8) Re-arrange your bedroom
- 9) Draw with chalk
- 10) Play a card game
- 11) Play a board game
- 12) Read a book
- 13) Create a graphic novel
- 14) Put on a skit
- 15) Build an obstacle course

- 16) Play the floor is lava
- 17) Write a song or poem
- 18) Create wall-art from painter's tape
- 19) Make slime
- 20) Make_friendship_bracelets
- 21) Learn some fun hand-clapping games and rhymes
- 22) Play jump rope and practice these jump rope songs
- 23) Draw a self-portrait
- 24) Make finger paint out of pudding
- 25) Enjoy an epic bubble bath
- 26) Bake a treat for a neighbor
- 27) Create a collage or vision board
- 28) Play balloon volleyball
- 29) Trace their body on a large piece of paper and color it in

BOREDOM BUSTERS CONT'

- 30) Create their own hilarious "Upside-down Chin Face" video
- 31) Watch a family-friendly shows on Netflix
- 32) Make a smoothie
- 33) Listen to an audiobook
- 34) Make paper airplanes
- 35) Make a paper bag puppet
- 36) Hula Hoop
- 37) Do a puzzle
- 38) Play dress up and put on a fashion show
- 39) Do your makeup really crazy
- 40) Play Mad Libs
- 41) Play charades

- 42) Take a bunch of funny selfies
- 43) Make a "faux" YouTube video
- 44) Play rock paper scissors
- 45) Have a staring contest
- 46) Have a dance contest
- 47) Do a kids workout
- 48) Play with shaving cream
- 49) Carve a bar of soap with a plastic knife
- 50) Paint rocks
- 51) Have a picnic in the living room
- 52) Have a bubble gum bubble-blowing contest
- 53) Play laundry basket hockey with a rolled up sock and a broom



HANDWASHING

is your superpower!



FIGHT
OFF
GERMS!

WASH
YOUR
HANDS!

www.cdc.gov/handwashing



Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020

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Ontario 

1

PERFORM HAND
HYGIENE



2

PUT ON GOWN
OR ARM BARRIER



3

PUT ON MASK OR
N95 RESPIRATOR



4

PUT ON EYE
PROTECTION



5

PUT ON GLOVES



Disease Prevention



Maintain
social
distancing

SOURCE: WORLD HEALTH ORGANIZATION