

Up-to-date information as of June 12th, 2020***

COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 13



Issue 13: Highlights

Ministry of Youth online Jigging event (June 14th). Health Canada hand sanitizer recall. BC provincial overdose crisis. BC Ferries new mask regulations. Expanding your circle. World Elder Abuse Awareness Day.

"Fewer faces and bigger spaces needs to continue to be our guidepost for how we move forward"

Dr. Bonnie Henry

If you know of someone in need, or are isolated yourself and need assistance, email covid19@mnbc.ca

MNBC's Health Team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available.

Follow our COVID-19 page at www.mnbc.ca

Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing (6 feet or 2m apart).

MNBC MINISTRY OF YOUTH ONLINE JIGGING EVENT: JUNE 14TH



Virtual

Metis

JIGGING

YOUTH EVENT

3:30 - 5:30 PM
SUNDAY, JUNE 14

MNBC'S YOUTH EVENTS WILL NOW BE
COMING TO YOU LIVE ON ZOOM

Join Jigging sensation
BEVERLY LAMBERT

Attend a Beginner Jigging Lesson

Learn basic steps and how to rock
your next Kitchen Party



The event will end with a virtual
Jigging Contest

WIN CULTURAL PRIZES WITH KAHOOT GAMES

If you are Métis between the ages of 15 – 30, join MNBC's Ministry of Youth at Métis for their first-ever live virtual Jigging event via Zoom from 3:30 – 5:30 pm on Sunday, June 14th.

This free event is for Youth to connect and learn about their culture, participate in fun activities, and learn new skills. All Youth are welcome and encouraged to attend!

Don't know how to Jig? No problem! Learn the basics of Jigging from the lively grassroots Métis cultural entertainer, Beverly Lambert. Attendees will also have the opportunity to win some awesome cultural prizes through a Kahoot trivia quiz and a Jigging Contest at the end of the event.

Registry is required through EventBrite or Facebook. The Zoom login code will be emailed to registered participants 2 days prior. To register, visit: <https://www.eventbrite.ca/e/metis-jigging-event-tickets-106242010714>

HEALTH CANADA HAND SANITIZER RECALL

From Health Canada:

Health Canada is advising Canadians that certain hand sanitizers are being recalled from the market because they contain industrial-grade ethanol that has not been authorized for use in hand sanitizers in Canada. Frequent use of these products may lead to dry skin, causing irritation or cracking.

What to do: Stop using these products. Consult your healthcare professional if you have used any of these products and have health concerns. Report any health product [adverse events](#) or [complaints](#) to Health Canada.

For additional information, visit: <https://healthy Canadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/73269a-eng.php#>

A list of affected, recalled products can be found on the next page.



HEALTH CANADA HAND SANITIZER RECALL (CONTINUED)

The recalled products are:

- Protectenol Hand Sanitizer Liquid, made by Applied Lubrication Technology
- Tidol Hand Sanitizer 70%, made by Tidol Corporation
- Aktif Antiseptique instantane pour les mains, made by Laboratoire Hygienex Inc.
- Smart Care Hand Sanitizer, made by R&D Technical Solutions Ltd.
- X-Pure Vert-2-Go Gel, Wood Wyant Inc.
- Eltraderm Hand Sanitizer - 70% Ethyl Alcohol, made by Eltraderm Limited
- Hand Sanitizer, made by Contract Packaging Distributions Inc.
- Gel 700 Hand Sanitizer, made by Nature's Own Cosmetic Company Inc.
- Sanilabs Hand Sanitizer 70% Ethanol, made by Sanilabs Inc.
- Walker Emulsions Hand Sanitizer, made by Walker Emulsions Ltd.
- Hand Sanitizer Desinfectant pour les mains, made by Walker Emulsions Ltd.



BC PROVINCIAL OVERDOSE CRISIS

March and April mark the first time since 2018 that BC has recorded back-to-back months with over 100 overdose related deaths, and we have seen an increase in people using substances alone.

We are all feeling additional pressures and stress and now is the time to support each other and to talk about substance use with your peers and loved ones.

Using alone is a major risk factor for overdose death and we strongly encourage the following tips for staying safe. For your safety:

- Buddy up when you are using, stay 2 meters (6 ft) from your buddy to remain physically distanced, but remember using with a buddy is safer than using alone!
- Consider downloading and using the LifeGuard App on your mobile smart phone to monitor your risk for overdose if you are using alone.
- When using your substance start with a small amount, and then go slow.
- Carry a Naloxone kit and know how to use it.
- If you live in a shelter or supportive housing, use at the overdose prevention site.
- Avoid using different drugs at the same time or using drugs and alcohol together.
- Talk to your health care provider about accessing a safe supply – for more info: <https://www.bccsu.ca/wp-content/uploads/2020/04/Poster-Information-for-PWUD.pdf>

BC PROVINCIAL OVERDOSE CRISIS (CONTINUED)

Know the signs of overdose and how to respond:

- Recognize the signs of an overdose: slow or no breathing, gurgling or gasping, lips/fingertips turning blue, difficult to rouse (awaken), non-responsive
- Call 9-1-1 immediately – it is still okay (and important) to use emergency services during this time.
- Give naloxone (Narcan) if you have it.
- Open airway and give rescue breaths.
- Steps for overdose response during COVID-19 can be found here:

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-harm-reduction.pdf>

BC has also seen the launch of two apps to help protect against overdose deaths.

The Lifeguard App has been developed by the Provincial Health Services Authority to help protect against overdose death. This app is fully endorsed by the Province and all Health Authorities and will connect users directly to Emergency Services in their area if an overdose is occurring. For more information, visit: <https://lifeguarddh.com/>

The Be Safe App, allows for peer-to-peer communication and supervision. This app allows for anonymous use and the creation of closed communities. The Be Safe app provides a great opportunity for Métis Communities to come together and support one another through the overdose crisis. For more information, visit:

<https://www.besafe.community/>

BC FERRIES NEW MASK REGULATIONS

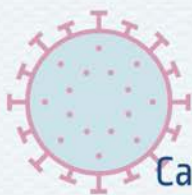


BC Ferries has recently announced that passengers will be required to travel with a face mask on all routes longer than 30 minutes. This will begin on June 15th, and will apply to all passengers over the age of two - including passengers travelling by vehicle.

When physical distancing (two metres) cannot be maintained, passengers must wear the face mask while on board. BC Ferries will not supply masks to passengers.

From [CBC News](#): "Ferries staff will confirm that passengers boarding a boat have a face mask that they are willing to wear if necessary. If a passenger answers "no," they will be denied boarding. If a person has a condition that precludes them from wearing a mask, staff will speak to them and address their needs on a case-by-case basis."

EXPANDING YOUR CIRCLE - FRASER HEALTH INFORMATION



"EXPANDING YOUR CIRCLE" WHAT DOES IT MEAN?

Caring for our People | Protecting our Communities

BC's Restart Plan* shows we can double our social contacts and still flatten the curve on the COVID-19 pandemic. *BUT* we must remain vigilant in protecting those at greater risk as well as ensuring our health care system does not become overwhelmed. Please see the advice below on how to safely "expand your circle".



NO CHANGES

(keep doing):



STAY HOME if you or a household member are sick & **GET TESTED** if you have symptoms (fever, new or persistent cough, sore throat)



NO PHYSICAL CONTACT (handshakes, hugs) outside your immediate family/household



PRACTICE GOOD HYGIENE (regular hand washing, avoid touching your face, cover coughs and sneezes, regularly clean and disinfect frequently touched surfaces)



PHYSICAL DISTANCING (stay at least 6 feet or 2 meters away from other people)



CHANGES

(begin responsibly):

SOCIALIZING

- Do not socialize if you're sick
- Practice good hand hygiene (including guests washing hands on arrival)
- Practice good respiratory hygiene (cover your mouth and nose when coughing or sneezing)
- Maintain physical distancing
- Only get together in small groups
- Gather in larger spaces, outdoors if possible
- Consider wearing non-medical face masks if socializing in a small space or indoors
- Keep visits shorter than usual
- Keep your total number of contacts low, and be consistent in who you choose to see in person (do not "expand your circle" with several different people or groups)
- If you or one of your guests are at greater risk (over the age of 60 or with underlying medical conditions), take extra precautions.
- Avoid non-essential travel, including to see friends or family out of town.

SHARING MEALS

- Do not share meals if you're sick
- Wash your hands frequently (including before and after eating or serving food) using soap and water or alcohol-based hand sanitizer with at least 60% alcohol
- Practice good respiratory hygiene
- Maintain physical distancing
- Do not share food, drinks, dishes, utensils or condiments (e.g. salt and pepper)
- Serve individually wrapped or plated food, prepared by one person (no 'pot luck' or 'family style' dishes)
- Serve individual drinks
- Eat and drink outside if possible
- Each person should dispose of their own trash and once all the trash is disposed of, the bag should be sealed and taken out of the home
- Each person should handle their own dirty dishes
- Clean and disinfect surfaces after use (tables, seats, bathrooms, etc.)

SHOPPING

- Do not go shopping if you're sick
- Practice good hand and respiratory hygiene
- Maintain physical distancing
- Consider wearing a non-medical face mask in case physical distancing is not always possible
- Handle your own re-usable bags or leave them at home
- Properly dispose of used items yourself, do not leave them in the store or parking lot (e.g. gloves, coffee cups, receipts)
- Try not to "browse" (touching items you do not intend to buy)
- Wash or disinfect hands after each contact with frequently touched surfaces (door handles, shopping carts or baskets, PIN pads) and in between stores if visiting more than one



*Visit gov.bc.ca for BC's Restart Plan

WORLD ELDER ABUSE AWARENESS DAY - JUNE 15TH

On June 15th we at MNBC recognize World Elder Abuse Awareness day. Unfortunately, Elder abuse is still a very common occurrence around the world. On this day, Métis Nation British Columbia advocates for our Seniors and Elders by bringing this very important issue to the forefront especially in our isolating time of COVID-19.

Elder abuse comes in many forms, such as, physical, emotional, psychological, financial, and sexual. One in five Canadians believe they know of an Elder or Senior who may be experiencing some form of abuse.

Our Métis Elders are our educators, and knowledge keepers of traditions and stories. Each Elder has made our Nation what it is today. We need to praise and uplift all of our Elders for the contributions they have made throughout our province and Nation, and for their continued effort in passing on their wisdom and teachings to our youth.

“We stand united in ending Elder abuse”

Below are some additional resources.

- <http://seniorsfirstbc.ca/>
- <https://www.seniorsadvocatebc.ca/>
- <https://www.bc211.ca/>
- Métis Crisis Line: Please call the Métis Crisis Line 1-833-METIS-BC (1-833-638-4722) if you are in crisis. This line is manned 24hr a day and 7 days a week. The Métis Crisis Line is a place where you can talk, trust and feel safe!

****Please call 9-1-1 if you experience, witness or suspect Elder abuse****

THANK YOU

To all our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.



RECENT NEWSLETTERS HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

ISSUE TWELVE. BC Parks camping reopens. Parks Canada: gradual reopenings. Summary: World Health Organization's review on tobacco and COVID-19. New one-time support for Canadians with disabilities. Showcase BC. Read Issue #12 [here](#).

ISSUE ELEVEN. BC CDC COVID-19 survey reminder: May 31st deadline. To mask or not to mask? BC's Restart Plan. Provincial state of emergency extended. Alcohol and the immune system. Read Issue #11 [here](#).

ISSUE TEN. Government of Canada recommendation for wearing non-medical masks in public. Appropriate non-medical mask usage. BC CDC COVID-19 Survey. B.C. COVID-19 Temporary Pandemic Pay for health, social services and corrections employees delivering in-person, front-line care. Celebrating 2020 Métis graduates. Read Issue #10 [here](#).

ISSUE NINE. Federal government support for seniors. Canada Child Benefit (CCB) payment increase. Part-time, voluntary return to school June 1. Canada Emergency Student Benefit (CESB). BC provincial parks reopening. COVID-19 journal and activity book for kids. COVID-19: harm reduction support. Read Issue #9 [here](#).

ISSUE EIGHT. Hearts in the Window weekly contest. BC's Restart Plan. Canada Emergency Wage Subsidy extended. Celebrating Mother's Day this year. Métis wellness youth event. COVID-19 support resources. BC provincial overdose alert. Read Issue #8 [here](#).

ISSUE SEVEN. Glove distribution update. Hearts in the Window weekly contest. Staying entertained and active at home (Tah'lum Indigenous Artist Collective Colouring Book, FitNation, Métis Families Activities Guide). Zoom hangouts for Indigenous Youth. London Drugs providing shelf space for small businesses. Read Issue #7 [here](#).

ISSUE SIX. Survey deadline - April 30th, 2020. Support for Indigenous businesses. Relief for Métis entrepreneurs in BC during COVID-19. Hearts in the Window weekly contest. Foundry virtual services for youth (ages 12-24). Read Issue #6 [here](#).

ISSUE FIVE. Education and rent support from MNBC. ICBC. BC Hydro. Homemade Masks. Service Canada – ready to help. Self-isolation when you live with other family members. Read Issue #5 [here](#).