

\*Up-to-date Information as of March 20, 2020

# COVID-19 NEWSLETTER

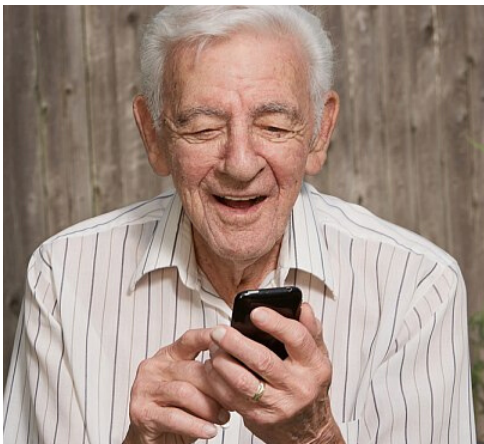
MNBC MINISTRY OF HEALTH - ISSUE 01



What we're doing right now will help us in two weeks.

**"We need to be kind, we need to be calm, and we need to be safe"**

*BC's Provincial Health Officer Dr. Bonnie Henry - March 19, 2020*



## Staying Healthy and Well Admidst "Social Distancing"

Social distancing is really physical distancing. The recommended or optimal distance is 2 meters, or 6 feet, to prevent the spread of COVID-19.

We are being asked to not socialize in person, but that doesn't mean you can't connect in other ways. Call, text and video message each other; enjoy a chat or video over virtual coffee.

Connect with family, friends and Elders in your Community and see if they are in need. Immunocompromised people, those with chronic conditions (heart disease, diabetes, COPD, asthma etc.), as well as the Elderly, should avoid public places as much as possible for their own protection from the virus.

Help them stay safe at home by making sure they have the supplies and medications they need.

**If you know of someone in need, or are isolated yourself and need assistance, email [health@mNBC.ca](mailto:health@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](http://www.mNBC.ca)**

**When washing your hands pay particular attention to your fingertips, back of your hand and thumbs.**



Recent stockpiling has resulted in a shortage of available cleaning products & sanitizers. **Please note the value of household bleach.** It is a relatively low cost and accessible cleaner. Unexpired bleach will be effective against coronaviruses when properly diluted. Never mix household bleach with ammonia or any other cleanser.

### Do It Yourself (DIY)

Unexpired bleach will be effective against coronaviruses when properly diluted. Prepare a bleach solution by mixing 5 tablespoons (1/3 cup) bleach per gallon of water or 4 teaspoons bleach per quart of water.

## Have I Been Exposed? Should I Be Self-Isolating?



**COVID-19 Self-Assessment Tool**

Take the test and get informed about your risk:

<https://covid19.thrive.health>



**During a crisis.**

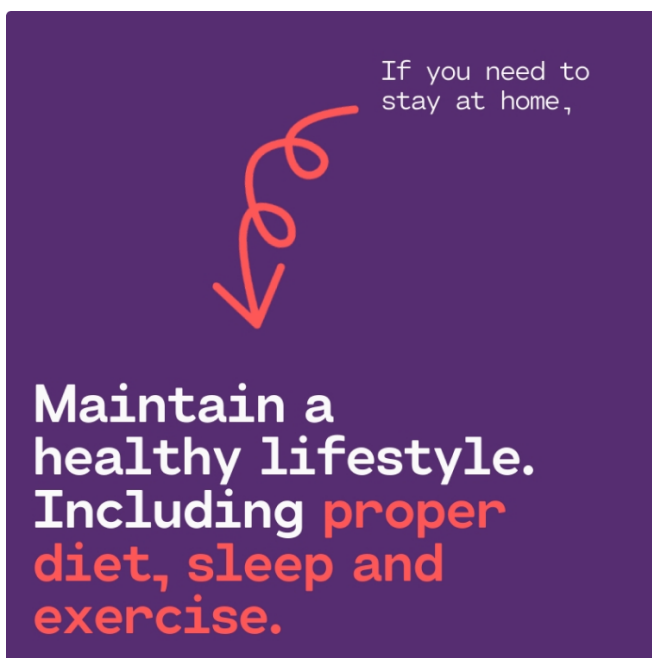


**Talk to people you trust.**

Think about reaching out to friends and family or your community.

As well as impacting our physical health, the impacts of COVID-19 can also influence our mental health and wellness. Feelings of anxiety, depression, or hopelessness may be heightened during this time.

Try to focus your thoughts on the aspects that you are able to control, such as your own practices of social distancing, hand hygiene, pursuit of engaging activities at home, and your kindness and compassion towards yourself and others.



**MÉTIS CRISIS LINE**



**1-833-MÉTIS-BC**  
(1-833-638-4722)

24 hour access to Crisis Programs



**MÉTIS NATION**  
BRITISH COLUMBIA

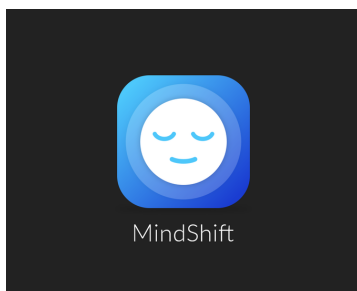
# Mental Health & Wellness

Please see information from the Canadian Mental Health Association, BC Division, on staying mentally well during this time period in regards to COVID-19: <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

Register for free for Bounce Back, a self-directed course to help you manage low mood, anxiety and depression.

To access more information on managing stress & anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Download a free app like **MindShift** on your phone to help you relax, meditate and monitor your mood.



Find out more information here: <https://www.anxietycanada.com/resources/mindshift-cbt/subheading>



MENTAL WELLNESS

ABUSE

RELATIONSHIPS

BULLYING

ADDICTIONS

SUICIDE & IDEATION

DEPRESSION

GRIEF & LOSS

SELF-HARM

PEER PRESSURE

ANXIETY

FINANCIAL ISSUES

CULTURE

**24 HOURS A DAY  
7 DAYS PER WEEK**

A place where you can talk,  
trust and feel safe!

## SERVICES:

24 hr phone support  
Risk assessment  
Safety monitoring  
Community engagement



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**MÉTIS NATION**  
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Services



# What do you do if you develop symptoms and suspect you have COVID-19?

- Self-isolate for 10-14 days after your symptoms start
- Avoid contact with others
- Maintain the recommended 2 meters or 6 feet

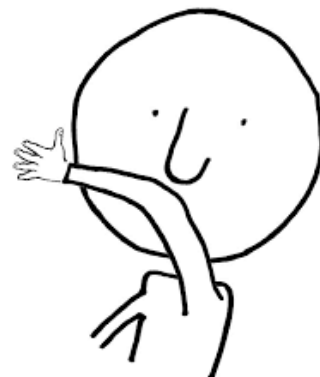


Cough or sneeze into your arm, or tissue that you discard immediately. Wash your hands often and well. Sanitize contact surfaces (light switches/door handles, counters etc.), twice daily in the home.



Most people with COVID-19 will have symptoms similar to a common cold, and will be able to manage their symptoms at home. We encourage people who are sick to stay home and self-isolate for 14 days so that you do not spread the virus.

If your symptoms are severe, you should **contact 8-1-1** or your healthcare provider. It is important to not immediately go to Emergency, a Health Clinic or your Doctor's office, as this may tax the health care system that is adjusting to increased demand. Further, you can spread the virus if you do have COVID-19. However, **if symptoms such as shortness of breath are severe, please contact 9-1-1.**





## Provincial and Federal Supports

The [1-888-COVID19](tel:1-888-COVID19) number is for non-medical information on the virus covering everything from travel recommendations to social distancing.

Operational 7:30 am to 8 pm, seven days a week. COVID-19 information will be provided in more than 110 languages. Alternatively, text [604-630-0300](tel:604-630-0300) for COVID-19 information.



The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak.

On March 18, 2020, the Prime Minister announced a new set of economic measures to help stabilize the economy during this challenging period, examples are:

- Increase the maximum annual Canada Child Benefit (CCB) payment amounts, only for the 2019-20 benefit year, by \$300 per child.
- Six-month interest-free moratorium on the repayment of Canada Student Loans for all individuals currently in the process of repaying these loans.
- Supporting women and children fleeing violence, by providing up to \$50 million to women's shelters and sexual assault centres to help with their capacity to manage or prevent an outbreak in their facilities.
- For individuals (other than trusts), the tax return filing due date will be deferred until June 1, 2020.

Source: [https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Income\\_Support\\_for](https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Income_Support_for)



# Employment Insurance

The government recommends people apply as soon as possible to find out if they qualify. Under Wednesday's (March 18th) changes, the one-week waiting period for sickness benefits will be removed for those who have been told to self-isolate or quarantine, meaning applicants can be paid for the first week of their claim.

If approved, the maximum amount paid out for EI is \$573 a week. Applicants usually need a medical certificate along with records of employment, though the new rules allow quarantined workers to apply without the former.

If you can't apply because you are quarantined, you can also file for EI sickness benefits later and have the claim backdated.

To apply for EI benefits, you can visit the website.

Afterwards, you can apply to have the one-week waiting period waived by calling the government's toll-free number at [1-833-381-2725](tel:1-833-381-2725), or teletypewriter at [1-800-529-3742](tel:1-800-529-3742).

What if I don't qualify for EI? The federal aid package also includes the Emergency Care Benefit and the Emergency Support Benefit. The Emergency Care Benefit provides up to \$900 every two weeks for up to 15 weeks, to those affected by COVID-19. It's intended for those who don't qualify for EI, can't go to work and don't have paid sick leave.

Canadians quarantined can apply for Employment Insurance (EI) sickness benefits. To find out if you are eligible, and to apply, visit the EI sickness benefits page at: <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>



## ***Did You know?***

*Washing your hands for 20 seconds properly with plain soap and water is just as effective against COVID-19 as antibacterial gels and sanitizers.*

## **Keeping busy while staying at home. Métis people are rooted in resilience, we will move through this time together.**

Engage in activities at home that bring you joy, whether it's starting seeds for the garden, reading, playing music, beading, crafting or spending time with your kids and/or pets.

Finally, organize those pictures and closets, get ready for Spring and the warmer months ahead and plan that trip.

Enjoy the sunshine and get outside in your yard. Go for a walk, while being mindful of 2 meter distancing.



**"This is not forever" ~ Dr Bonnie Henry**