

**Up-to-date information as of May 8th, 2020\*\*\***

# COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 08



## Issue 8: Highlights

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.

**"Moving too quickly will undo  
all the work we've done."**

Dr. Bonnie Henry

If you know of someone in need, or are isolated yourself and need assistance, email [covid19@mnbc.ca](mailto: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](http://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).

# HEARTS IN THE WINDOW: WEEKLY CONTEST!

MNBC's Ministry of Health is inviting YOU to participate in our weekly Métis Hearts in the Window contest! To participate, decorate your window, your porch, driveway, etc. with hearts and messages of hope. Feel free to get creative!

**To enter this ongoing contest, submit a photo of your display to [jjones@mnhbc.ca](mailto:jjones@mnhbc.ca). Photos received will be shared in our COVID newsletter, and each week we will randomly select one winner to receive a \$25 Tim Hortons gift card.**

Thank you to those who submitted their entries this week! This week's randomly selected winner is Madison. Congrats Madison!



Submitted by Madison and Nadine



Submitted by Alicia

# BC'S RESTART PLAN

BC's Restart Plan lays out a series of steps that we will take together to protect people and ensure that our province can come back from COVID-19 stronger than before.

B.C.'s restart will be a careful, step-by-step process to ensure all of our combined efforts and sacrifices are not squandered.

**Phase 2 will begin AFTER the Victoria Day long weekend on May 19th and will include, under enhanced protocols:**

- Restoration of health services
- Re-scheduling elective surgery
- Medically related services (dentistry, physiotherapy, registered massage therapy, and chiropractors)
- Physical therapy, speech therapy, and similar services
- Retail sector
- Hair salons, barbers, and other personal service establishments
- In-person counselling
- Restaurants, cafes, and pubs (with sufficient distancing measures)
- Museums, art galleries, and libraries
- Office-based worksites
- Recreation and sports
- Parks, beaches, and outdoor spaces
- Child care

For detailed information, including information about Phases 3 and 4, visit:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>



# BC'S RESTART PLAN (CONTINUED)

B.C.'s progress in the fight against COVID-19 is a direct result of the sacrifices and decisions that we have all made to date,

**Continuing to protect seniors and at risk people and ensuring that our health care system can respond to this dangerous virus, means that we all must keep doing our part. This means:**

- Stay at home and keep a safe distance from family if you have cold or flu symptoms
- Practice good hygiene (regular hand washing, avoiding touching your face, covering coughs and sneezes, disinfect frequently touched surfaces)
- Keep physical distancing, as much as possible when in the community and where not possible, consider using a non-medical mask or face covering (please see newsletter issue five to learn more about homemade masks here:

[https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19\\_Newsletter\\_\\_Issue\\_5\\_00000002.pdf](https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19_Newsletter__Issue_5_00000002.pdf))

And in personal settings when you're seeing friends and family who don't live with you:

- Only get together in small groups of around 2 to 6 people and keep a physical distance
- Stay home and away from others if you have cold or flu symptoms

**This is not the time for a road trip to another community for a hike or day trip.**

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

## Golden rules for everybody



Practice physical distancing



Clean your hands



Stay at home if you're feeling ill - no exceptions



Increase cleaning at home and at work



Stay informed



Cover your cough



Minimize non-essential travel



Make spaces safer

**COVID-19** IN BC

# CANADA EMERGENCY WAGE SUBSIDY EXTENDED

## Good news for businesses

The federal government's emergency wage-subsidy program is going to be extended beyond June. The program covers 75 per cent of employees' pay, up to \$847, to help employers keep their workers on the payroll for the duration of the COVID-19 crisis. The program was set to end June 6. Prime Minister Justin Trudeau said today he'll offer more details about the extension next week ([CBC News](#)).

## CELEBRATING MOTHER'S DAY THIS YEAR



Whether you're celebrating your Mom, Grandma, Wife, Aunt, Sister, or otherwise. If you're sending love from a distance or if you're at home with the lucky lady, what's important is the time spent together, no matter how it happens. Here's a link with some great ideas. <https://www.todocanada.ca/15-ideas-for-mothers-day-in-times-of-covid-19/>

### **Our team's favourite: Try a Distant Backyard Meet-Up**

Are you trying to enjoy Mother's Day with your Mom, but you don't live together? Try a socially distant backyard meetup. Keep that 2 meters of safety, but bring some sodas and a camping chair, and catch up while the sun is shining and birds are singing.



# MÉTIS WELLNESS YOUTH EVENT



Join MNBC's Ministry of Youth for our FIRST live event on wellness via Zoom from 3:30 – 5:00 pm on Friday, May 29, 2020. At the end of the event, participants will have a chance to win 1 of 3 prizes through an easy Kahoot quiz. Prizes include pieces created by BC Métis Artists such as paintings, prints, jewellery, carvings, beadings, etc., as well as cultural books.

This is a closed event and participants must register through Eventbrite to attend.

This event was created for Youth ages 15 - 30 who either self-identify as Métis or are registered Métis citizens. All ages are welcome to attend but we caution that conversation topics may arise that are unsuitable for a younger audience

For more information, and registration visit: <https://www.eventbrite.ca/e/metis-virtual-wellness-event-tickets-104552537454>

# COVID-19 SUPPORT RESOURCES

## **Service Canada Outreach Support Centre**

Still struggling completing forms for federal government support? Please call Community Outreach and Liaison Service (COLS) staff who are available to answer live calls and ensure that clients get assistance with accessing critical services.

To access this service from BC, call 1-877-631-2657

## **Mental Health Commission of Canada Training for Essential Workers**

The Mental Health Commission of Canada (MHCC) has developed three free crisis response training programs for essential workers: Caring for Yourself, Caring for your Team, and Caring for Others. Registration for these courses will be on a first-come, first-serve basis and will be available at no-cost for essential workers (as defined by the Government of Canada).

For more information, including how to register, visit: <https://theworkingmind.ca/crisis-response-virtual-training>

## **Care for Caregivers**

An online resource hub has been developed by the Canadian Mental Health Association and SafeCare BC to provide support to frontline care workers during COVID-19.

Whether you're looking for up to date credible information to ease your mind, a free workshop to learn about resiliency, or quick daily coping tips, it's here. This site provides a diverse collection of quick and easy resources to support your mental health.

For more information, visit: <https://careforcaregivers.ca/>



Our mental health can have an impact on substance use, and using substances can impact our mental health. Some people may face both mental health concerns and substance use concerns. In these difficult times, we must remember to take care of one another.



## BC PROVINCIAL OVERDOSE ALERT

### INCREASED DRUG TOXICITY REPORTED ACROSS BC (BOTH STIMULANTS & DOWN)

- Increase in both fatal and non-fatal overdoses over the last few weeks
- More severe overdoses being reported
- Increased community overdose & drug alerts since March 22<sup>nd</sup>

#### FOR YOUR SAFETY:

- 1) Use an Overdose Prevention Site, if you can. [FIND AN OPS](#)
- 2) Pick up a naloxone kit. [FIND A SITE](#). Call ahead for hours.
- 3) Avoid using alone. Find a buddy or have someone check on you.
- 4) Talk to your doctor or nurse practitioner about how to access prescription medications to reduce overdose risk and prevent withdrawal. Click [here](#) for more info.

#### THIS IS A PROVINCIAL ALERT

Check your local Health Authority websites for local alerts

- To **FIND AN OPS**: <https://www.stopoverdose.gov.bc.ca/theweekly/overdose-prevention-sites-supervised-consumption-services-drug-checking>
- To **FIND A SITE**: [www.towardtheheart.com/site-finder](http://www.towardtheheart.com/site-finder)
- More info on **accessing prescriptions**: <https://www.bccsu.ca/wp-content/uploads/2020/04/Postcard-COVID-v2.pdf>
- For more information on ways to stay safe while using substances during COVID-19 please check: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

**Date Posted: MAY 6, 2020** (remove by May 20, 2020)

Last Updated: May 6, 2020

**toward**  
THE **heart**.com  
BCCDC HARM REDUCTION SERVICES



# MAY 5TH: NATIONAL DAY OF AWARENESS FOR MMIWG

Tansi Kakiyaw. Hello Métis Family and friends,

On May 5th, it is a day of remembrance for our Missing and Murdered, and a day of action to focus on safety, justice and empowerment of women, girls and two spirited relatives at risk. In the spirit of Wahkohtowin, we encourage you to take time to honor and remember our missing and murdered, their grieving families and loved ones, and those at risk right now. We ask you to think about how to help increase safety for our most vulnerable, and share awareness with understanding and compassion.

In unity, Victoria Pruden,  
Métis Women British Columbia – Provincial Chair / Métis Nation British Columbia - Minister of Women /  
Women of the Métis Nation ~ Les Femmes Michif Otipemisiwak - Vice-Chair





# THANK YOU

## INDIGENOUS NURSES DAY

MAY 8TH - 2020

INDIGENOUS NURSES DAY HIGHLIGHTS THE ACHIEVEMENTS OF CANADA'S MÉTIS, FIRST NATIONS AND INUIT NURSES AND RECOGNIZES THEIR INVALUABLE WORK IMPROVING THE HEALTH AND WELL-BEING OF CANADIANS EVERYDAY.

ESPECIALLY IN THIS EXTREMELY TRYING TIME OF COVID19, WE THANK YOU!



**MÉTIS NATION**  
BRITISH COLUMBIA



**BCSNP**  
British Columbia  
College of Nursing  
Professionals

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.



# PAST NEWSLETTERS HIGHLIGHTS

**Our past COVID newsletters have covered many helpful topics. Learn more about the topics covered in each issue below. 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 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](#).

## ISSUE FOUR

Increased support for mental health services. Safe Seniors, Strong Communities program. Temporary emergency child care for essential workers. BC Parks closure. Read Issue #4 [here](#).

## ISSUE THREE

Applying for the Canada Emergency Response Benefit (CERB). Provincial Emergency Fund for Post-Secondary Students. Indigenous Emergency Assistance Fund for Post-Secondary Students. BC COVID-19 Mental Health Support. Read Issue #3 [here](#).

## ISSUE TWO

Canada Emergency Response Benefit (CERB). Provincial supports during COVID-19. Creating an account with Canada Revenue Agency. Cultivating mental wellness. Prevent the spread of COVID-19. Read Issue #2 [here](#).

## ISSUE ONE

General COVID-19 information. Read Issue #1 [here](#).