

# **COVID-19 NEWSLETTER**

MNBC MINISTRY OF HEALTH - ISSUE 09



## **Issue 9: Highlights**

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.

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

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

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**"We want to move slowly and thoughtfully."**

Dr. Bonnie Henry

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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).

# ENTERING PHASE TWO

**As Phase Two of BC's Restart Plan begins on May 19th, we must all keep doing our part to continue to protect seniors and at risk people, and to ensure that our health care system can respond to this dangerous virus. 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, don't share drinks or food,
- Stay home and away from others if you have cold or flu symptoms

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.

For detailed information, including information about BC's Restart Plan visit:  
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

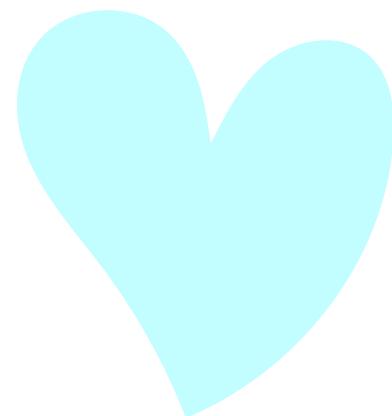
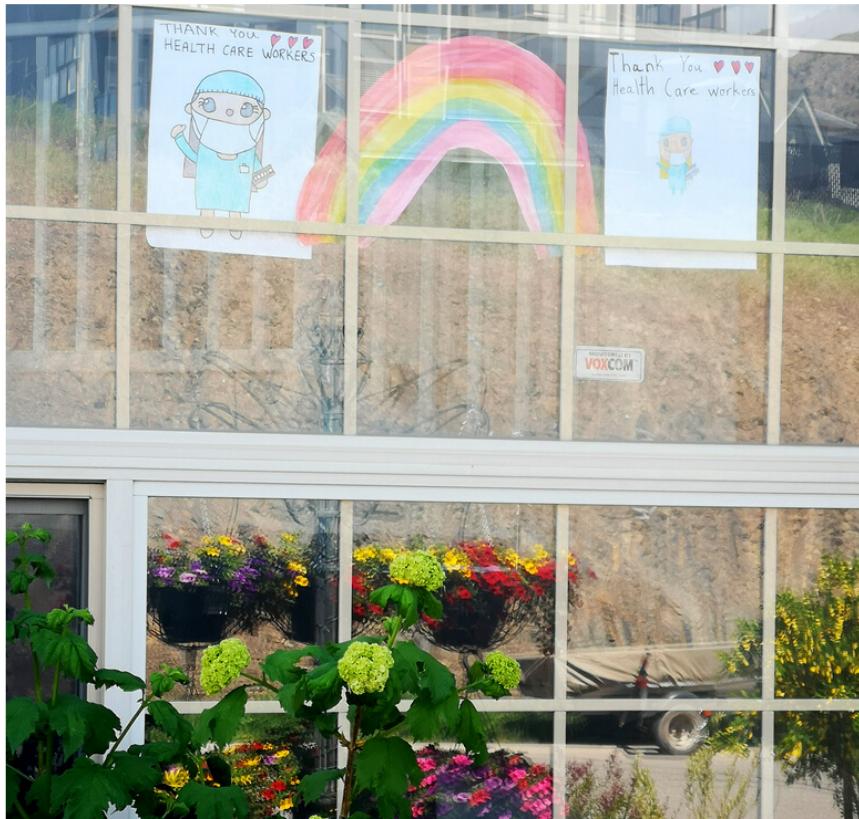
# LAST WEEK TO ENTER: HEARTS IN THE WINDOW CONTEST!

**MNBC's Ministry of Health is inviting YOU to participate in our Métis Hearts in the Window contest - this is the final week to enter!**

To participate, decorate your window, your porch, driveway, etc. with hearts and messages of hope. Feel free to get creative!

**To enter this contest, submit a photo of your display to [jjones@mnbc.ca](mailto:jjones@mnbc.ca). Photos received will be shared in our COVID newsletter, and 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 winner is featured below - congratulations to P & P!



# FEDERAL GOVERNMENT SUPPORT FOR SENIORS

Any senior who is eligible for the Old Age Security (OAS) pension will receive a \$300 payment.

An additional \$200 is being sent to seniors eligible for the Guaranteed Income Supplement (GIS).

**No application is required to receive this one-time payment.**

For more information, visit

<https://www.ctvnews.ca/health/coronavirus/seniors-being-sent-one-time-payment-of-up-to-500-pm-1.4935514?fbclid=IwAR0POSZykPWKy9n-RxYdMD6uuX0Zbs0QLqFadwlsbX-Pw-KSdZBL0jNl1bw>



# CANADA CHILD BENEFIT (CCB) PAYMENT INCREASE

Individuals who received Canada Child Benefit (CCB) in April, will receive an increase, if they are still entitled to receive CCB. This is a one-time increase to the May 2020 CCB payment for the 2019-2020 benefit year (July 2019 to June 2020).

## **How the payment increase is calculated**

The amount you receive will be calculated based on information from the 2018 tax return(s) of you and your spouse/common-law partner (if applicable).

**The amount will be different for each family depending on their net income, up to a maximum of \$300 per child.**

For more information, visit <https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-ccb-payment-increase.html>



# PART-TIME, VOLUNTARY RETURN TO SCHOOL JUNE 1

**On May 15, Premier Horgan and Minister Fleming announced they are giving parents the choice to send their children back to school on a gradual and part-time basis, beginning on June 1.**

The June 1 optional return to school is part of BC's Education Restart Plan. This prepares students and teachers for a return to full-time classes planned for September, provided it is safe to return.

Depending on risk of transmission, for the remainder of the 2019/2020 school year:

- Kindergarten to Grade 5, most students will go to school half time (such as alternating days)
- Grades 6-12 will go to school about one day a week
- Children of essential service workers and students needing additional supports will have the option to attend school full time
- Families that decide not to send their children to class may continue learning from home

For information on the return to school plan, including information on protocols and FAQS, visit: <https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/program-management/safe-caring-and-orderly-schools>

The BC CDC has created that provides guidance for educators, administrators and support staff at public, independent and First Nations K-12 schools to prevent the transmission of COVID-19 and maintain a safe and healthy environment for students, families and staff.

**To access the full COVID 19: Public Health Guidance for K-12 School Settings guide, visit:** <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/health-and-safety-protocols-for-schools.pdf>

# PART-TIME, VOLUNTARY RETURN TO SCHOOL JUNE 1 (CONTINUED)

## Summary of School-Based Control Measures



### 1. STAY HOME WHEN SICK

*All children and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.*



### 4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

*Spread children out to different areas.*

*Take them outside more often.*

*Stagger lunch times. Incorporate individual activities.*

*Remind children, "Hands to Yourself!"*



### 2. HAND HYGIENE

*Everyone should wash their hands more often!*

*Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.*



### 5. CLEANING AND DISINFECTION

*Clean and disinfect frequently touched surfaces at least twice a day.*

*General cleaning of the centre should occur at least once a day.*

*Use common cleaning and disinfectant products.*



### 3. RESPIRATORY AND PERSONAL HYGIENE

*Cover your coughs.*

*Do not touch your face.*

*No sharing of food, drinks, or personal items.*

To access the full COVID 19: Public Health Guidance for K-12 School Settings guide, visit:  
<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/health-and-safety-protocols-for-schools.pdf>

# CANADA EMERGENCY STUDENT BENEFIT (CESB)

## APPLICATIONS OPEN MAY 15TH

The Canada Emergency Student Benefit (CESB) provides financial support to post-secondary students, and recent post-secondary and high school graduates who are unable to find work due to COVID-19.

This benefit is for students who do not qualify for the Canada Emergency Response Benefit (CERB) or Employment Insurance (EI).

From May to August 2020, the CESB provides a payment to eligible students of:

- \$1,250 for each 4-week period, OR;
- \$2,000 for each 4-week period, if you have dependents or a disability

**Students who haven't yet filed a tax return must call CRA to register their social insurance numbers.**

Students collecting the emergency financial aid will be required to confirm they're looking for summer work and will be connected with a government job bank to help employers struggling with labour shortages.

For more information - including how to apply, eligibility, and more - visit:

<https://www.canada.ca/en/revenue-agency/services/benefits/emergency-student-benefit.html>

# BC PROVINCIAL PARKS REOPENING

On May 14, BC Parks will reopen many front and back-country trails, beaches, picnic areas, washroom facilities and boat launches for day-use.

- Visitor centres, nature houses and concession buildings may be opened on a case-by case basis.
- In some instances, facilities such as playgrounds, hot springs, halls, and picnic shelters will remain closed.

On June 1, BC Parks will re-open most provincial campgrounds and back-country camping.

- To ensure physical distancing, you may notice some changes in campgrounds, including additional spacing between campsites and limitations on the number of guests in campgrounds.
- Some communal facilities such as shower buildings will open with enhanced cleaning protocols, while campgrounds that require visitors to use shared cooking facilities and backcountry cabins will remain closed.

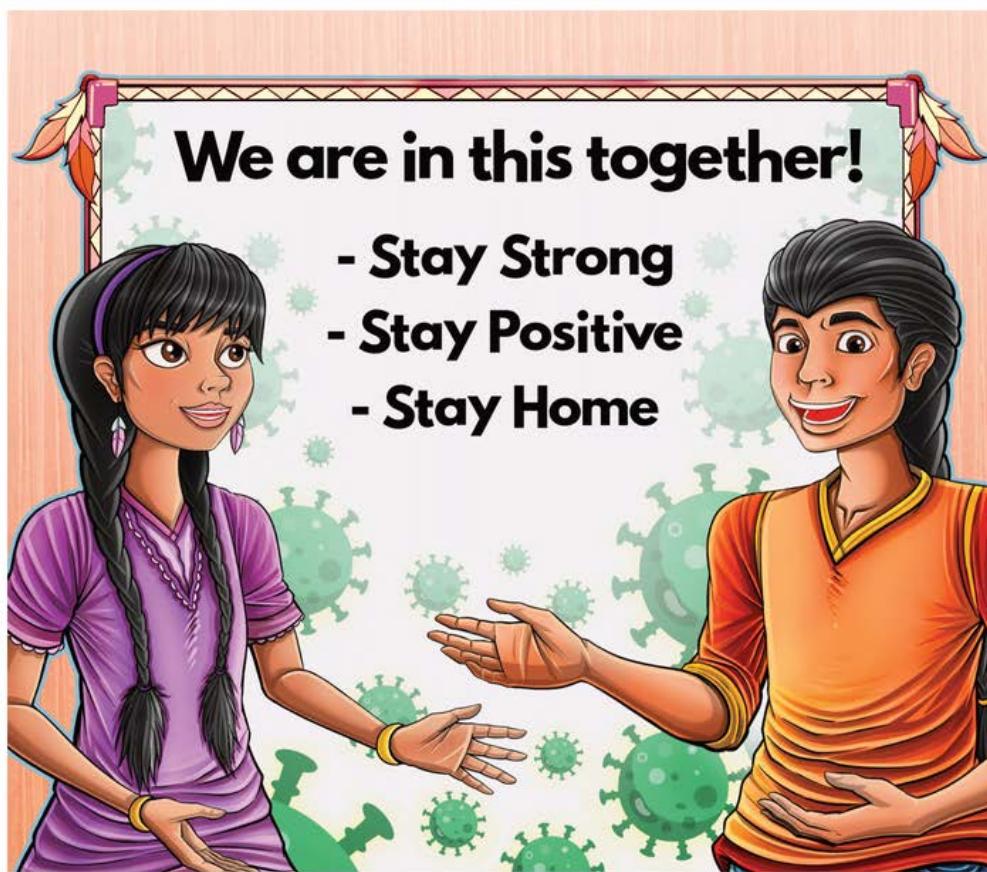
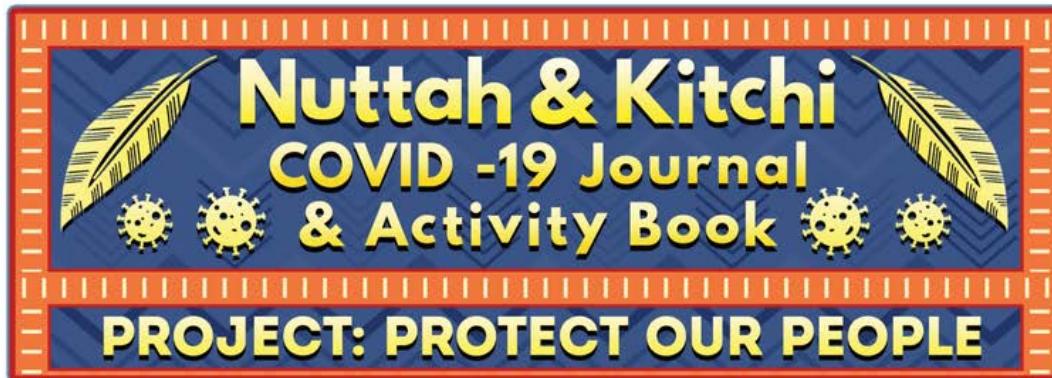
Parks that attract large crowds will remain closed until it is safe to reopen at a later date. Backcountry campgrounds in some parks with high day use will also remain closed.

## Health and Safety Guidelines

- Please visit parks close to home.
- Visitors are expected to respect any facility or area closures and to follow the physical distancing requirements set out by the PHO.
- Visitors should bring their own hand sanitizer are asked to practice appropriate hygiene. If you are sick, please visit another time.

For more information, visit: <http://bcparks.ca/covid-19/>

# FREE DOWNLOAD! COVID-19 JOURNAL AND ACTIVITY BOOK FOR KIDS



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**Written by Sandra Samatte  
Illustrated by Julian Grafenauer**

Download this FREE resource here:

[https://drive.google.com/file/d/19UarmzgQmbEviu6QfJZRuhkgb4mL\\_8n2/view](https://drive.google.com/file/d/19UarmzgQmbEviu6QfJZRuhkgb4mL_8n2/view)

# COVID-19: HARM REDUCTION SUPPORT

## BeSafe Community App

The Be Safe Community app aims to keep people safer from overdose by providing them with access to a community of people willing to provide remote supervision at the very moment they are most at risk of overdose.

This app is designed to anonymously connect people who are using substances in order to prevent overdoses.

People using the app can call someone through the app for support and if they become unresponsive the supporter is able to respond to the overdose. No personal information is revealed unless the user goes unresponsive.

To download the app, click to go to the [Apple](#) or [Android](#) app stores.

For more information, visit:  
<https://www.besafe.community/>

## COVID-19 and Cannabis Use (CCSA)

### Eight Ways to Reduce Your Health Risks

- Do not share joints, vaping devices and bongs.
- Wash your hands before putting any type of cannabis product in your mouth.
- If possible, try to limit your cannabis use to once a week.
- Avoid taking deep inhalations and try not to hold your breath.
- Purchase your cannabis products from licensed and regulated retailers.
- Use products that contain no more than 100 mg/g (10%) of THC content.
- Remember that cannabis can interact with your medication. Speak to your healthcare provider before using cannabis.
- If you are using cannabis for medical purpose, consult your healthcare provider with any questions you may have about medical cannabis use during the COVID-19 pandemic.

For more information, visit  
<https://www.ccsa.ca/cannabis>

# THANK YOU

National Nurses Week- May 11th to 17th, 2020

We at Métis Nation British Columbia acknowledge the skill and commitment from all front line health care workers during this unprecedented time. We deeply respect your ongoing bravery and support of the public, while putting yourselves at risk everyday. Just know, that you're making a world of difference in the lives of all Canadians.

Nurses are essential workers that provide 24 hours a day, 7 days a week care to our family and friends across the province. We celebrate all nurses during this week by drawing awareness to the hard work and dedication they provide, especially during these trying times.

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



# PAST 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 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](#).

## 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](#).