

Up-to-date information as of May 21st, 2020***

COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 10



Issue 10: Highlights

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.

"We all have to move carefully and stay alert. Every day we can and must do our part to continue to hold the line."

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).

WEARING A NON-MEDICAL MASK IN PUBLIC NOW RECOMMENDED BY FEDERAL GOVERNMENT

Wearing a homemade, non-medical mask/facial covering in the community is now recommended by the federal government.

Wearing a mask is recommend for periods of time when it is not possible to consistently maintain a 2-metre physical distance from others, particularly in crowded public settings, such as:

- stores
- shopping areas
- public transportation

Wearing a mask alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to [good hygiene](#) and [public health measures](#), including frequent [hand washing](#) and [physical \(social\) distancing](#).

For more information on this recomendation and mask wearing, visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>



APPROPRIATE NON-MEDICAL MASK USAGE

Mask Etiquette 101:

- Wash your hands before putting the mask on and after you take the mask off
- Avoid touching or adjusting the mask while it is on your face – if you do adjust your mask, wash or sanitize your hands immediately
- Do not share masks or wear ill-fitting masks that you need to constantly adjust.
- Wash your mask after each use – homemade masks can be cleaned with hot water and soap

It is important to practice good hand washing/sanitizing, avoid touching your face and maintain physical distancing of at least 2 meters even if wearing a mask.

Please note that non-medical masks or face coverings should NOT be placed on:

- Children under the age of two
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

For instructions on how to make a mask visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

BC CDC COVID-19 SURVEY



The BC CDC has recently launched the "*BC COVID-19 SPEAK: Your story, our future*" survey.

This survey is the first of several activities that will strengthen our pandemic response and our understanding of the impacts of COVID-19 to date.

The survey is open to all British Columbians 18 years of age and older, and takes 10-15 minutes. It can be done online on any tablet, computer or mobile device.

For information, or to take the survey, visit: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-survey>

B.C. COVID-19 TEMPORARY PANDEMIC PAY

The BC government has announced BC COVID-19 Temporary Pandemic Pay. Temporary pandemic pay supports health, social services and corrections employees who are delivering in-person, front-line care during the COVID-19 pandemic.

This includes employees delivering a range of health and social services to people most vulnerable to COVID-19, where maintaining physical distancing is difficult or impossible.

To receive temporary pandemic pay, an employee must:

- Have been working straight-time hours at any point during the 16-week period starting on March 15, 2020, at the height of the Province's response to the pandemic
- Casual and on-call workers who have worked straight-time hours during this period are also eligible
- Work in an eligible sector, workplace and role delivering in-person, front-line care in health, social services and corrections
- Provide additional support and relief to front-line workers by working in ways that directly serve vulnerable populations

Temporary pandemic pay is not dependent on whether there is a COVID-19 outbreak in the workplace location.

No application is required. Eligible front-line workers can expect to receive a lump-sum payment equivalent to about \$4 per hour for straight-time hours worked anytime over a 16-week period, starting on March 15, 2020.

For more information, including eligibility, visit:

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

BC'S RESTART PLAN

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

BC Parks open for day use only



BC'S RESTART PLAN

Re-opening personal services safely



BC'S RESTART PLAN

Returning to school

REMOTE LEARNING NOW	K-12: Learning from home 100%	Full-time in-class learning only for children of essential workers and students who need support
	GRADUAL RETURN JUNE 1	K - 5: In-class 50%, such as alternating days 6 - 12: In-class 20%, such as 1 day per week
FULL RETURN SEPT 8	K-12: Learning in-class 100%	Return to school is voluntary. Children may continue full-time remote learning until September Provided it is safe to do so, and COVID-19 health and safety measures are in place

BC'S RESTART PLAN

To learn 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>

CELEBRATING 2020 MÉTIS GRADUATES

*A special graduation gift
for Métis students
in the class of 2020*

Each Métis graduate will receive a celebration banner, a signature purple Metis sash, signifying the legacy of our Métis Grandmothers, and a message of support from Women of the Métis Nation. This supportive program is open to grads of all genders.

Please help us honor our Métis Graduates in this challenging year!



In partnership with



Métis Women
British Columbia

HOW TO NOMINATE YOUR SPECIAL GRADUATE

*To nominate a Métis
student Graduating
from Grade 12 in
2020, please send us
the following
information:*

Name
School
Mailing Address
Email
Telephone Number
Métis community

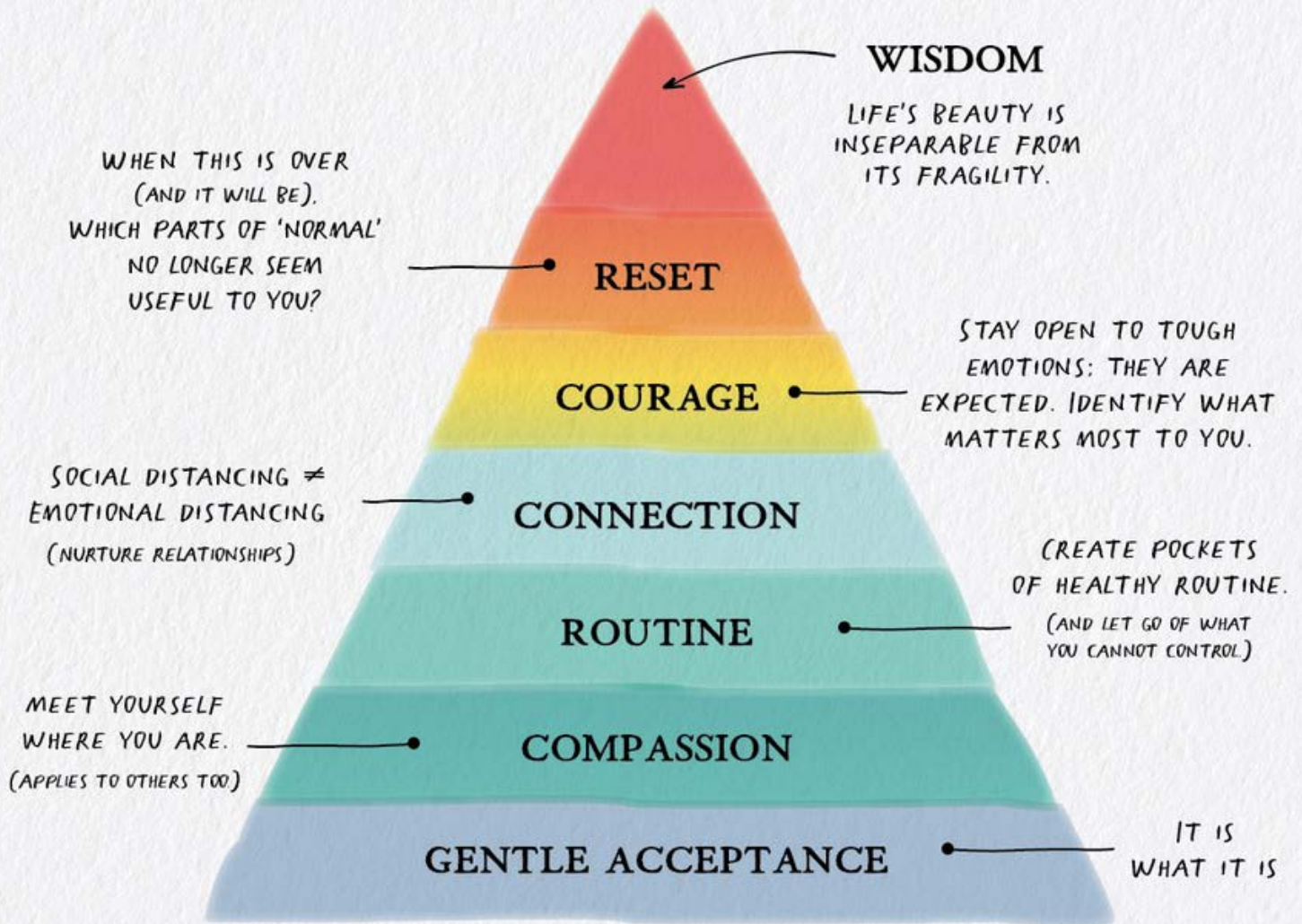
To mwbconline@mnbc.ca
By May 31, 2020

CULTIVATING MENTAL WELLNESS

EMOTIONAL PYRAMID OF NEEDS

SUSAN DAVID

EMOTIONAL
AGILITY



We may not be able to go outside, but we can go inside.

HEARTS IN THE WINDOW

**Thank you to all those who have participated in MNBC's Ministry of Health is
Métis Hearts in the Window contest!**

We have loved seeing all the creative, beautiful ways that you have worked to
share messages of hope with your Communities.

**The winner of our final Hearts in the Window contest is Reilly!
Congratulations!**



Submitted by Reilly

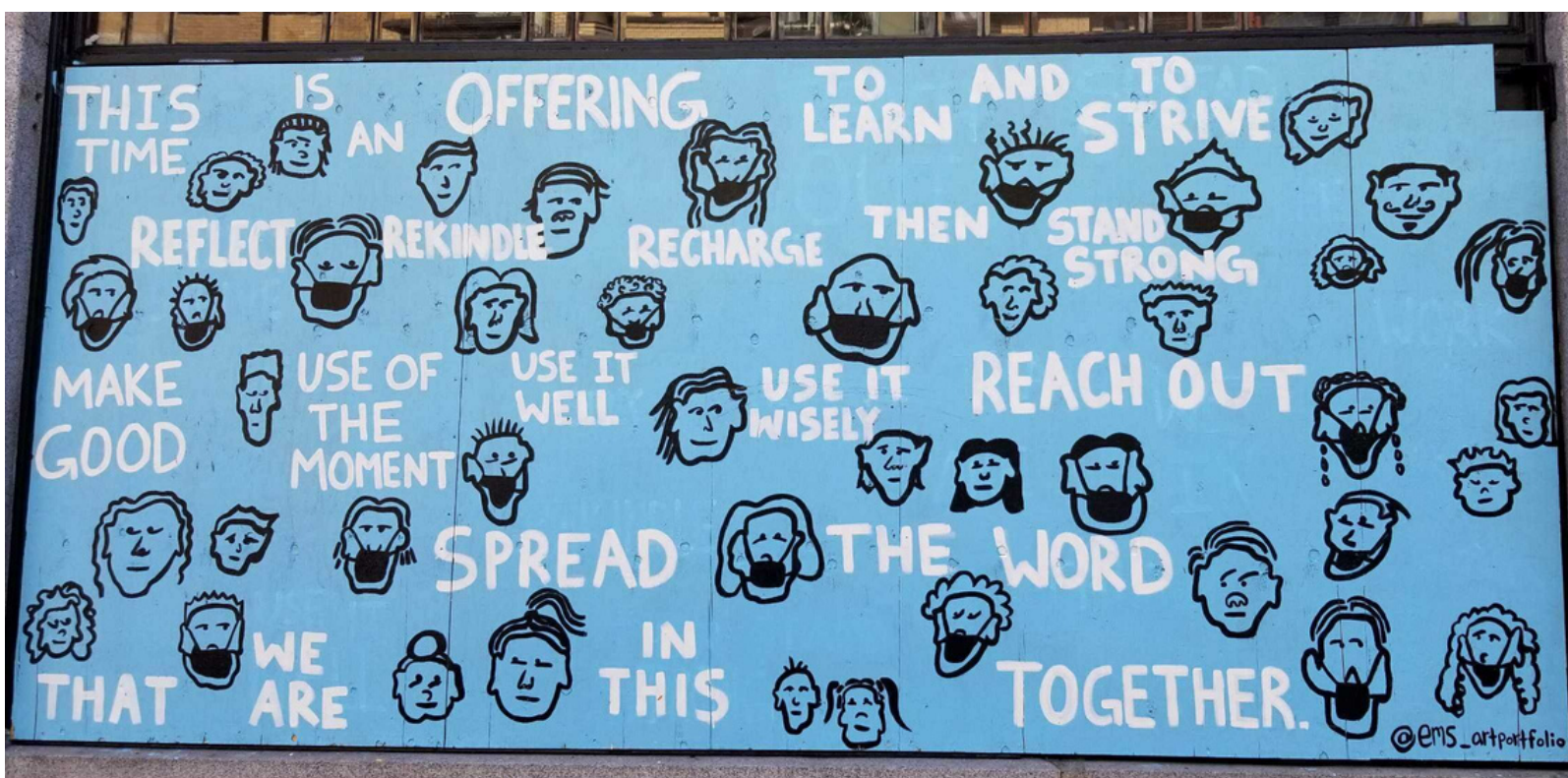


Submitted by Linda

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.



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 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](#).

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](#).