

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 28 | UP-TO-DATE INFORMATION AS OF SEPTEMBER 25TH, 2020



“We want to ensure we are in the best position possible to protect our communities and keep as much as is safe open and operating during the pandemic. To do this, we need everyone to do their part today to help push our curve back down tomorrow.”

Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mnbc.ca. MNBC's Ministry of 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, and more.

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CBC ARTICLE: DR. BONNIE HENRY OFFERS A BIT OF CLARITY ON 'SAFE SIX' GROUP OF FRIENDS AND SOCIAL SAFETY PLANS

From CBC News (read the full article [here](#)):

Provincial Health Officer Dr. Bonnie Henry has attempted to clear up confusion on what it means to have a "safe six" bubble of friends and how close we should get to everyone else in order to prevent transmission of COVID-19.

As fall and winter approach and bring the beginning of flu season, Henry said everyone needs to think about developing a safety plan to protect themselves and their communities. That means keeping the number of people you have close contact with very small at work, at school and in your leisure time.

"I know it would be helpful for many people to have clear black-and-white guidance of what to do, and many people have reached out to me for guidance on this," Henry said during Monday's daily briefing.

"But when it comes to making a safe distance, It really is on a spectrum and it depends on our own situation and our own circumstances."

At one end of that spectrum are the people you live with — your immediate family, partner or roommates.

For those people, there's no need for any restrictions on physical contact. Hugs and kisses are fine and should be given freely for the sake of everyone's mental health, Henry said.

However, more care should be taken with anyone who is elderly or has a health concern that makes them more susceptible to the novel coronavirus, she added.





CBC ARTICLE: DR. BONNIE HENRY OFFERS A BIT OF CLARITY ON 'SAFE SIX' GROUP OF FRIENDS AND SOCIAL SAFETY PLANS

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The next step across the spectrum is the "safe six" that health officials have been pushing in recent weeks. It means a group of six friends or extended family members that is consistent for everyone involved.

"For your safe six friends, closer [than two metres] is OK, but not physical contact, so no hugging and kissing with those friends," Henry said.

Slightly closer proximity can also be OK for colleagues and classmates you see daily in structured work and school environments, as long as you take care to sit next to the same person consistently, according to Henry.

If you work in an environment with a larger number of people, however, it's important to keep more of a distance from your co-workers.

At the far end of the spectrum are strangers.

"For people you don't know or see regularly, maintaining that two metres is incredibly important. If you're outside, it's less risky than being inside. If you're inside and you can't maintain those two metres, that's where it's incredibly important to wear a mask," Henry said.





On September 9th, the Government of British Columbia announced an enhanced fall immunization plan.

MNBC Ministry of Health staff have been reaching out to various chain pharmacies, to learn more about their flu shot clinics for 2020.

This information is preliminary, and will be updated and shared as more information becomes available.



THIS INFORMATION IS DEVELOPING, PLEASE STAY TUNED FOR MORE FLU SHOT INFORMATION IN OUR FUTURE NEWSLETTERS

PRELIMINARY INFORMATION ON RECEIVING A FLU SHOT THIS YEAR

COSTCO. The information below has been obtained by Ministry of Health Staff calling Costco locations across BC. No further information is currently available online, please stay tuned to future newsletter for more information as it becomes available.

The Kelowna Costco will be booking appointments for late October through December at their pharmacy. Provided flu clinic dates are from 12:30 to 5:30PM on October 29th, November 5th, November 19th, November 26th, December 3rd and December 10th.

At the Surrey Costco, please speak with the pharmacy to book an appointment.

No information on 2020 flu shots as of yet for the following locations: Abbotsford, Burnaby (Still Creek), Burnaby (Brighton) Courtney, Kamloops, Langford, Langley, Nanaimo, Port Coquitlam, Prince George, Richmond, and Vancouver.

MORE INFORMATION ABOUT FLU SHOTS AT OTHER PHARMACIES CONTINUED ON THE NEXT FEW PAGES.



FLU SHOT

PRELIMINARY INFORMATION ON RECEIVING A FLU SHOT THIS YEAR

LONDON DRUGS. London Drugs is offering flu shot appointments to be booked online only. Walk-ins will not be accepted. The booking process allows you to complete the consent form online and sends an appointment confirmation email.

If the flu vaccine is currently not available in your area, you can sign up to be notified by email and you will be informed as soon as you can book an appointment online at your selected store location.

You must wear a mask during your flu shot appointment. To learn more, or to book your appointment online, visit:

<https://pharmacy.londondrugs.com/HealthClinics/FeaturedArticles/Flu-Clinic>

REAL CANADIAN SUPERSTORE. A phone call to the Real Canadian Superstore let us know that flu shots will be available on a walk-in basis. After signing your flu shot consent form, Real Canadian Superstore will text you when it's your turn, so you can wander the store instead of standing in line. No further information is currently available online, please stay tuned to future newsletter for more information as it becomes available.

REXALL. Limited information on flu shots available at this time. To receive alerts from Rexall when more information becomes available, visit:

<https://www.rexall.ca/pharmacy/injectionsandvaccinations/flushot>





PRELIMINARY INFORMATION ON RECEIVING A FLU SHOT THIS YEAR

SAVE ON FOODS. Save On Foods is offering flu shot appointments to be booked online. Vaccines are expected to arrive mid-October. Appointment availability varies by store and region.

The following COVID safety measures will be in place at Save On Foods Flu Clinics:

- Administering pharmacists will be wearing appropriate personal protective equipment
- All patients coming in for a vaccine will be screened for COVID-19 risks and must be wearing a mask or face covering
- All patient contact areas will be sanitized between patient visits

To learn more, or to book your appointment online, visit:

<https://www.saveonfoods.com/flu/>

SHOPPERS DRUG MART. Shoppers is currently inviting people to sign up for flu-shot reminders. 500 Optimum Points are received when signing up for a flu shot reminder. You can sign up for a reminder here:

<https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/pharmacy-services/flu-shot>

The following COVID safety measures will be in place at Shoppers Flu Clinics:

- Waiting area set up for physical distancing
- Frequently touched surfaces will be disinfected between each consultation
- Contactless consent forms

A phone conversation with Shoppers informed us that they are planning to offer flu shots on a walk-in basis. Be sure to sign up for your reminder on the Shoppers website and check our future newsletters for evolving information





FREQUENTLY ASKED QUESTIONS ABOUT INFLUENZA VACCINES (FLU SHOTS)

From Immunize BC (read the full article [here](#)):

Why should I get vaccinated against influenza?

Getting vaccinated is the best way to protect against influenza, a serious and sometimes fatal infection. In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity. Influenza can lead to serious illness in seniors over 65 years and in other high-risk groups. Even healthy people can get very sick from influenza. When you get vaccinated, you help protect others as well by reducing the spread of the influenza virus.

Is it more important this year to get vaccinated against influenza?

Yes! Getting an influenza (flu) vaccine is more important than ever during the 2020/21 flu season, to protect yourself and the people around you from flu, and to help reduce the strain on the healthcare system responding to the COVID-19 pandemic. The symptoms of COVID-19 and flu can be similar and make people sick enough that they have to go to the hospital. By getting your flu shot, you can help the health care system keep resources available to help those with COVID-19. Getting a flu shot every year is the best way to protect yourself against flu, and its serious complications. It is also important to make sure you wash your hands regularly, avoid touching your eyes, nose and mouth and being around sick people. And remember, if you don't feel well, stay home.

Who should get vaccinated against influenza?

Canada's National Advisory Committee on Immunization recommends that everyone 6 months of age and older get an influenza vaccine, with rare exception. Some people are at high risk of serious illness from influenza, such as children 6 months to less than 5 years of age, pregnant women, seniors 65 years and older and people with certain medical conditions. Vaccination is especially important for these people.

Who is eligible for a free influenza vaccine?

In B.C., the influenza vaccine is provided free to people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly and people with certain medical conditions), those able to transmit or spread influenza to those at high risk and people who provide essential community services.

In BC, Indigenous People qualify for a free flu vaccine. For a list of people eligible for the free inactivated influenza vaccine, see the [HealthLinkBC File: Inactivated Influenza \(Flu\) Vaccine](#).



FREQUENTLY ASKED QUESTIONS ABOUT INFLUENZA VACCINES (FLU SHOTS)

From Immunize BC (read the full article [here](#)):

When should I get vaccinated?

The influenza season in Canada generally runs from November through April. In B.C., influenza vaccines are usually available starting in October. Although you can receive this vaccine at any time during the influenza season, for best protection, you should get immunized as early as possible.

Where can I get an influenza vaccine?

Influenza vaccines are provided at a wide variety of locations across the province including:

- Public health clinics
- Pharmacies (pharmacists can immunize people 5 years of age and older with injectable vaccine and 2 years and older with nasal spray influenza vaccine)
- Doctors' offices
- Travel clinics

Services vary by location. You can use our [Influenza \(Flu\) Clinic Locator](#) to find an influenza vaccine clinic near you.



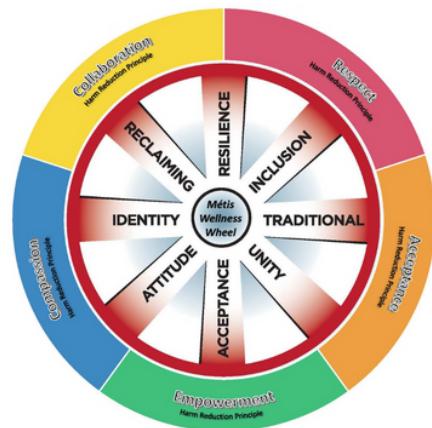
FIND A FLU CLINIC IN
YOUR AREA HERE:

[HTTPS://IMMUNIZEBC.CA/CLINICS/FLU#12/48.4247/-123.5051](https://immunizebc.ca/clinics/flu#12/48.4247/-123.5051)



August 2020

BC's Overdose Crisis



4.7 Deaths per day

The current rate of overdose death is at the highest it has ever been.

The illicit drug supply is toxic; 79% of deaths have fentanyl detected and 18% have very high levels of fentanyl (8% in 2019)

Alcohol was involved in 28% of illicit drug toxicity deaths. Cocaine 50%, Methamphetamine 34%.

84% of deaths indoors

56% in private residence, 26% in other residences (hotels, rooming houses, etc.).

These deaths happen primarily alone.

69% of deaths aged 30 to 59

Men accounted for 81% of deaths in 2020

Where to get help LifeGuard App

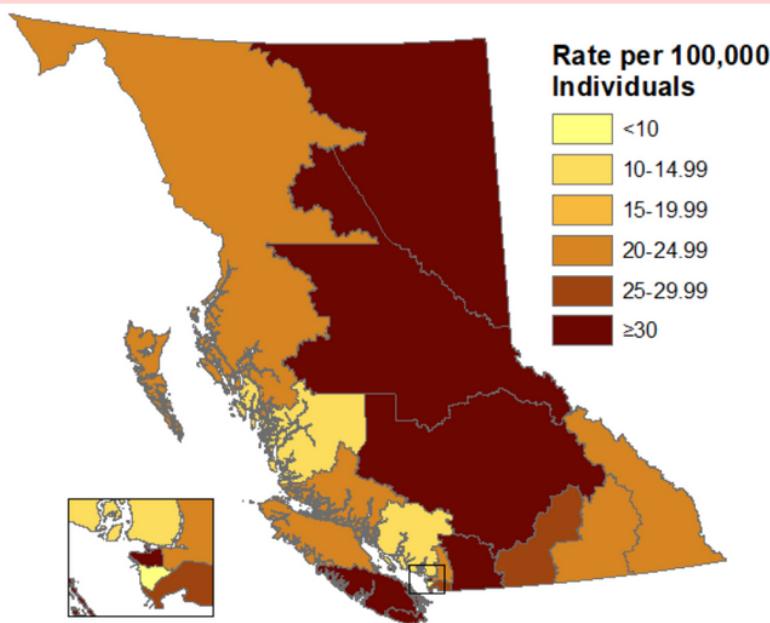
Métis Crisis Line: 1-833-MétisBC
(1-833-638-4722)

Towards the Heart
<https://towardtheheart.com/>

Communities with High Rates of Death

Hope, Lillooet, Vancouver, Terrace and Princeton have the highest rates of overdose death since 2018

Vancouver, Surrey, Victoria, Kelowna and Kamloops have the highest number of deaths in 2020



Illicit Drug Toxicity Death Rate by Health Services Delivery Area January - August 2020



**MÉTIS NATION
BRITISH COLUMBIA**



ORANGE SHIRT DAY: WE STAND UNITED

Every year on September 30th Orange Shirt day pays tribute to residential schools survivors, those that did not make it and the legacy residential schools leave behind. This day also provides ongoing knowledge and awareness of the impacts it has had on both the survivors and their extended families.

Orange Shirt Day began in Williams Lake, BC in 2013 at the St. Joseph Mission residential school commemoration event. Phyllis Webstad, a survivor herself, told the community her story about how her grandma (also a survivor) had gifted her an orange shirt for her first day of school. But upon arrival, the shirt was immediately ripped off her body, never to be returned.

Phyllis has never forgotten about that orange shirt.

Phyllis went on to have a child at 13 years old, attended a treatment facility at 27, which lead to her journey of health and healing. Each survivor has been affected in his or her own way, but for Phyllis, even though she has worked so hard in her self-healing, she still struggles to find her self worth on occasion.

Today, Phyllis travels the country telling her story and raising awareness about the impacts of the residential school system.

Orange Shirt Day occurs every September because it falls around the time of year when children were removed from their family and homes. These children were forced to attend a residential school that stripped them of everything they knew, including their culture. This day promotes anti-bullying and the anti-racism movement both at work and in schools across Canada.

This is a day that is recognized both nationally and internationally for the ongoing support towards residential school survivors. It also encourages those crucial conversations of reconciliation between Indigenous and non-Indigenous peoples and demonstrates to residential school survivors that they matter.

The residential school era began in the early 1870's, with the last school closing in 1996. More than 150,000 First Nation, Métis and Inuit children attended these schools. There are an estimated 80,000 survivors living today.

MNBC recognizes Orange Shirt Day on September 30th in support of the 150,000 First Nation, Métis, and Inuit children who've been affected, and still are affected by the residential school system. MNBC encourages you to wear orange on September 30th to show your support, because **EVERY CHILD MATTERS.**

If you would like more information on Orange Shirt Day, please feel free to email health@mnbca.ca

EVERY CHILD



MATTERS

CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

The Métis Youth Mental Health and Wellness Initiative is seeking submissions for the second issue of Resilient Roots: Métis Mental Health and Wellness magazine! This magazine works to raise Métis voices and perspectives, and to engage in topics around mental health and wellness.

There are many ways to share your voice, and submitted content for the magazine can come in many different forms - including traditional magazine articles; photo blogs; informational pieces; stories of personal experience; poetry; short stories; art; etc.

We welcome anybody who is interested to submit content! You do not need to be a professional writer, photographer, artist, etc. This magazine is meant to showcase a diverse range of Métis perspectives, and we encourage anybody who is interested to share their voice.

Submitted content must be related to the area of mental health and wellness – however this is a broad range that can cover many topics. If you are unsure if your content or idea meets this guideline, please get in touch!

Community Members and Métis individuals are encouraged to submit content, ideas, or questions for the magazine to the Métis Youth Mental Health and Wellness Initiative Facilitator at jjones@mnbc.ca.

THE DEADLINE FOR SUBMISSIONS IS SEPTEMBER 30TH, 2020. SUBMITTED CONTENT MUST MEET SUBMISSION GUIDELINES (PLEASE SEE MAGAZINE CONTENT SUBMISSION GUIDELINES DOCUMENT).

TO LEARN MORE, PLEASE EMAIL [JJONES@MNBC.CA](mailto:jjones@mnbc.ca)





THANK YOU

To 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 NEWSLETTER 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.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>



ISSUE 27. New COVID-19 test available for K-12 students. BC CDC website now posting all school-related COVID-19 cases. CBC article: are my symptoms related to COVID-19 or the wildfire smoke? My Records, My Choice program.

ISSUE 26. Amended provincial health orders from Dr. Bonnie Henry. What you do matters. BC gov: fall and winter preparedness plan. Pan(demic) pal. World Suicide Prevention Day 2020. Telus: free phones and plans to youth who have aged out of foster care. I-SPARC: LGBTQ2S+ Inclusion in the Context of Sport webinar.

ISSUE 25. Back to school: orientation week. CBC article: where do you need to wear a mask in BC? COVID-19 and seasonal allergies. Métis Terry Fox virtual event. International Overdose Awareness Day. Overdose awareness: women's awareness.

ISSUE 24. New measures to enforce COVID-19 public safety. Back-to-school plans for all BC school districts now posted online. MNBC K-12 restart survey. COVID-19 and the overdose crisis - two states of emergency colliding. Overdose awareness: Elder awareness. MNBC skin cancer awareness campaign.

ISSUE 23. BC State of Emergency continued. Emergency support for vulnerable people during COVID-19 continues. Canada Emergency Response Benefit (CERB) extended. Helping children through a COVID-19 test. B.C.'s Back to School Plan. I-SPARC Online Healthy Living Leader Training. MNBC skin cancer awareness campaign.

ISSUE 22. Free webinar for parents. September 10th, 2020: return to school. Dr. Bonnie Henry's Good Times Guide. Statistics Canada Survey: Impacts of COVID-19 on Canadians - Experiences of Discrimination. Indian Residential School Resolution Health Support Program. I-SPARC's Return to Activity Guidelines. Canada-US Border Closure Extended. MNBC skin cancer awareness campaign.