

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 29 | UP-TO-DATE INFORMATION AS OF OCTOBER 2ND, 2020



"COVID-19 has required all of us to change how we work, go to school and spend time with friends and family. This has put an emotional and mental strain on everyone....while the ongoing focus is not always easy to maintain, now is the time to keep going – to continue to support and care for each other through the efforts we make."

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 Health and Wellness Newsletter for more information on hand washing, physical distancing, and more.

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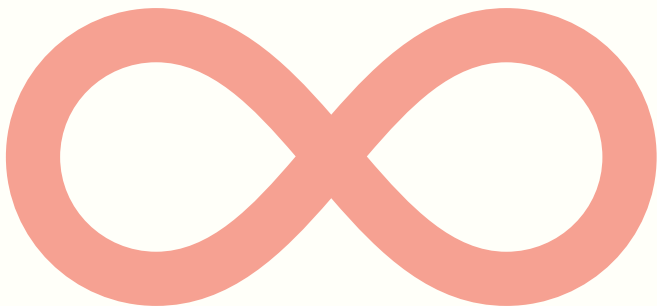
MNBC MARKS ORANGE SHIRT
DAY



CALL FOR MÉTIS MASK MAKERS AND SEWISTS

Métis Nation British Columbia is looking for Métis mask makers and sewists to support the filling of Community mask orders.

Please contact health@mnbc.ca to learn more.





COVID-19 VS. THE FLU

From John Hopkins Medical (read the full post [here](#)):

Influenza (the flu) and COVID-19, the illness caused by the pandemic coronavirus, are both contagious respiratory illnesses, meaning they affect your lungs and breathing, and can be spread to others. Although the symptoms of COVID-19 and the flu can look similar, the two illnesses are caused by different viruses. Lisa Maragakis, M.D., M.P.H., senior director of infection prevention at Johns Hopkins, explains how the flu and COVID-19 are similar and how they are different.

SIMILARITIES: COVID-19 AND THE FLU

SYMPTOMS

- Both illnesses can cause fever, cough, body aches, and sometimes vomiting and diarrhea (especially in children). Learn more about COVID-19 symptoms [here](#).
- Both can result in pneumonia.
- Both the flu and COVID-19 can be mild or severe, or even fatal in rare cases.

HOW IT SPREADS

- Both the flu and COVID-19 spread in similar ways. Droplets or smaller virus particles from a sick person can transmit the virus to other people nearby. The smallest particles may linger in the air, and another person can inhale them and become infected.
- Or, people can touch a surface with viruses on it, and then transfer the germs to themselves by touching their face.
- People infected with the coronavirus or the flu may not realize they are sick for several days, and during that time can unknowingly spread the disease to others before they even feel sick.





SIMILARITIES: COVID-19 AND THE FLU (CONTINUED)

TREATMENT

- Neither the flu nor COVID-19 is treatable with antibiotics, which only work on bacterial infections.
- Both are treated by addressing symptoms, such as reducing fever. Severe cases may require hospitalization and very ill patients may need a ventilator — a machine that helps them breathe.
- Antiviral medications may shorten the duration of both illnesses.

PREVENTION

Both can be prevented by mask-wearing, frequent and thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected. Physical distancing limits the spread of COVID-19 in communities.

DIFFERENCES: COVID-19 AND THE FLU

CAUSE

COVID-19: Caused by the 2019 coronavirus, also known as SARS-CoV-2.

Flu: Caused by any of several different types and strains of influenza viruses. Different strains circulate each year.

SYMPTOMS

COVID-19: Many people infected with the coronavirus do not feel sick or have any symptoms at all, but they can still transmit the coronavirus to other people. Unlike the flu, COVID-19 can sometimes cause a person to suddenly lose their sense of smell (anosmia) or taste (ageusia).

Flu: Flu does not typically affect a person's sense of smell or taste.

VACCINE

COVID-19: No vaccine is available at this time, though development and testing are in progress.

Flu: A vaccine is available and effective in preventing some of the most dangerous types or to reduce the severity or duration of the flu. It is very important to get vaccinated for the flu this year.

Flu Prevention During Coronavirus Pandemic

Fall and winter months bring the flu season. Here is what you need to know to help protect you and your family from the flu and COVID-19.

FLU

COVID-19

PREVENTION

Flu shot. A flu shot protects you and your family from most strains of the flu.



Physical distancing, mask wearing, frequent hand washing. These important safety measures help prevent COVID-19 and also protect against the flu.

SYMPTOMS

Flu and COVID-19 can have similar symptoms. Call a doctor or health care center if you have any of these symptoms:

- Stuffy or runny nose
- Cough
- Diarrhea
- Fever or chills
- Headache
- Muscle or body aches
- Nausea or vomiting
- New fatigue/feeling tired or without energy
- New loss of taste or smell
- Shortness of breath or difficulty breathing
- Sore throat



WHAT TO EXPECT

Fever and aches should end within five days. Coughing and fatigue/feeling tired or not having energy can last about two weeks. See your doctor if symptoms get worse. Severe cases may lead to hospitalization or death.



Some people may never have symptoms. Recovery can take up to two weeks for mild cases, or six weeks or more for severe cases. COVID-19 may also lead to lasting organ damage, hospitalization or death.



TREATMENT

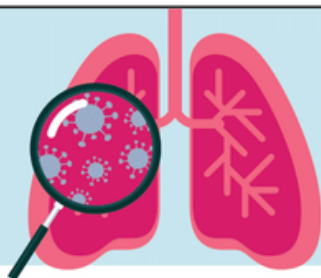
Rest, a fever reducer, such as acetaminophen, and an antiviral medicine to reduce the amount of time you have the flu and prevent complications



Mild cases: rest, fever reducers and cough medicine.

Serious cases: hospitalization, breathing support with a ventilator or other therapies.

COMPLICATIONS



Flu can turn into pneumonia, and very severe cases can be fatal.

This disease can result in pneumonia and lasting damage to your lungs, kidneys, heart and brain. COVID-19 can be fatal.*

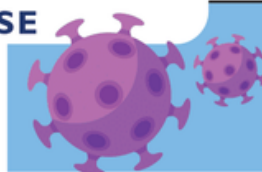
** More research is needed, but doctors and scientists currently believe that the death rate of COVID-19 could be 10 times higher (or more) than most strains of the flu.*



It is caused by several different influenza viruses that change each year, which is why there is a new vaccine each flu season.



CAUSE



This disease is caused by a coronavirus called SARS-CoV-2, which emerged late in 2019.

WHEN TO CALL YOUR DOCTOR. Call your doctor or health center if you have any signs or symptoms of illness. Explain what is happening, and follow their advice.



JOHNS HOPKINS
MEDICINE

THE FLU SHOT:

Protect yourself, protect your community



The flu can spread easily and quickly to anyone, even before you know you are sick. Indigenous people with chronic health conditions or living in overcrowded homes are at a higher risk of hospitalization and serious health complications from the flu.

Getting the flu shot can help keep you and your community healthy!

THE FLU SHOT CAN SAVE LIVES

- ▶ Young children, people over age 65, pregnant women, and those who are in poor health are more likely to become very sick from the flu.
- ▶ The flu shot can help protect you and your family from the flu.

THE FLU SHOT WORKS

- ▶ There are many different types of flu viruses. Every year, the flu shot protects against the expected 3 or 4 most common types of the virus.
- ▶ Everyone responds differently to the flu shot. The shot can either prevent the flu entirely or reduce the severity of the sickness.
- ▶ It usually takes 2 to 4 weeks to build protection after you get the flu shot.
- ▶ The flu shot does not prevent colds because they are caused by different germs.

THE FLU SHOT IS SAFE

- ▶ You cannot get the flu virus from the flu shot.
- ▶ Most people do not have significant side effects from the flu shot.
- ▶ Serious side effects are very rare.
- ▶ If you have concerns or questions about the flu shot, talk to your nurse or doctor.

WHO SHOULD GET THE FLU SHOT

- ▶ **Everyone** 6 months of age and older.
- ▶ If you are pregnant or have an allergy to eggs, you can still safely get the flu shot.

Visit your community health centre, nursing station, or local healthcare provider to get your flu shot!

To learn more about the flu shot and other ways to prevent the flu, visit: Canada.ca/flu

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Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

SHARE TRADITIONS, NOT THE FLU



Adults 65 years and older are at higher risk of complications from the flu.

Contact your health centre or local healthcare provider to find out how to get your flu shot.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

Protect yourself, your family and your community:



Get the flu vaccine every year



Clean your hands often



Cough and sneeze into your arm



Keep shared surfaces and objects clean



Stay home and away from others if you feel sick



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Autochtones Canada

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SHARE TRADITIONS, NOT THE FLU



Children under 5 years
are at higher risk of
serious complications
from the flu.

Contact your health
centre or local healthcare
provider to find out how
to get your flu shot.

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

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family and your community:



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OCTOBER 4TH: SISTERS IN SPIRIT

Prepared by Sheila Lewis, MNBC's Provincial Women's Coordinator

WHY OCTOBER?

Between 1978 and 2002, nearly seventy sex-trade workers disappeared from Vancouver's Downtown Eastside, many of whom were Indigenous. During the 1990s, British Columbia's Highway 16 became known as the "Highway of Tears" after more than thirty-two Indigenous women and girls had been reported either missing or dead.

Indigenous groups and organizations, including the families and friends of victims, increasingly began making public calls for action to address the issue of Missing and Murdered Indigenous Women and Girls in Canada.

In October 2004, Amnesty International released "**Stolen Sisters: A Human Rights Response to Discrimination and Violence Against Indigenous Women in Canada**," a report created in partnership with Native Women's Association Canada (NWAC). The document asserted that the Canadian government had not done enough to protect Indigenous women, estimating that more than 500 Indigenous women and girls were either missing or murdered over the previous twenty years.

WHY SISTERS IN SPIRIT?

The campaign "**Sisters In Spirit**" came from NWAC's advocacy for research to gain accurate numbers of Missing and Murdered Indigenous Women and Girls in Canada. The legacy of this advocacy has resulted in an annual Sisters In Spirit Vigil on October 4th, since 2005. Every October, communities across Canada come together to honour the Missing and Murdered Indigenous Women (MMIW) and to stand alongside their families to offer support, educate the public, and commemorate the lives of our Indigenous women and girls.

If you would like to participate this year, NWAC is hosting a virtual Sisters In Spirit. For more information visit:

<https://www.nwac.ca/event/sisters-in-spirit-virtual-vigil/>

SAFETY SERVICES AND RESOURCES

If you are concerned about someone who is experiencing domestic violence, please know that the below supports are available to them.

We understand that the stress of a global pandemic and being required to stay indoors and share space with others can exacerbate pre-existing issues. We encourage you to share these resources.

24-Hour Métis Crisis Line:
1-833-METISBC
(1-833-638-4722)

Battered Women's Support Services:
Text: 604-652-1867
Email: intake@bwss.org
1-855-687-1868

Rape crisis line (24 hours):
604-872-8212

Women Against Violence
Against Women:
Phone: 1-877-392-7583

VictimLink BC:
Phone: 1-800-563-0808
Text: 604-836-6381
Email: VictimLinkBC@bc211.ca

Women's Crisis Lines:
Toll-Free 1-855-687-1868

MÉTIS NATION BRITISH COLUMBIA MARKS ORANGE SHIRT DAY



#ORANGESHIRTDAY



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.

For more information on Orange Shirt Day, read our write-up in last week's issue of the Health and Wellness newsletter by clicking [here](#).



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 28. CBC article: Dr. Bonnie Henry offers a bit of clarity on 'safe six' group of friends and social safety plans. Preliminary information on receiving a flu shot this year. Frequently asked questions about influenza vaccines (flu shots). BC's overdose crisis. Orange Shirt Day.

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.