

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 29 | UP-TO-DATE INFORMATION AS OF OCTOBER 9TH, 2020



**"As we come up to Thanksgiving this weekend, it's important to remember while many things have changed and we have faced many challenges, we still have much to be thankful for."**

**Dr. Bonnie Henry**

If you or someone you know is isolated or in need of assistance, please email [health@mnbca.ca](mailto:health@mnbca.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.mnbca.ca](http://www.mnbca.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.

**Wishing everyone a happy, healthy Thanksgiving weekend!**



## INSIDE ISSUE 30

---

**THANKSGIVING: SAFER CELEBRATIONS**

---

**AVOID THE THREE C'S**

---

**MENTAL ILLNESS AWARENESS WEEK**

---

**KIDS HELP PHONE: CONNECTING INDIGENOUS TEXTERS WITH INDIGENOUS CRISIS RESPONDERS**

---

**CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2**

---





# THANKSGIVING: SAFE CELEBRATIONS

From the BC Centre for Disease Control (read the full post [here](#)):

As the days get shorter, many of us look forward to fall holidays and festivities. With COVID-19 still a concern across the province, here are some things you can consider to help make celebrations safer for everyone.

Keep in mind that the more space you have and the less time you spend with others, the safer you are when getting together.

## IF YOU ARE HOSTING

### GATHERINGS OUTSIDE AND INSIDE

- Keep gatherings small, local and within your social group this year.
- Celebrate outside when you can.
  - Bundle up for picnics or a late season BBQ.
  - Considering visiting a heated, outdoor patio.
  - Be mindful of safety around outdoor heaters and open fires, particularly if children are involved.
- If you plan for an indoor visit with people outside of your household, here are a few things you can do to make your time inside together safer.
  - Keep your gathering small, try limit your gathering to your “stick to six” social group.
  - Check-in with guests before they arrive to make sure that they are feeling well and don’t have symptoms or recent contact with a confirmed case.
  - Visit in larger rooms where there is more space for people to sit or stand farther apart.
  - Choose well-ventilated spaces (spaces where there is lots of fresh air) and open windows if you can.
  - Limit your time indoors together (the less time you spend in a confined space together, the better). For example, consider offering “just dessert” rather than a long meal.





# THANKSGIVING: SAFE CELEBRATIONS (CONTINUED)

From the BC Centre for Disease Control ([read the full post here](#)):

## IF YOU ARE HOSTING

### GATHERINGS OUTSIDE AND INSIDE (CONTINUED)

- Consider the impacts that alcohol and substance use can have on maintaining physical distancing.
- If you need to pass someone in a tight space (like a hallway or on stairs) try to pass them quickly or wait until they are gone before you enter hallways or stairs.
- Encourage non-contact greetings such as elbow bumps or waves to reduce physical contact.
- Keep music low to reduce the need for loud talking or shouting.
- Make sure you have a place for guests to wash their hands.

## FOOD PREPARATION

- If you are providing food, try to minimize crowding and sharing during meals.
  - Ask guests to wash their hands or use hand sanitizer before food is served.
  - Consider having only one person plate meals instead of having a buffet service.
  - If serving “family style” encourage people to serve themselves with their own clean cutlery.
  - For shared snacks, hors d’oeuvres, candy, nuts or finger foods, provide guests with utensils, plates and napkins so they can have their own servings.
  - Seat guests as far apart as possible, consider assigning seats based on household or social groups.
  - Discourage people from sharing anything that has been in their mouth, such as drinks.





## THANKSGIVING: SAFE CELEBRATIONS (CONTINUED)

From the BC Centre for Disease Control (read the full post [here](#)):

### IF YOU ARE HOSTING

#### FOOD PREPARATION (CONTINUED)

- There is no evidence that COVID-19 is spread from eating food prepared by others. However, you should avoid making food for others if you feel sick or are positive for COVID-19 or are self-isolating. Use good hygiene practices when cooking and remember to wash your hands:
  - Before and after preparing food,
  - After handling raw foods, and
  - After using the washrooms, touching pets, changing diapers and wiping runny noses, yours or others.
- More information about COVID-19 and food safety can be found [here](#).

#### CLEANING AND HAND SANITIZER

- Clean and disinfect high touch surfaces before and after you have visitors.
  - Don't forget to clean objects such as front door handles, faucets and light switches.
  - Use Health Canada approved cleaning and disinfecting products or use the bleach and water ratios from the BCCDC site.
- Stay safe with hand sanitizer.
  - Keep it away from candles and open flames, hand sanitizer is flammable.
  - Keep hand sanitizer away from food preparation areas, it can be poisonous if consumed.





## THANKSGIVING: SAFE CELEBRATIONS (CONTINUED)

From the BC Centre for Disease Control ([read the full post here](#)):

### IF YOU ARE HOSTING

#### CELEBRATION ACTIVITIES

- Reconsider indoor singing and dancing since these can increase the risk of transmitting COVID-19. If these activities are an important part of your celebration consider:
  - Move singing or dancing outside, or
  - Keep dancing to those within your small social group.
- Gift giving and receiving
  - It is unlikely that gift wrap can transfer the COVID-19 virus although you should wash your hands before gift giving and receiving.

### IF YOU ARE ATTENDING

Here are some tips to keep in mind when attending celebrations

- Respect physical distancing efforts.
- Practice good hand hygiene, wash your hands often or bring hand sanitizer.
- Bring your own food and drink.
- Use good respiratory etiquette and wear your mask when asked.
- If you need to pass someone in a tight space (like a hallway or on stairs) try to pass them quickly or wait until they are gone before you enter hallways or stairs.
- Bundle up for picnics or a late season BBQ.
- Be mindful of safety around outdoor heaters and open fires, particularly if children are involved.





## THANKSGIVING: SAFE CELEBRATIONS (CONTINUED)

From the BC Centre for Disease Control (read the full post [here](#)):

### ATTENDING SEASONAL ACTIVITIES

When going to seasonal activities like a pumpkin patch, corn maze, light display or decorated gardens:

- Plan ahead- check to see if you need sign up or schedule a time to visit.
- Avoid crowded places and have a plan to leave if venues become crowded.
- Respect physical distancing efforts.
- Be patient in parking lots.
- Practice good hand hygiene, wash your hands often or bring hand sanitizer.
- Bring your own food and drink.
- Use good respiratory etiquette and wear your mask when asked.
- For more information on Halloween activities, please visit the [Halloween page](#).



# Avoid the Three Cs

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



## Crowded places

with many people nearby



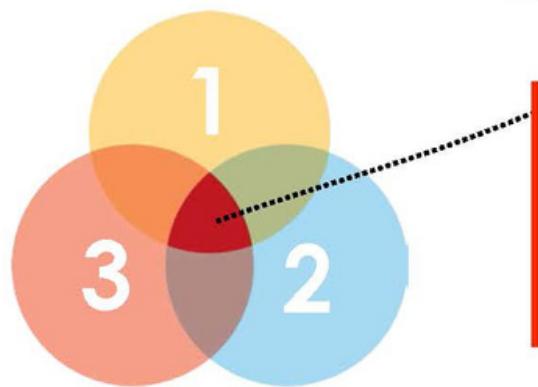
## Close-contact settings

Especially where people have close-range conversations



## Confined and enclosed spaces

with poor ventilation



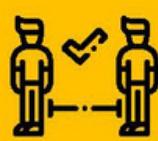
The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

**If you are unwell, stay home unless to seek urgent medical care.**



## KIDS HELP PHONE: CONNECTING INDIGENOUS TEXTERS WITH INDIGENOUS CRISIS RESPONDERS

As of October 2nd, Indigenous youth and adults have the option of connecting with First Nations, Inuit and Métis crisis responders when available!

Simply text “First Nations” “Metis” or “Inuit” to 68 68 68 (youth) or 741 741 (adults) and individuals will be connected with a corresponding crisis responder if available.

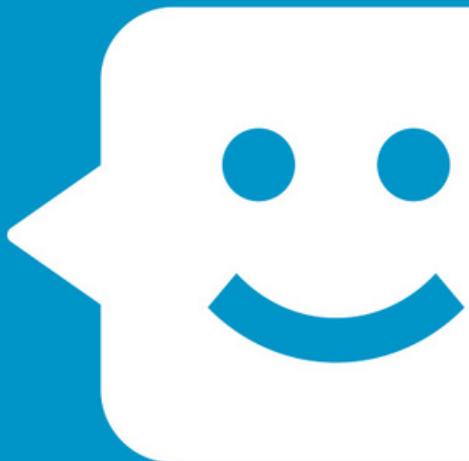
Here’s an example of how this will work...if a Métis young person would like to speak with a Métis crisis responder, they would text “Metis” to 68 68 68 and they will be transferred to a Métis crisis responder if one is available. If a Métis crisis responder is not available, they will be transferred to an Indigenous crisis responder from another nation. If no Indigenous crisis responders are available, the texter will be connected with a non-Indigenous crisis responder.

As more Indigenous people apply and advance through our comprehensive crisis responder training, more and more people will be able to connect with a crisis responder from their Indigenous group or Nation if they wish. If you would like to apply to be a crisis responder, please complete the [application here](#) and note that applications are only open to Indigenous individuals at this time.

Read Kids Help Phone’s full report on their action plan for First Nations, Métis, Inuit Youth ([Finding Hope: Indigenous Youth Action Plan](#)), click [here](#).

Whenever you need to talk,  
we’re open.

- Text 686868 (youth) or 741741 (adults)
- Call 1-800-668-6868
- Visit [KidsHelpPhone.ca/Indigenous](http://KidsHelpPhone.ca/Indigenous)



Indigenous people can connect with a corresponding Indigenous volunteer crisis responder when available by texting FIRST NATIONS, INUIT or METIS.

Kids Help Phone

# CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2

## MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

MNBC's 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.

We welcome anybody who is interested to submit content! 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 can come in many forms (articles, lived-experience stories, art, poetry, etc.), but must be related to the area of mental health and wellness.

The deadline for submissions is October 31st, 2020. All submitted content must meet submission guidelines in order to be accepted for publication.

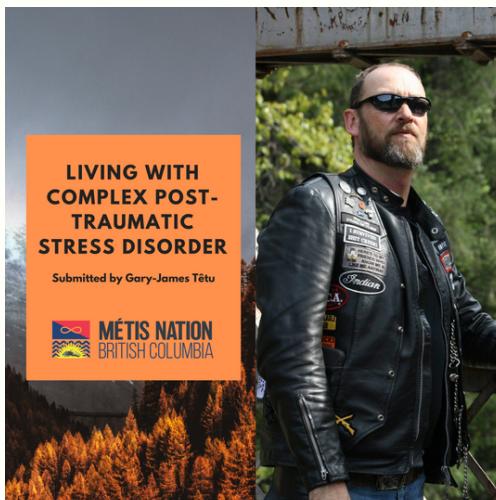
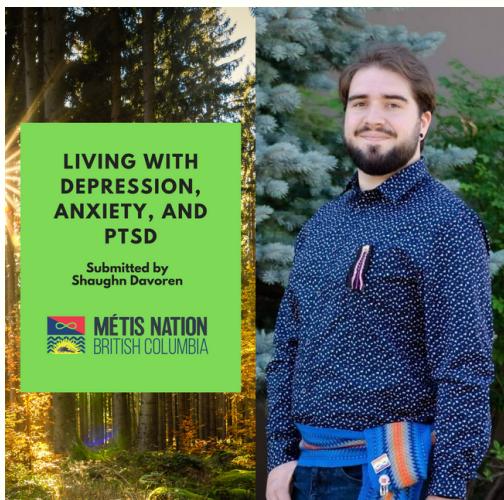
To receive the submission guidelines, submit content, or learn more, please contact Jillian at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)



# MNBC's Mental Illness Awareness Week Campaign: October 5th-9th, 2020

October 5th marked the launch Métis Nation BC's Mental Illness Awareness Week Campaign. In support of this campaign, five Métis participants volunteered to share their stories of living with a mental illness. Thank you to all of our incredible campaign participants – Elle, Ava, Shaughn, Gary-James, and Lisa - who have so bravely shared their stories. In speaking your words of resilience, you have fostered hope and understanding. Though this campaign has come to an end, know that this is a dialogue that must continue year-round.

**IF YOU OR A LOVED ONE IS IN NEED OF CRISIS SUPPORT,  
PLEASE CONTACT THE MÉTIS CRISIS LINE AT:  
1-833-METISBC (1-833-638-4722)**



Click on each picture to read each story. Or, you can access all five featured stories from MNBC's Mental Illness Awareness Week campaign [here](https://www.mnbc.ca/news/):

<https://www.mnbc.ca/news/>



# 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 29.** Call for Métis mask makers and sewists. COVID-19 vs. the flu. Flu prevention during the coronavirus pandemic. The flu shot: fact sheet from Indigenous Services Canada. October 4th: Sisters in Spirit. MNBC marks Orange Shirt Day.

**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.

