

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 32 | UP-TO-DATE INFORMATION AS OF OCTOBER 23RD, 2020



**“We have the ability to decide what our COVID-19 wave looks like in B.C. by continuing to take personal precautions and using our layers of protection, no matter where we may be.**

**Despite the challenges that COVID-19 has brought, your efforts are making a difference and helping to slow the spread of the virus. Let’s continue to work together – while staying apart.”**

**Dr. Bonnie Henry**

**If you or someone you know is isolated or in need of assistance, please email [health@mnbc.ca](mailto: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](http://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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## **OCTOBER 22ND, 2020 MARKED A RECORD HIGH NUMBER OF NEW CONFIRMED COVID-19 CASES IN BC, WITH 274 NEW CASES CONFIRMED**

**Social gatherings are where we are seeing significant transmission of COVID-19 in our province. Many of the new cases are linked to weddings, funerals and other important life occasions, and the impact is far reaching.**

**The new cases stemming from social gatherings are now spilling over and causing clusters and outbreaks in long-term care facilities, workplaces and schools right across our province.**

**Let's remember that when we come together with family and friends, we bring our risks with us and, in turn, they take those risks back home with them.**

**This means that right now, every gathering, event or occasion needs to be small. We need to stick with our immediate household and safe six only.**

**Now is the time to slow down, stay small and plan the party for next year; to show we care by keeping our friends and family off the invite list this fall and winter.**

**Your choices make a difference. Let's choose to protect our communities and the ones we care for most.**

**FROM THE THURSDAY, OCTOBER 22ND JOINT STATEMENT ON BC'S COVID-19 RESPONSE. READ THE FULL RELEASE [HERE](#)**

## **EXPERIENCING COVID-19 SYMPTOMS? GET TESTED**

**From the BC Centre for Disease Control (learn more about COVID-19 testing [here](#)):**

**Testing is available for anyone with cold, influenza or COVID-19-like symptoms. Symptoms include:**

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

**While less common, symptoms can also include:**

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes







## CELEBRATING HALLOWEEN SAFELY DURING COVID-19

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

**Celebrate less socially and trick-or-treat locally this Halloween!**

- Skip Halloween parties this year
- Trick or treating in small groups can be a safe and a fun activity
- Get creative in making space when handing out treats

### **NO MATTER HOW YOU CELEBRATE HALLOWEEN THIS YEAR...**

**Turn off your porch light and stay at home if you are sick or self-isolating.**

**Try including a non-medical mask or face covering as part of your costume. Costume masks should not be worn over non-medical masks or face coverings as that may make it difficult to breathe.**

**Wash your hands or use hand sanitizer often.**







## CELEBRATING HALLOWEEN SAFELY DURING COVID-19 (CONTINUED)

### SKIP HALLOWEEN PARTIES THIS YEAR

#### LEAVE THE PARTIES BEHIND:

- Indoor gatherings, big or small, put people at higher risk of getting COVID-19.
- Celebrate with your favourite Halloween movie or other traditions that you can do with your household or social group.

#### IF YOU HOST OR ATTEND A SMALL PARTY, KEEP IT WITHIN YOUR SOCIAL GROUP (STICK TO SIX):

- You should know everyone who attends, no plus ones.
- Follow our guidelines for [safer celebrations](#).
- Don't pass around snacks, drinks, smokes, tokes, and vapes.
- Be more outside, than inside. Keep your space well-ventilated with windows open.
- Avoid using props that can cause coughing, such as smoke machines.
- Be careful with hand sanitizer and open flames - hand sanitizer is very flammable!







## CELEBRATING HALLOWEEN SAFELY DURING COVID-19 (CONTINUED)

### TRICK-OR-TREATING CAN BE DONE SAFELY BY FOLLOWING THESE TIPS

**Respect homes by staying away if the lights are out.**

**Keep to your local neighbourhood this year.**

- **Avoid trick-or-treating in busy areas or indoors (in places like malls) since there may not be enough space to distance. Indoor spaces may require a non-medical mask or face covering.**

**Trick-or-treat in a small social group, stick to six people.**

- **Leave space between you and other groups to reduce crowding on stairs and sidewalks.**

**Wash your hands before you go out, when you get home, and before eating treats.**

- **Keep hand sanitizer with you if eating treats on the go.**
- **You don't need to clean every treat. You should instead wash your hands after handling treats and not touch your face.**





## CELEBRATING HALLOWEEN SAFELY DURING COVID-19 (CONTINUED)

### GET CREATIVE HANDING OUT TREATS

#### Get creative

- Use tongs, a baking sheet or make a candy slide to give more space when handing out candy.
- Plan to hand out individual treats instead of offering a shared bowl.
- Only hand out sealed, pre-packaged treats.
- Wear a non-medical mask that covers your nose and mouth when handing out treats.

#### Be more outside, than inside.

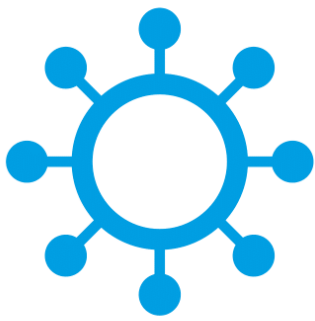
- If you can, stand outside your door to hand out treats. Then kids won't need to touch the door or doorbell.
- If you're unable to sit outside to hand out treats, clean and disinfect doorbells and knobs, handrails, and any other high touch surface often during the evening

If you are decorating, avoid props that can cause coughing, such as smoke machines.

Help make trick-or-treating more accessible to everyone by handing out treats from the bottom of your stairs or at your curb-side.







# COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

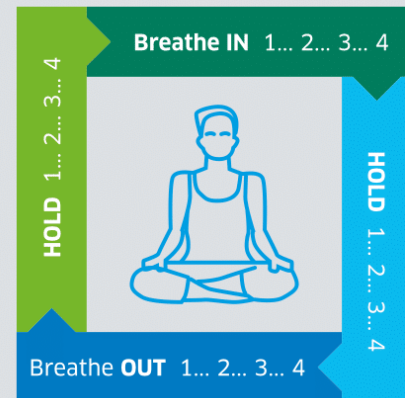
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

## What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual







## Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

## What you can do to cope

-  **Stay active and keep yourself busy** with activities you enjoy.
-  **Stay connected** with friends and family while still practising physical distancing.
-  **Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
-  **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
-  **Take care of your body** by eating and sleeping well, exercising, and meditating.
-  **Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

## If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit [www.ccsa.ca](http://www.ccsa.ca) or [www.mentalhealthcommission.ca/English/covid19](http://www.mentalhealthcommission.ca/English/covid19)



Mental Health  
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on Substance Use  
and Addiction

Evidence. Engagement. Impact.



# IN 2017, BC CONFIRMED 3655 NEW CASES OF INVASIVE BREAST CANCER

In B.C, the projected # of  
breast cancer diagnoses for  
both men and women in 2020  
is 3530.

**GET TESTED TODAY**  
*at your nearest clinic!*



**TO LEARN MORE PLEASE VISIT BC CANCER OR THE  
CANADIAN CANCER SOCIETY'S WEBSITE!**



DO YOU KNOW.....

# THE SIGNS AND SYMPTOMS OF BREAST CANCER?

## COMMON signs of Breast CA include:

- **Firm or hard lump or mass**
- **Change in the shape or size of the breast**
- **Changes to the nipple**
- **Discharge from the nipple**



## ADVANCED signs of Breast CA include:

- **Bone Pain**
- **Weight loss and nausea**
- **Jaundice**
- **Shortness of Breath**

FOR MORE INFORMATION, VISIT [WWW.CANCER.CA](http://WWW.CANCER.CA)

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**MÉTIS NATION**  
BRITISH COLUMBIA



**LIMITED SPOTS AVAILABLE - REGISTER NOW FOR:**

**MNBC'S ONLINE ALCOHOL AND  
COMMUNITY HEALTH DIALOGUE SERIES:**

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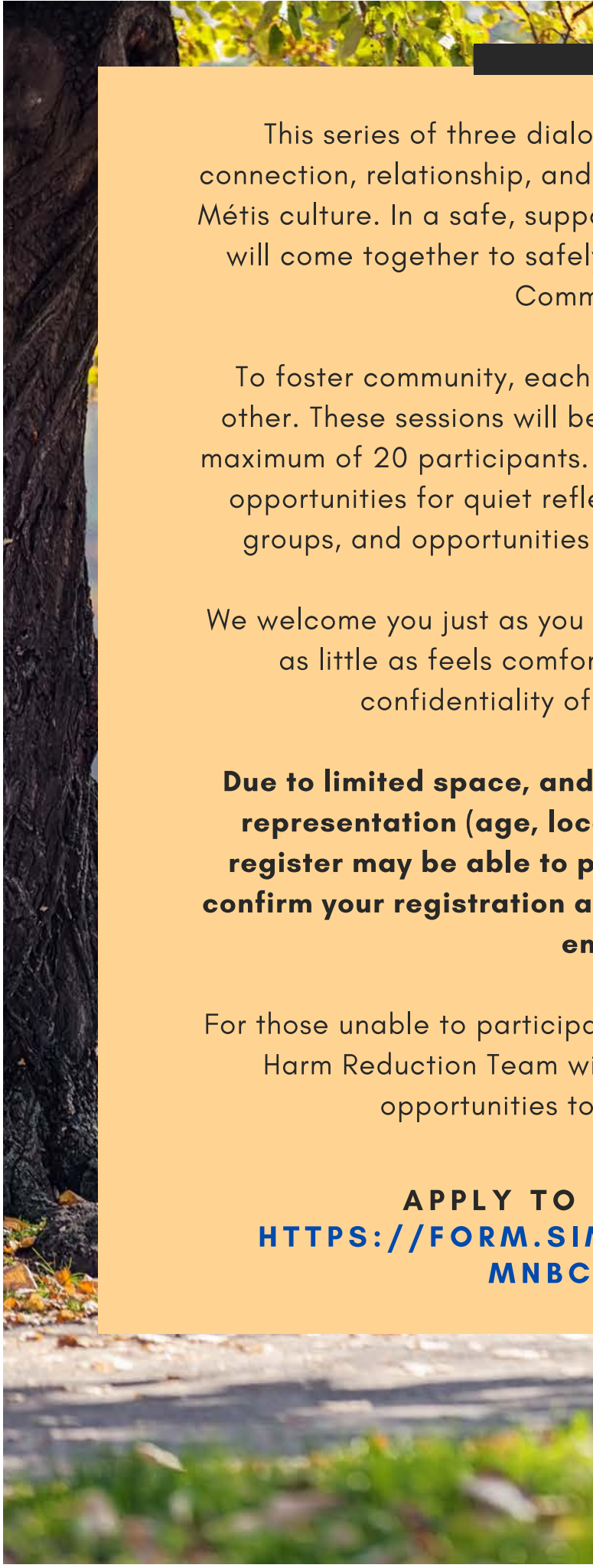
**NOVEMBER 14TH, 21ST, AND 28TH | 1PM-3PM**

MNBC's Ministry of Health will be hosting three dialogue sessions on Alcohol and Community Health. These sessions will allow everyone to connect with their own wisdom around this issue, to share their stories and ideas, to learn from each other, and to explore new possibilities for health and resilience in the Métis Community.

**These three connected sessions will take place on November 14th, November 21st, and November 28th from 1PM to 3PM. We request that participants try to attend all three sessions.**

Perhaps you have been on your own journey with alcohol, or perhaps you've supported a friend or family member. Your voice, your wisdom, and your experiences matter; when we combine our voices, our knowledge, and our vision we can creatively build on the strengths and resilience that already exist in our Communities.





This series of three dialogue sessions will be about connection, relationship, and honouring the deep wisdom of Métis culture. In a safe, supported environment, participants will come together to safely discuss alcohol use in Métis Communities.

To foster community, each session will build upon each other. These sessions will be held online via Zoom, with a maximum of 20 participants. In these sessions, you will have opportunities for quiet reflection, conversations in small groups, and opportunities to share in the large group.

We welcome you just as you are. You can share as much or as little as feels comfortable. We will honour the confidentiality of all that you share.

**Due to limited space, and the need to ensure diverse representation (age, location, gender), not all who register may be able to participate. MNBC staff will confirm your registration and participation with you via email.**

For those unable to participate, MNBC'S Mental Health and Harm Reduction Team will follow-up with alternate opportunities to share your voice.

**APPLY TO REGISTER HERE:**  
**[HTTPS://FORM.SIMPLESURVEY.COM/F/L/MNBC-DIALOGUE](https://form.simplesurvey.com/f/L/MNBC-DIALOGUE)**



**QUESTIONS? PLEASE CONTACT:**  
**STEPHEN ([STHOMSON@MNBC.CA](mailto:STHOMSON@MNBC.CA))**  
**OR JILLIAN ([JJONES@MNBC.CA](mailto:JJONES@MNBC.CA))**

# FINAL WEEK TO SUBMIT! 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)**







## 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 31.** Play and watch sports safely. Virtual mental health supports during COVID-19. October is breast cancer awareness month.

**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 two.

**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.