

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 36 | UP-TO-DATE INFORMATION AS OF NOVEMBER 20TH, 2020



**"As we approach the winter solstice, the darkest day of the year, we should remind each other that it is also the day that we begin to turn back toward the light. By pulling together now we can overcome the challenges before us."**

**Dr. Bonnie Henry**

**If you or someone you know is isolated or in need of assistance, please email [health@mnbcbc.ca](mailto:health@mnbcbc.ca). MNBC's Ministry of Health team will help connect you to available Community supports.**

**Please also see the last page of this newsletter, 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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## NEW PROVINCE-WIDE RESTRICTIONS ANNOUNCED

FROM THE NOVEMBER 19TH JOINT STATEMENTS ON BC'S COVID-19 RESPONSE, READ MORE [HERE](#)

On November 7th, we issued regional orders to slow the rapid transmission we are seeing in social interactions, in certain workplaces and in higher-risk indoor settings, like group fitness activities.

We are now expanding and amending these provincial health officer orders across the province. As was the case for the previous regional orders, the new provincewide orders focus on three areas: social gatherings, workplaces and group physical activities. Each is outlined in the backgrounder below.

Our focus is to slow the spread over the next one to two incubation periods and protect those who are most at risk.

The coming weeks will be the most difficult in our pandemic, but hope is on the horizon. We can protect the ones we love and keep our hospitals, schools and workplaces open if we remain focused on reducing our in-person interactions for now.

DETAILS ON THESE NEW RESTRICTIONS OUTLINED IN THE NEXT FEW PAGES.



## BC CONTINUES TO REACH NEW HIGHS IN CONFIRMED COVID-19 CASES

This past week has continued to see record highs in confirmed COVID-19 cases in British Columbia, with almost each day this week reporting over 500 new cases.

Much of this recent transmission is connected to indoor social gatherings.

This week also saw the highest number of confirmed new daily cases, with a staggering 762 new cases reported on November 18th.

This continued high in COVID-19 transmissions has led to a series of new province-wide restrictions.

**NEW ORDERS ARE IN PLACE TO HELP EVERYONE IN BC  
SIGNIFICANTLY REDUCE THEIR SOCIAL INTERACTIONS AND TO  
STOP COVID- 19 FROM SPREADING IN OUR PROVINCE.**

## **New public health orders and directions for all of BC**



High-risk group  
fitness suspended



Non-essential  
travel advisory



Masks mandatory in  
indoor public places



Socialize with your  
household only



No events or  
gatherings



No sports spectators  
or travel

**COVID-19 IN BC**

**THE ORDER IS IN EFFECT FROM NOVEMBER 19, 2020 AT  
MIDNIGHT TO DECEMBER 7, 2020 AT MIDNIGHT.**



## PROVINCE-WIDE RESTRICTIONS: SOCIAL GATHERINGS AND EVENTS

From the Province of British Columbia (read the full post [here](#)):

**NO SOCIAL GATHERINGS OF ANY SIZE WITH ANYONE OTHER THAN YOUR HOUSEHOLD OR CORE BUBBLE. FOR EXAMPLE:**

- Do not invite friends or extended family to your household
- Do not gather outdoors
- Do not gather in your backyard
- Do not have playdates for children

**ALL EVENTS AND COMMUNITY-BASED GATHERINGS AS DEFINED IN THE PHO ORDER – GATHERINGS AND EVENTS (PDF) ARE SUSPENDED. FOR EXAMPLE:**

- Galas
- Musical or theatre performances
- Seasonal activities
- Silent auctions

### CORE BUBBLE

For most people, their core bubble is their immediate household. For others, their core bubble may contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household. An immediate household is:

- A group of people who live in the same dwelling. For example:
  - If you have a rental suite in your home, the suite is a separate household
  - If you live in an apartment or house with roommates, you are all members of the same household





## PROVINCE-WIDE RESTRICTIONS: SOCIAL GATHERINGS AND EVENTS (CONTINUED)

From the Province of British Columbia (read the full post [here](#)):

### PEOPLE WHO LIVE ALONE

**People who live alone cannot host gatherings. They can continue to see the same one or two people of their core bubble at each other's homes.**

### UNIVERSITY STUDENTS

**Welcoming your child home from university is okay. This is not a social gathering.**

### ALLOWED ACTIVITIES

**These activities are not considered a social gathering:**

- **Going for a walk. You must make sure a walk does not turn into a group of people meeting outside**
- **Parents carpooling kids to and from school**
- **Grandparents providing child care**





## PROVINCE-WIDE RESTRICTIONS: MASK REQUIREMENTS

From the Province of British Columbia (read the full post [here](#)):

**MASKS ARE NOW REQUIRED FOR EVERYONE IN ALL PUBLIC INDOOR SETTINGS AND WORKPLACES.**

**People who cannot wear a mask or who cannot put on or remove a mask on their own are exempt.**

- **Employers are expected to enforce the mandatory mask policy with both employees and customers**
- **A customer can be refused entry or service if they do not wear a mask.**

### MASKS IN PUBLIC INDOOR SETTINGS

Masks are required in all indoor public settings and all retail stores. This includes:

- **Malls, shopping centres**
- **Grocery stores**
- **Coffee shops**
- **Common areas in hotels**
- **Libraries**
- **Clothing stores**
- **Liquor stores**
- **Drug stores**
- **Community centres**
- **Recreation centres**
- **City Halls**
- **Restaurants and bars when not seated at a table**

### MASKS AT WORKPLACES

Masks are required in all workplaces for shared work areas and areas where physical distancing cannot be maintained. This includes:

- **Elevators**
- **Kitchens**
- **Customer counters**
- **Break rooms**
- **Hallways**
- **Meeting rooms with more than four people**





## PROVINCE-WIDE RESTRICTIONS: ATHLETIC ACTIVITIES

From the Province of British Columbia (read the full post [here](#)):

### INDOOR GROUP PHYSICAL ACTIVITIES

**Businesses, recreation centres or other organizations that organize or operate high risk indoor group physical activities must suspend the following activities:**

- Spin classes
- Hot yoga
- High intensity interval training (HIIT)

**Guidance on other physical activities done with a group indoors will need to follow updated guidance that is being developed. These activities can stay open while updated guidance is being developed. This includes:**

- 
- Dance studios
- Martial arts
- Cheerleading

### GYMS AND RECREATION FACILITIES

**Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.**





## PROVINCE-WIDE RESTRICTIONS: ATHLETIC ACTIVITIES (CONTINUED)

From the Province of British Columbia (read the full post [here](#)):

### SPORTS GAMES, COMPETITIONS AND PRACTICES

**Games, competitions and practices can continue with no spectators and no travel.**

### SPECTATORS

**No spectators are allowed at any sport activities under the order. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.**

### TRAVEL FOR ATHLETIC ACTIVITIES

**Travel to, from and between regions for athletic activities like games, competitions, training and practice is restricted under this order. For example:**

- **A team from Abbotsford cannot attend a training session in Chilliwack**
- **A team from Victoria cannot attend a practice in Richmond**

### Exemptions

**High performance athletes are not included in the order. To qualify as a high performance athlete, you must be:**

- **Identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization**
- **Already training in B.C.**
- **Continuing to follow the safety guidelines of your provincial sports organization**





## PROVINCE-WIDE RESTRICTIONS: TRAVEL ADVISORY

**From the Province of British Columbia (read the full post [here](#)):**

**At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:**

- **Do not travel for a vacation**
- **Do not travel to visit friends or family outside of your household or core bubble**
- 

### WHAT IS ESSENTIAL TRAVEL?

**Individual circumstances may affect whether a particular trip is considered essential or non-essential. Essential travel within B.C. includes:**

- **Regular travel for work within your region**
- **Travel for things like medical appointment and hospital visits**

**For example, if you live in Vancouver and work in Surrey you can continue to commute.**

**If you need to travel for essential reasons, take the same health and safety precautions you do at home.**

- **Wash your hands often**
- **Practice safe distancing, 2 m**
- **Travel only with yourself, household or pandemic bubble**
- **Stick to the outdoors whenever possible**
- **Clean spaces often**



**STAY HOME  
STAY SAFE**



## PROVINCE-WIDE RESTRICTIONS: TRAVEL ADVISORY (CONTINUED)

From the Province of British Columbia (read the full post [here](#)):

### TRAVEL FOR MOUNTAIN SPORTS

Ski and snowboard at your local mountain. For example, if you live in Vancouver, you should ski at Cypress, Grouse or Mt. Seymour.

### COMING FROM OUTSIDE OF B.C.

At this time, people travelling to B.C. from another province or territory within Canada should only come for essential reasons. If you do travel, you are expected to follow the same travel guidelines as everyone else in B.C.

- The [restriction of all non-essential travel at the Canada-U.S. border](#) remains in effect
- Travellers [to and from the United States going to and from Alaska](#) must proceed directly to their destination and self-isolate during any necessary overnight stops
- International travellers returning to B.C. are required by law to self-quarantine for 14 days and complete the [federal ArriveCAN application](#)

### FLIGHTS TO AND FROM B.C.

The order does not restrict flights entering and leaving B.C.





## PROVINCE-WIDE RESTRICTIONS: ENFORCEMENT

**From the Province of British Columbia (read the full post [here](#)):**

**During a public health emergency under the Public Health Act, the PHO can make orders as needed. You must follow the orders.**

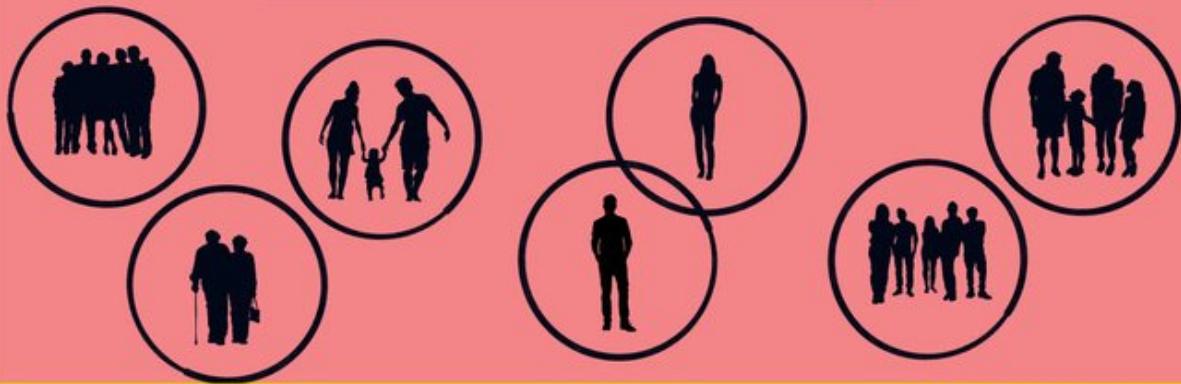
**Under the Government's Emergency Program Act, some orders can be enforced by police or other compliance and enforcement officials. People who don't follow these order could be fined.**

### WORKPLACE ENFORCEMENT

**In addition to compliance activities by WorkSafe, an Environmental Health Officers team will focus on workplaces in the Vancouver Coastal and Fraser Health regions to ensure COVID-19 Safety Plan compliance and enable rapid response and action.**



# Socialize with your household only



COVID-19 IN BC

## COVID-19 travel advisory: essential travel only



COVID-19 IN BC



## Masks mandatory in indoor public spaces

COVID-19 IN BC



## LET'S TALK MOVEMBER: MEN'S MENTAL HEALTH

**“Movember looks at mental health through a male lens, focusing on prevention, early intervention and health promotion. We’re working towards a world where men take action to be mentally well, and are supported by those around them.” – Movember Canada**

**Mental health concerns are a very real issue faced by men.** Unfortunately, there can be a stigma when it comes to men’s mental health. The messaging “be a man!” or “toughen up” is stigmatizing, harmful, and diminishes the very real experiences of men impacted by mental illness. Mental health concerns greatly impact men, including our Métis men and boys. In Canada, Métis males are more than twice as likely to die by suicide than non-Indigenous males; further, Métis males are dying by suicide at a rate more than three times higher than the rate among Métis females ([Statistics Canada](#)).

**While we don't have Metis-specific data, we know that men are also more likely to die of overdose than women. In 2020, four times as many men have died than women; and those involved in trades and those in the construction industry are the most at risk of overdose related death.**

**In BC, our male Métis Youth are experiencing mental health concerns at a higher rate than their non-Métis peers. And, unfortunately, we know that male Métis Youth have been rating their mental health as increasingly worse over the last few years, as shown in the [Ta Saantii Deu/Neso Report](#).**

**We also know, however, that community and connection can make a significant impact on the mental wellbeing of our male Métis Youth. From the [Ta Saantii Deu/Neso report](#), we learned that “[Métis] youth with a mental health condition were at increased risk of a suicide attempt. However, when these youth had supportive adults and peers in their lives, and were engaged in their community, the risk was reduced.”**





## LET'S TALK MOVEMBER: MEN'S MENTAL HEALTH

**Fostering connection and reducing stigma is essential, not just for our male Métis Youth, but for our Métis men as well. We need to normalize and recognize the fact that men can be impacted by mental health concerns. It is critical to engage in safe, open dialogues about mental health and wellness for our Métis boys and men. Beginning these conversations early allows opportunity for greater awareness and understanding of one's own mental health, and can allow opportunity for early intervention and support. Talk with the men in your life, our fathers and brothers, our uncles and cousins, our grandfathers and our friends; walk together to foster awareness and understanding within your Community.**

**Building awareness and understanding allows the opportunity for the stigma towards men's mental health to be reduced. When we reduce stigma, we begin to create a world where men can feel supported to connect to mental health resources. Remember, it is never too late to reach out for support. We must know that reaching is not a sign of weakness, but rather demonstrates great strength and resilience. As shared by MNBC'S Minister of Youth, Shaughn Davoren, during [Métis Nation BC's 2020 Mental Illness Awareness Week Campaign](#):**

**“It is OKAY for men to have mental health issues. Men CAN cry. These are things that I think a lot of people need to know and respect.”**





## LET'S TALK MOVEMBER: MEN'S MENTAL HEALTH (RESOURCES)

### **Métis Crisis Line: 1-833-METISBC (1-833-638-4722): <https://www.kuu-uscrisisline.ca/>**

Crisis line workers assist with problem solving, establishing support services, developing safety plans, conducting suicide risk assessments, offering referrals, and safety monitoring for at-risk individuals. These services are available 24 hours a day, 7 days a week, for Métis people throughout the province of British Columbia.

### **BounceBack®, Canadian Mental Health Association: <http://bouncebackbc.ca/>**

BounceBack is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

### **Crisis Centre BC: <https://crisiscentre.bc.ca/get-help/>**

If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE), or call your local crisis centre. Both of the 310-6789 and 1-800-SUICIDE phone lines are available in over 140 languages using a language service. Online Chat Service for Youth: [www.YouthInBC.com](http://www.YouthInBC.com) (12PM-1AM). Online Chat Service for Adults: [www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca) (12PM-1AM).

### **HeadsUpGuys: <https://headsupguys.org/>**

HeadsUpGuys is a resource for supporting men in their fight against depression by providing tips, tools, information about professional services, and stories of success. The team of clinicians, researchers, and mental health advocates bring together their expertise and personal experiences to provide men with this unique resource. HeadsUpGuys is a program of The University of British Columbia (UBC).

### **Here to Help BC: <http://www.heretohelp.bc.ca>**

HeretoHelp works to support you in finding quality information, learning new skills, and connecting with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.

### **Lifeguard App: <https://lifeguarddh.com/>**

The LifeGuard App sets a timer to wake you after consuming a substance. If you suffer an overdose while using the app, EMS will try to reach you before being dispatched to your location. The app is completely anonymous and will not access your location or information unless EMS dispatch is required. Since the app's launch in June, over 1000 people have used the app successfully and EMS dispatched have saved two lives.

### **Movember Canada: <https://ca.movember.com/?home>**

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.



## HOW WILL YOU ROCK YOUR MOUST-SASH?

On November 1st, we launched our annual Moust-sash competition! We encourage you all to start growing your 'stash. But don't worry, if you're not as fortunate as others to be able grow a Moust-sash, you can still participate!

Below are some other ways to join in on our campaign:

- Wacky hair style
- Take a selfie with a paper moustache!
- Get creative! One additional entry for creative and fun Movember submissions

**Eligibility Requirements:**

- Self-identify as Métis
- Métis Nation BC citizen
- Live in the province of BC

Make sure to send your photos, stories or share this throughout the month of November for a chance to win one of our amazing prize packs. The more you submit, the more chances you have to win! Please send all entries to [kpollard@mnbc.ca](mailto:kpollard@mnbc.ca)

**This year we're doing points:**

- 1 single/selfie photo= 1 point
- 1 family photo= 3 points
- Youth (up to 30 yrs of age) = 1 extra point
- Creative photo= extra point!

**This year's campaign prize packs include:**

- 1st place prize: \$300.00 to your gym of choice
- 2nd place prize: \$150.00 grooming prize pack
- 3rd place prize: \$50.00 prize pack

**Disclaimer:** Please note, you will be required to complete a photo consent form after submitting your photo, in order to be entered into the draw.

**Stay tuned for more exciting things happening for the month of Movember!**



**FOR THE MONTH OF NOVEMBER WE ARE RAISING AWARENESS OF MEN'S MENTAL HEALTH, PROSTATE CANCER, AND TESTICULAR CANCER THROUGH MNBC'S MOVEMBER CAMPAIGN "LET'S TALK MOVEMBER."**

**BE SURE TO SEND US YOUR STORIES AND PHOTOS FOR A CHANCE TO WIN!**

# MOVEMBER CAMPAIGN



**Moust-sash?**

**PLEASE SHARE ON YOUR SOCIAL MEDIA PAGE FOR A CHANCE TO WIN!**





## 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 35.** BC continues to reach new highs in COVID-19 cases. BC rent freeze extended. New regional provincial health orders for Fraser Health and Vancouver Coastal. COVID-19 transmission infographics. MNBC COVID-19 response programs. November 16th marks Louis Riel Day. MNBC's Let's Talk Movember campaign.

**ISSUE 34.** BC continues to reach new highs in COVID-19 cases. Your safe six. BC CDC: Aboriginal Veterans Day and Remembrance Day. Fraser Valley Métis Chartered Communities flu clinics. Let's Talk Movember: Prostate Cancer. MNBC National Addictions Awareness Week Campaign.

**ISSUE 33.** BC reaches new record high in confirmed COVID-19 cases. Masks in indoor public spaces are now the expectation. New provincial health order limiting household gatherings. Reminder on celebrating Halloween safely. Fraser Valley Métis Chartered Communities flu clinics. MNBC launches Movember campaign. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions.

**ISSUE 32.** COVID-19 symptoms? Get tested. Celebrating Halloween safely. Coping with stress, anxiety, and substance use during COVID-19. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions. Final week to submit: Resilient Roots issue #2.

**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.