

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 37 | UP-TO-DATE INFORMATION AS OF NOVEMBER 27TH, 2020



"This virus is putting a strain on all of us, which is why compassion and care for others is so important right now. Let's work together to slow the spread of this virus and ease the strain we are all feeling by doing our part today."

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.

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.



INSIDE ISSUE 37

PROVINCE-WIDE RESTRICTIONS IN EFFECT UNTIL AT LEAST DECEMBER 7TH

MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

UPDATE: ALL GROUP INDOOR PHYSICAL ACTIVITIES SUSPENDED

SOCIALIZE SAFELY

CANADA EMERGENCY RENT SUBSIDY (CERS) FOR CANADIAN BUSINESSES, NON-PROFIT ORGANIZATIONS, OR CHARITIES

NEW PROVINCIAL SURVEY ON COVID-19

LA VWAY COMMUNITY SURVEY

BC OVERDOSE CRISIS: OCTOBER

LET'S TALK MOVEMBER



PROVINCE-WIDE RESTRICTIONS IN EFFECT UNTIL AT LEAST DECEMBER 7TH

Last week saw the announcement of several new province wide restrictions to fight the rising spread of COVID-19 in our province.

These restrictions included a non-essential travel advisory, restrictions on social gatherings and events, restrictions on certain athletic activities, and a provincial mask mandate. For a more detailed breakdown on the provincial restrictions, please visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>

As a reminder, these new restrictions apply to everyone living anywhere in British Columbia. The restrictions came into effect on November 19th at midnight, and will remain in effect until December 7th at midnight.

"COVID-19 has meant that we all have to work a little bit harder to connect in a safe way and ensure our family, friends and neighbours know they are not alone and have the support they may need."

November 27th saw the highest number of confirmed new daily cases, with 911 new COVID-19 cases reported.

It is essential that we all continue to do our part in order to bend BC's curve back down.





UPDATE: ALL GROUP INDOOR PHYSICAL ACTIVITIES SUSPENDED

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

By order of the Provincial Health Officer, all group spin classes, hot yoga and high intensity interval training (HIIT) are suspended indefinitely. All other group indoor physical activities are temporarily suspended.

Updated public health guidance for these activities will be available by November 30. Businesses will need to update their COVID-19 safety plans to comply with the new guidance and post it publicly before resuming these activities.

Temporarily suspended group indoor activities include:

- Dance studios
- Martial arts
- Yoga
- Pilates
- Strength and conditioning
- Cheerleading
- Gymnastics

These revised guidelines were posted on the Province of British Columbia's website on November 24th under the heading "Athletic Activities."





FURTHER INFORMATION: MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

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

As outlined in the mask mandate order, masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth. There are exemptions for:

- People with health conditions or with physical, cognitive or mental impairments who cannot wear one
- People who cannot remove a mask on their own
- Children under the age of 12

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

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out





FURTHER INFORMATION: MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

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

MASK ENFORCEMENT

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

MASKS AT WORKPLACES AND SHARED LIVING AREAS

Emergency Management BC is reviewing other community locations where a mask mandate may be advisable and anticipates issuing a further order to enforce requirements for masks in common areas of apartment buildings, condos and workplaces.

It is strongly recommended that masks be worn in the following areas:

- Common areas in apartment buildings and condos, including:
 - Elevators
 - Hallways
 - Lobbies
 - Stairwells
- Shared indoor workplace spaces, including:
 - Elevators
 - Kitchens
 - Hallways
 - Break rooms





SOCIALIZE SAFELY

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

Dr. Henry, our Provincial Health Officer, is asking everyone to urgently reduce their social interactions to keep BC safe. New restrictions are critical tools to help us all stop the rapid transmission of COVID-19.

All indoor and outdoor events as defined in the Provincial Health Officer's Gatherings and Events Order are suspended. This means:

AT HOME:

- ✓ Socialize only with your immediate household – those people we live with.
- ✗ No extended family or friends in your home.
- ✓ If you live alone, you can have - at most - two of the same people from your 'core bubble' in your home.
- ✓ You can go for a walk or bike ride with a friend outside
- ✓ You can deliver essential items, like medication and groceries
- ✓ You can carpool to take your kids to school
- ✗ No playdates with other kids

COMMUNITY EVENTS:

- ✗ No events in hotels, bars, or restaurants
- ✗ No theatre or performances
- ✗ No seasonal markets or fairs
- ✗ No in-person competitions, quizzes or games
- ✗ No in-person religious gatherings
- ✗ No galas or parties
- ✓ Funerals and weddings, and ceremonies such as baptisms are OK with max. 10 people and safety plans in place.
- ✓ Business meetings are OK.
- ✓ Farmers markets are OK.

Now is the time to pause and learn to do things differently. We must all ask ourselves: is this a gathering? Can I do this virtually? Don't look for loopholes: think about how you can make a difference.

Learn more: gov.bc.ca/COVID19restrictions



CANADA EMERGENCY RENT SUBSIDY (CERS) FOR CANADIAN BUSINESSES, NON-PROFIT ORGANIZATIONS, OR CHARITIES

From the Government of Canada (read the full post [here](#)):

Canadian businesses, non-profit organizations, or charities who have seen a drop in revenue due to the COVID-19 pandemic may be eligible for a subsidy to cover part of their commercial rent or property expenses, starting on September 27, 2020, until June 2021.

This subsidy will provide payments directly to qualifying renters and property owners, without requiring the participation of landlords.

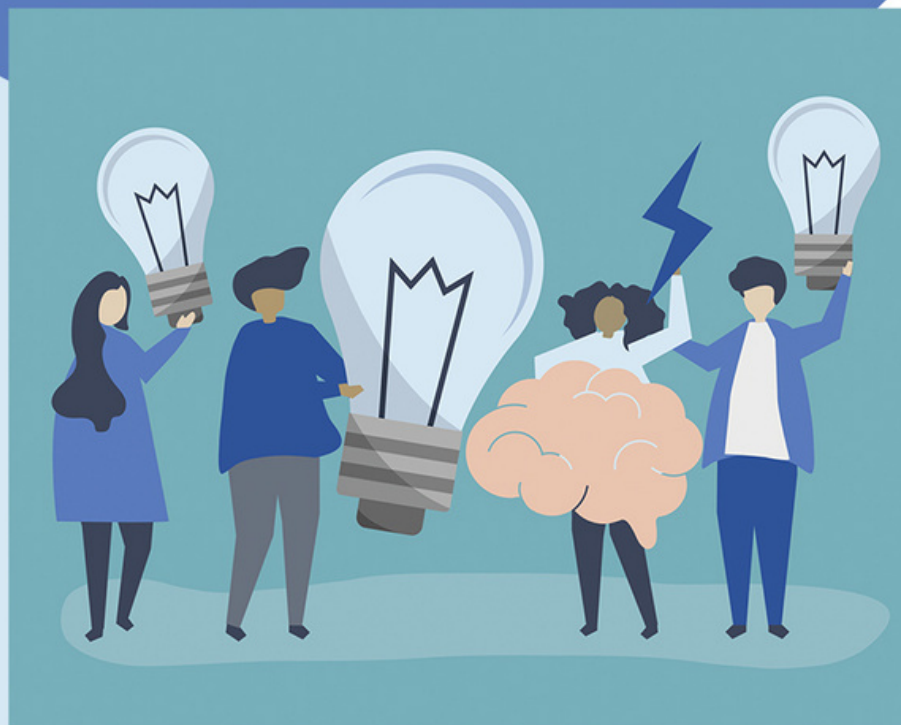
If you are eligible for the base subsidy, you may also be eligible for lockdown support if your business location is significantly affected by a public health order for a week or more.

To learn more about the Canada Emergency Rent Subsidy, including information about eligibility and how to apply, visit:

<https://www.canada.ca/en/revenue-agency/services/subsidy/emergency-rent-subsidy.html>



HELP US LEARN ABOUT PERSONAL IMPACTS OF COVID-19



**WE INVITE PEOPLE
FROM ALL
BACKGROUNDS WHO
ARE INTERESTED TO
PARTICIPATE!**

WHAT IT INVOLVES*:

ADULTS (18+): 20-30 MINUTE
ONLINE SURVEY

CHILDREN & YOUTH (8-18):
15-30 MINUTE
ONLINE SURVEY EACH FOR
CHILD + PARENTS

CHILDREN (<8): 45 MINUTE
ONLINE SURVEY FOR
PARENTS ONLY

**ALL PARTICIPANTS ARE ENTERED
INTO A MONTHLY PRIZE DRAW*

**LET US KNOW: HOW HAS COVID-19 IMPACTED YOU, YOUR
FAMILY, AND YOUR LOVED ONES?**

Study participation is entirely voluntary. All studies are conducted to learn more about mental health impacts of COVID-19 in children, youth, parents, and other adults

**Want more information?
Interested in getting involved?**

Scan the QR code or
contact us at
pics@bcchr.ca | 604-875-2000x3068



**FOR MORE INFORMATION ABOUT THE STUDY OR TO PARTICIPATE, PLEASE VISIT THE SURVEY WEBSITE AT:
[HTTPS://RC.BCCHR.CA/REDCAP/SURVEYS/?S=FW4PT3AFJT](https://rc.bcchr.ca/redcap/surveys/?S=FW4PT3AFJT)**



LA VWAY (VOICE) COMMUNITY SURVEY FOR MÉTIS RESIDENTS IN FRASER-SALISH REGION

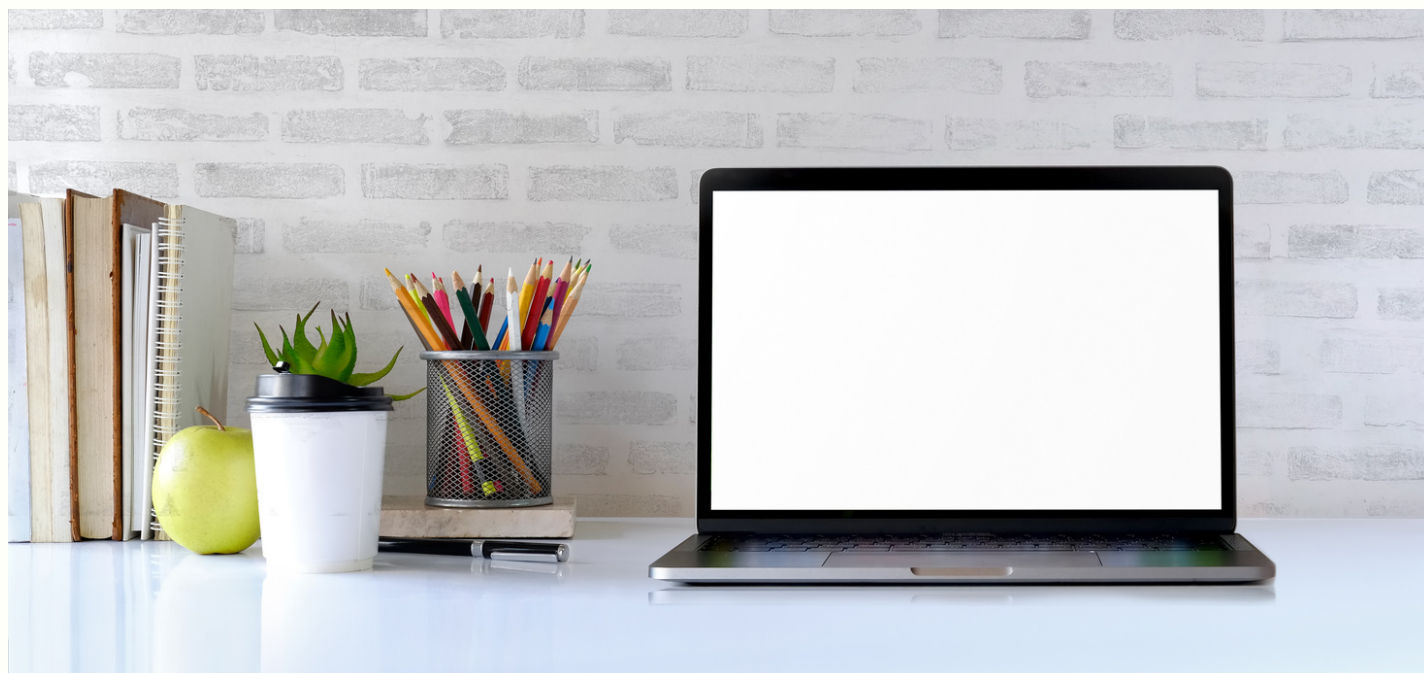
MNBC and Fraser Health are working to understand the experiences, both positive and negative, of Métis people accessing healthcare services. These experiences will help inform systems change work within Fraser Health Authority and will contribute to improving the health and wellness of Métis people throughout the region.

At the end of the survey, you can enter your email into a draw to win one of two \$100 VISA gift cards. Your email will not be used for anything except the draw and will not be connected to your responses in any way. The survey will close on November 30. VISA gift card winners will be drawn and notified on December 1st.

This survey was created by Métis Nation British Columbia's (MNBC) Ministry of Health and the Fraser Health Authority, and is designed in partnership with Métis Chartered Communities throughout the Lower Mainland.

To complete the survey, visit:

<https://form.simplesurvey.com/f/s.aspx?s=FF179025-8FF4-480E-ABB6-EF0FB2B2B923>





BC's Overdose Crisis

October 2020



5.2 Deaths per day

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

The current drug supply is incredibly toxic; 87% 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 35%.

83% of deaths indoors

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

These deaths are primarily **alone**.

Using alone is the main risk factor in overdose death

81% of deaths aged 30 to 59

Those aged 40-49 have the highest rate of death in 2020

Where to get help

LifeGuard App

Métis Crisis Line: 1-833-MétisBC

(1-833-638-4722)

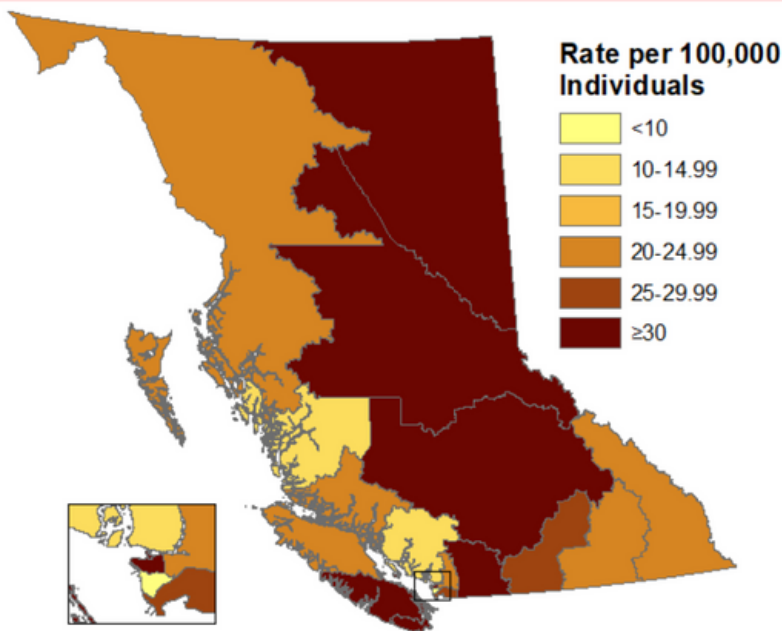
Toward the Heart

Métis Chartered Communities in areas with high death rates

North Fraser, Prince George, Northwest BC Métis, River of the Peace Métis, Fort St. John Métis, Boundary Métis, Vermillion Forks, North Cariboo, Two Rivers, South Okanagan Similkameen, Metis Nation Powell River



Communities with high numbers of deaths (2020):
Abbotsford, Nanaimo, Maple Ridge, Vernon



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



MÉTIS NATION
BRITISH COLUMBIA



LET'S TALK MOVEMBER

Tansi Métis Community Members!

We want to thank you for your participation in this year's Movember Campaign. We are truly grateful for all your submissions, shares and likes on social media. Over the course of four weeks, four creative skin cancer write ups were blasted out, and many photos were submitted by YOU promoting Prostate and Testicular Cancer Awareness, and Men's Mental Health.

We have enjoyed all your submissions, and we're excited to announce the winners of this campaign. All participants were entered into a draw to win one of three prizes including a \$300.00 gym pass, \$150.00 grooming pack, and \$50.00 grooming pack. These winners were drawn at random, and they are Tammy W (\$50), Greta H (\$150), and Pixie W (\$300). Congratulations, we will be in touch shortly to send out your gift!

****In the case we do not have a response from the winner within 3 business days, we will redraw****

Most importantly, we hope to keep the dialogue going about Movember, including Men's Mental Health, Prostate and Testicular Cancer.

Thank you again for your participation and congratulations to all the winners!

If you'd like to share feedback, have questions, or want to submit additional ideas for our next campaign, please send a message to Northern Regional Health Coordinator, Katina Pollard at kpollard@mnbc.ca

We hope you have a wonderful and safe holiday season!



MNBC'S MINISTRY OF HEALTH PRESENTS:

LET'S TALK ABOUT PROSTATE CANCER

Please join us for this casual “coffee talk” about Prostate Cancer and Métis men’s health as we wrap up our Movember campaign. Our guest panel will share their personal stories about Prostate Cancer, advocacy and stigma.

WEDNESDAY, DECEMBER 2
10AM TO 12PM PST

VIA ZOOM: [HTTPS://ZOOM.US/J/94380260886?](https://zoom.us/j/94380260886?pwd=BUEZCWJSM2NUZKIWZ0UWYW9KWXVPQT09)
[PWD=BUEZCWJSM2NUZKIWZ0UWYW9KWXVPQT09](https://zoom.us/j/94380260886?pwd=BUEZCWJSM2NUZKIWZ0UWYW9KWXVPQT09)

MEETING ID: 943 8026 0886
PASSCODE: 763931

Prostate Cancer Session Information

MOVEMBER CAMPAIGN



WINNERS WERE
DRAWN!
PLEASE SEE THIS
WEEK'S WRITE
UP TO SEE IF
YOU'RE ONE OF
THE LUCKY
WINNERS!

THANK YOU!

*for
participating*

HOW WILL YOU ROCK YOUR
Moust-sash?



MÉTIS NATION
BRITISH COLUMBIA



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 36. New province-wide restrictions announced. BC continues to reach new highs in COVID-19 cases. Province-wide restrictions: social gatherings and events. Province-wide restrictions: mask requirements. Province-wide restrictions: athletic activities. Province-wide restrictions: travel advisory. MNBC's Let's Talk Movember campaign: men's mental health.

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.