

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 39 | UP-TO-DATE INFORMATION AS OF DECEMBER 11TH, 2020



"As hard as this may be, let's remember that the sacrifices we make now will protect our loved ones and countless others throughout our province. Your efforts and sacrifices are making a difference."

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 39

**BC RECOVERY BENEFIT: GET
READY TO APPLY**

**PROVINCE-WIDE RESTRICTIONS
EXTENDED UNTIL JANUARY 8TH,
2021**

**COMING SOON: COVID-19
VACCINE**

BC'S HOLIDAY GUIDE

**LAST CHANCE: LA VWAY
COMMUNITY SURVEY**



BC RECOVERY BENEFIT: GET READY TO APPLY

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

The BC Recovery Benefit is a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals.

HOW THE BENEFIT WORKS

The BC Recovery Benefit (the benefit) is a one-time direct deposit payment for eligible families, single parents or individuals. Benefit eligibility is based on net income from your 2019 tax return. You must apply to receive the benefit. Applications open December 18, 2020.

BENEFIT RATES

The amount you're eligible for will be automatically calculated based on your income when you apply.

Families and single parents

- \$1,000 for eligible families and single parents with a net income of up to \$125,000
- Reduced benefit amount for eligible families and single parents with a net income of up to \$175,000

The benefit defines a family as an individual and their spouse or common-law partner, unless they are separated. Both people must be residents of B.C. The benefit defines a single parent as an individual who is the principal caregiver to at least one child.

Individuals

- \$500 for eligible individuals with a net income of up to \$62,500
- Reduced benefit amount for eligible individuals with a net income of up to \$87,500

BC Recovery Benefit





BC RECOVERY BENEFIT: GET READY TO APPLY

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

DETERMINE YOUR ELIGIBILITY

General eligibility criteria

Generally, the benefit is available to people:

- Residing in British Columbia on December 18, 2020
- Who are at least 19 years old on December 18, 2020, or meet specific eligibility criteria
- Who filed a 2019 Canadian personal income tax return, or meet specific eligibility criteria
- Who have a valid social insurance number, individual tax number or temporary tax number

If you receive a payment and we later determine that you're not eligible for it, you will be required to repay it.

Note: If you're applying for the family benefit, your spouse or common-law partner must also meet the general eligibility criteria.

Specific eligibility criteria

Some circumstances may affect eligibility for the benefit. For a full list, visit:

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>





BC RECOVERY BENEFIT: GET READY TO APPLY

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

WHAT YOU NEED TO APPLY

Net income from your 2019 tax return

You must provide your net income from your 2019 tax return. This number can be found on Line 23600 of your 2019 income tax return.

If you haven't already filed your 2019 tax return, file to the Canada Revenue Agency as soon as possible.

There are multiple ways to file, including:

- Online, by paper or by phone
- Free tax clinics for people with modest income and a simple tax situation

Social insurance number

When you apply, we'll need your social insurance number, individual tax number, or temporary tax number to verify your eligibility.

Driver's licence number

If you have a B.C. driver's licence, you must provide your driver's licence number.

Direct deposit information

The benefit will only be issued by direct deposit. You must have an account with a Canadian financial institution to receive the benefit.

If you're on income or disability assistance and don't have a bank account, a modified application will be available in the new year to help you apply for and receive the benefit.

Get your direct deposit information from a personal cheque or from your financial institution. Be prepared to provide:

- Branch (transit) number
- Institution number
- Account number

**Online applications for the BC Recovery Benefit
open December 18, 2020.**

**Support will be available by phone starting
December 21, 2020.**

**BC Recovery
Benefit:
Get ready
to apply**



COVID-19 IN BC

For more information, visit:

<https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>



PROVINCE-WIDE RESTRICTIONS EXTENDED UNTIL JANUARY 8TH, 2021

December 7th saw the announcement of a continuation of the province-wide restrictions, put in place to fight the rising spread of COVID-19 in our province. These public health order restrictions will be in place until January 8th, 2021.

By public health order and direction we must continue to only socialize with people in our households or core bubbles until January 8, 2021 – and avoid any non-essential travel.

A more detailed breakdown on the provincial restrictions are outlined on the next few pages. You can also access information on all the province-wide restrictions here:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



"The orders that we have had in place have started to have an impact on the transmission of the virus in British Columbia. However, transmission remains high and we need to continue our efforts to reduce social interactions and stop the spread. The provincial health officer's orders restricting all gatherings and events have today been extended through to Jan. 8, 2021, at midnight. This includes gatherings in people's homes and in public venues.

The order extension and travel requirement are necessary steps to help us get through the remainder of the year and protect those who are most vulnerable."

Dr. Bonnie Henry
December 7th, 2020

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

Public health orders and directions for all of BC



**Non-essential
travel advisory**



**Socialize with your
household only**



**Adult team sports
suspended**



**High-risk group
fitness suspended**



**Masks mandatory in
indoor public places**



**No events or
gatherings**

COVID-19 IN BC

**THE ORDER IS IN EFFECT UNTIL JANUARY 8TH, 2021 AT
MIDNIGHT**



PROVINCE-WIDE RESTRICTIONS EXTENDED: EVENTS AND SOCIAL GATHERINGS

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

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel. The order is in effect from November 19, 2020 at midnight to January 8, 2021 at midnight.

EVENTS AND SOCIAL GATHERINGS

In-person events and community-based gatherings as defined in the PHO order – Gatherings and Events (PDF) are suspended. For example:

- Seasonal activities, including indoor and outdoor holiday events (with the exception of drive-in and drop-off events)
- Musical or theatre performances
- Galas
- Silent auctions
- Movie viewings in cinemas
- Outdoor skating events





PROVINCE-WIDE RESTRICTIONS EXTENDED: EVENTS AND SOCIAL GATHERINGS

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

SOCIAL GATHERINGS

No social gatherings of any size at your residence with anyone other than your household or core bubble. For example:

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

CORE BUBBLE

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

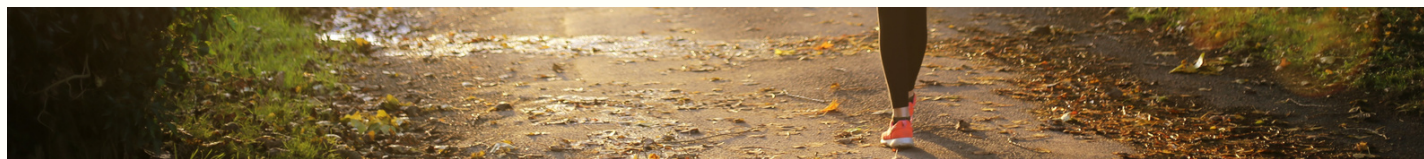
- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also 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.

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 EXTENDED: CHRISTMAS AND HOLIDAY CELEBRATIONS

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

All December celebrations will look different this year. Celebrate with your immediate household or core bubble.

- Consider hosting virtual parties and religious services
- Unwrap gifts over Zoom or Skype
- If you must travel for essential reasons, review the health and safety precautions





PROVINCE-WIDE RESTRICTIONS EXTENDED: RESTAURANTS, PUBS AND BARS

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

You must wear a mask when not at a table. Events are no longer allowed.

Restaurants, pubs and bars can continue to operate if they have a COVID-19 Safety Plan and employee protocols in place.

- Remember, a maximum of six people at a table and no moving between tables

WorkSafeBC will be conducting inspections to verify that COVID-19 Safety Plans remain effective. Establishments that are noncompliant with plan requirements may face orders and fines, and possible referral to public health which may result in a closure order.





PROVINCE-WIDE RESTRICTIONS EXTENDED: PHYSICAL ACTIVITIES AND GYMS

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

By order of the PHO, restrictions are in place for indoor physical activities. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

HIGH INTENSITY GROUP FITNESS ACTIVITIES

Businesses, recreation centres or other organizations that organize or operate high intensity group fitness activities must suspend the following activities:

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

High intensity fitness activities cause a sustained and accelerated rate of breathing and may involve close contact with other people.





PROVINCE-WIDE RESTRICTIONS EXTENDED: PHYSICAL ACTIVITIES AND GYMS

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

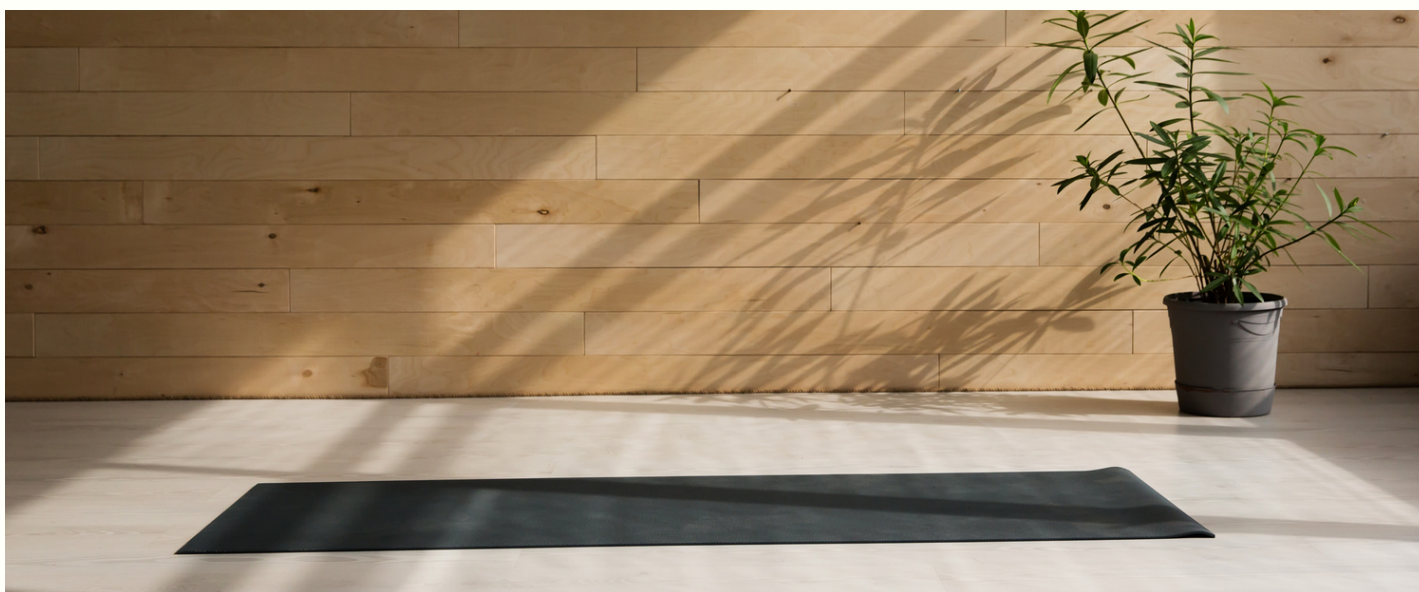
LOW INTENSITY GROUP FITNESS ACTIVITIES

Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities must temporarily suspend them or move to virtual options, until guidance is developed to allow these activities to resume. These include:

- Yoga
- Pilates
- Light weightlifting
- Adult dance classes
- Stretching or strengthening
- Tai-Chi

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 EXTENDED: SPORTS AND EXTRACURRICULAR ACTIVITIES

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

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical interactions and travel to help reduce the spread of COVID-19.

ADULT INDOOR AND OUTDOOR TEAM SPORTS

All indoor and outdoor sports for people 19 years of age and older are suspended. These include:

- Basketball
- Cheerleading
- Combat sports
- Floor hockey
- Floor ringette
- Road hockey
- Ice hockey
- Ringette
- Martial arts
- Netball
- Team skating
- Soccer
- Volleyball
- Indoor bowling
- Lawn bowling
- Curling
- Lacrosse
- Hockey
- Ultimate
- Rugby
- Football
- Baseball
- Softball





PROVINCE-WIDE RESTRICTIONS EXTENDED: SPORTS AND EXTRACURRICULAR ACTIVITIES

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

YOUTH INDOOR AND OUTDOOR TEAM SPORTS

All organized indoor and outdoor sports for people under 19 years of age must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.

- Individual drills and modified training activities can continue
- Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

Spectators

Under the order, no spectators are allowed at any sport activities. 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 team activities

Travel to, from and between communities for team athletic activities like games, competitions, training and practice is prohibited. For example:

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





PROVINCE-WIDE RESTRICTIONS EXTENDED: SPORTS AND EXTRACURRICULAR ACTIVITIES

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

YOUTH INDOOR AND OUTDOOR TEAM SPORTS (CONTINUED)

Sport exemptions

High performance athletes, professional athletes and professional performers like dancers 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
- Continuing to follow the safety guidelines of your provincial sports organization

YOUTH EXTRACURRICULAR ACTIVITIES

Structured extracurricular activities and programs for people under 19 years of age can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

- Educational programs
- Music
- Art
- Dance
- Drama
- Recreational programs
- Outdoor fitness
- Social activities

Under the order, performances, recitals and demonstrations are not allowed.





PROVINCE-WIDE RESTRICTIONS EXTENDED: MASK REQUIREMENTS IN PUBLIC INDOOR SETTINGS

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

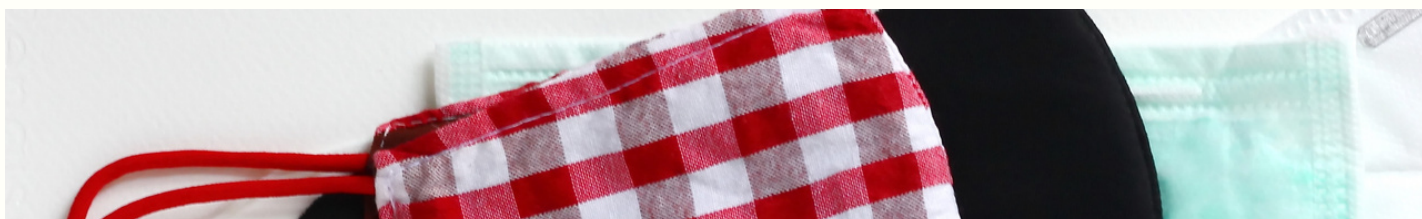
As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

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





PROVINCE-WIDE RESTRICTIONS EXTENDED: 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

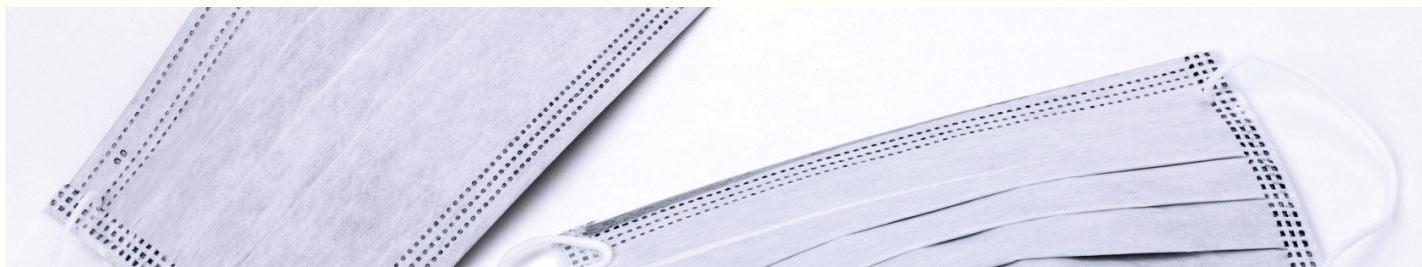
MASKS AT WORKPLACES AND SHARED LIVING AREAS

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





PROVINCE-WIDE RESTRICTIONS EXTENDED: 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 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 appointments 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
- Wear a mask in indoor spaces





PROVINCE-WIDE RESTRICTIONS EXTENDED: TRAVEL ADVISORY

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

FIRST NATIONS COMMUNITIES

Many First Nations have declared a state of emergency for their communities and enacted COVID-19 community protection by-laws including travel bans for non-residents and non-essential visitors. It is important to respect these restrictions in addition to the province-wide travel advisory.

TRAVEL FOR MOUNTAIN SPORTS

Ski and snowboard at your local mountains. 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 EXTENDED: 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 orders 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.



Province-wide
restrictions

COVID-19 IN BC



COMING SOON: COVID-19 VACCINE

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

As part of B.C.'s COVID-19 immunization strategy, the first round of COVID-19 vaccinations begin the week of December 14, 2020.

The first vaccines arriving in B.C. are from Pfizer. We expect vaccines from Moderna to be available soon. [Pfizer is approved](#) by Health Canada. Moderna approval is pending and will be deployed once approved.

COST AND DOSAGE

The COVID-19 vaccine will be free for everyone in British Columbia. Both the Pfizer and Moderna vaccines require two doses, spaced at least three weeks apart. The BC Centre for Disease Control (BCCDC) is the best source of [COVID-19 vaccine information](#)

VACCINE SAFETY

Vaccines are products that help protect you from viruses that cause illnesses like COVID-19. Canada has one of the most rigorous regulatory systems to authorize new vaccines for use. [Health Canada](#)'s authority makes sure:

- Laboratory and clinical studies provide evidence of product safety and effectiveness
- Manufacturing process meets a high standard
- The product meets the highest standards of quality

During vaccine development, vaccines are first tested in animals before testing in humans. Testing in humans is done over three phases of clinical trials. These clinical trials provide crucial information on vaccine safety and effectiveness. Once a vaccine is approved and in use, vaccine safety is continuously monitored to identify serious side effects.

Health Canada is the best source of [vaccine development and safety information](#)

COVID-19 vaccines





COMING SOON: COVID-19 VACCINE

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

Children, pregnant people, immunocompromised people

COVID-19 vaccines have not yet been tested in people under 16 years old, pregnant people or those with immunocompromising conditions. People under 16 years old, pregnant people and immunocompromised people are not recommended to get the vaccine at this time.

DISTRIBUTION

The Immunize B.C. Operations Centre will ensure the vaccine is available to everyone in B.C. recommended to get it. The BCCDC is working closely with provincial partners, including the Provincial Health Services Authority, First Nations Health Authority, Canadian Red Cross and Canadian Armed Forces. This will make sure our system is ready to receive, handle, store and distribute all vaccine types as they become available.

Storage and delivery

B.C. is preparing for the storage and delivery of multiple COVID-19 vaccines. Some vaccines require special transportation, storage and handling to keep them frozen at ultra-low temperatures.

Vaccination sites

Vaccines will be delivered to two sites in December 2020 and will expand to nine sites by early January 2021.





COMING SOON: COVID-19 VACCINE

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

GETTING THE VACCINE

A phased approach to receive the vaccine

The first limited round of approximately 4,000 vaccines will be administered to Lower Mainland health-care workers who work in long-term care homes and the frontlines of COVID-19 response in acute care. Fraser Health and Vancouver Coastal Health are reaching out to those staff to schedule opportunities for vaccine appointments.

Vaccines will continue arriving each week in B.C. in increasing quantities, with targeted deployment for people in priority groups. Expected timelines will depend on vaccine approval and availability.

PRIORITY VACCINE GROUPS

Public health will arrange for the following priority groups to get the vaccine. No action is required on your part.

First priority groups

- Long-term care residents and staff
- Health-care facility staff for COVID-19 patients in settings like Intensive Care Units, COVID-19 wards and emergency departments
- Indigenous people living in rural or remote communities
- High risk people living in group settings like shelters
- People over 80 years old





COMING SOON: COVID-19 VACCINE

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

Second priority groups

In spring 2021 as more vaccine becomes available, a second phase of vaccination will begin for:

- Older people under age 80 in descending five-year-age groups, with a focus on the oldest people first
- Key frontline workers including:
 - Healthcare workers
 - Police
 - Fire and first responders
 - People working in grocery stores
 - Teachers
 - People working in transportation
 - People working in manufacturing and production facilities

The ordering of priority groups is based on recommendations from the National Advisory Committee on Immunization.

General population timeline

Following all priority groups, all others in B.C. can get the vaccine as it becomes available.

A registration and record system is in development, including a process to register for vaccine access and to receive a formal record of immunization. There is no need to call your local health authority at this time.

Everyone the vaccine is recommended for in B.C. will have the opportunity to get the vaccine by the end of 2021.





BC'S HOLIDAY GUIDE

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

Our holidays will look a little different this year, but there are many ways we can still celebrate while keeping everyone safe. Now is the time to say 'no' to gatherings and non-essential travel.

Celebrate safely:

- ✓ stay local
- ✓ plan holiday dinners for your household or core bubble only
- ✓ hold virtual gift unwrappings and celebrations
- ✓ partake in virtual religious services
- ✓ go for a walk with your household to check out neighbourhood light displays
- ✓ drive-in events and light displays are OK
- ✓ Santa can still visit

- ✗ postpone in-person celebrations
- ✗ reschedule staff holiday get-togethers
- ✗ postpone all non-essential travel
- ✗ postpone any out-of-province travel

Learn more: <https://gov.bc.ca/COVIDrestrictions>





LAST CHANCE: 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 December 12th VISA gift card winners will be drawn and notified on December 14th.

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>





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 38. Reminder: province-wide restrictions in effect until at least December 7th. Update: provincial order on athletic activities, indoor adult sport now prohibited. Deadline extended: La Vway community survey.

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.

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.