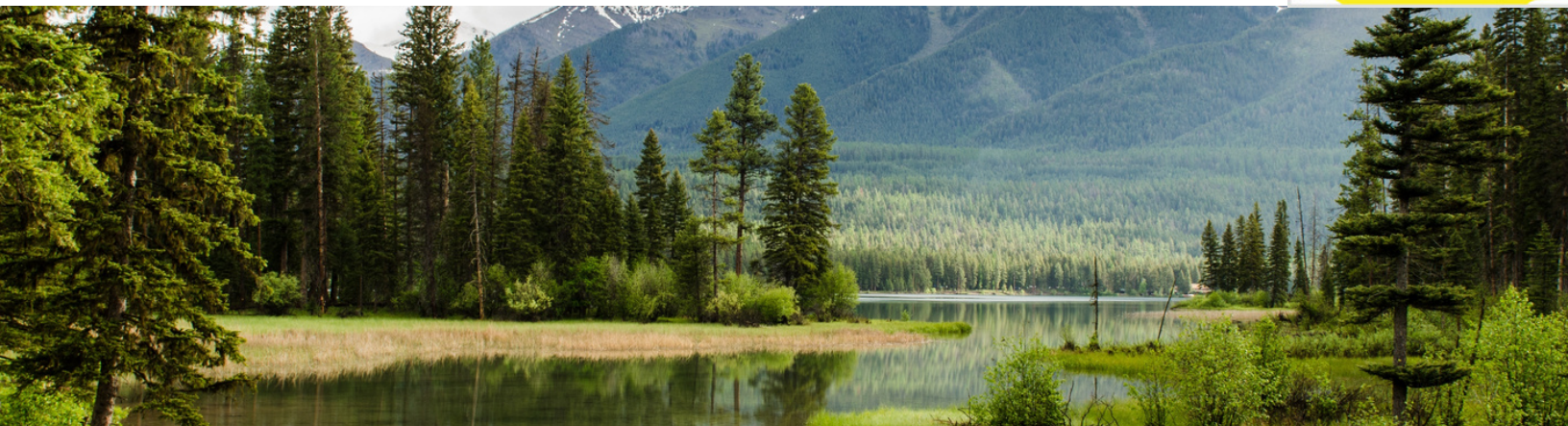


MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 41 | UP-TO-DATE INFORMATION AS OF JANUARY 8TH, 2021



“Brighter days are without a doubt ahead, when thousands more will be immunized from COVID-19 and the spread of the virus has slowed. Let’s work together now knowing what we do will make a difference for all of us tomorrow.”

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.

Happy New Year! Wishing everyone a year that brings happiness and health!

INSIDE ISSUE 41

**UPDATE: PROVINCE-WIDE
RESTRICTIONS EXTENDED UNTIL
FEBRUARY 5TH, 2021**

**COVID-19 VACCINATIONS FOR
MÉTIS ELDERS**

**MNBC'S MINISTRY OF HEALTH IS
PUBLISHING A BOOK! KAA-
WIICHIHITOYAAHK – WE TAKE
CARE OF EACH OTHER**





UPDATE: PROVINCE-WIDE RESTRICTIONS EXTENDED UNTIL FEBRUARY 5TH, 2021

January 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 February 5th, 2021.

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 until February 5, 2021 at midnight.

A detailed breakdown on all the province-wide restrictions can be found here:

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



"Like every part of Canada and many places around the world, the risk of spread of COVID-19 remains extremely high and new cases and clusters continue to emerge. Here in B.C., we are and will continue to do all we can to protect our province, and we ask everyone to do the same.

We need to hold the line with the public health orders for the next two incubation periods – one month – to ensure we are doing all we can to keep everyone in the province as safe as possible. These orders enable our health-care system, schools and essential workplaces to continue to stay open, which is important for all of us."

Dr. Bonnie Henry
January 7th, 2021

**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



**High-risk group
fitness suspended**



**Non-essential
travel advisory**



**Masks mandatory in
indoor public places**



**Socialize with your
household only**



**No events or
gatherings**



**Adult team sports
suspended**

COVID-19 IN BC

**THESE ORDERS ARE IN EFFECT UNTIL FEBRUARY 5TH, 2021 AT
MIDNIGHT**



COVID-19 VACCINATIONS FOR MÉTIS SENIORS AND ELDERS

Would you like to stay informed about when the COVID-19 vaccine will be available for our Métis Seniors and Elders?

Please email or call MNBC's Ministry of Health to be added to our contact list for Seniors and Elders vaccination roll-out.

Email: health@mNBC.ca

Phone: 1-800-940-1150

The Ministry of Health will reach out to all Seniors and Elders on this contact list once a roll-out plan has been finalized.





MNBC'S MINISTRY OF HEALTH IS PUBLISHING A BOOK! KAA-WIICHIHITOYAAHK – WE TAKE CARE OF EACH OTHER

MNBC is proud to announce “Kaa-Wiichihitoyaahk – We Take Care of Each Other”, the first of its kind Métis perspective on cultural wellness. From the back cover:

“If you’ve ever wanted to learn more about Métis people and culture, this book is for you. Kaa-wiichihitoyaahk introduces readers to Métis identity, history and culture, written from the perspectives and experiences of Métis people. Through personal stories, vivid images and engaging explanations, readers will learn about Métis culture and what it means to be culturally well. The guide describes how to promote cultural wellness by understanding and acknowledging the distinct identity of Métis people. Kaa-wiichihitoyaahk journeys from the past to the present to honor and celebrate the strength and resiliency of Métis people and culture.”

If you’re interested in learning more about this book and staying informed on when it will be made available to purchase please visit:

<https://mailchi.mp/9f290f581d13/cultural-wellness-guide>





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 40. Métis crisis line and holiday wellness. BC Recovery Benefit. First British Columbian vaccinated, vaccinations begin. Celebrating the holidays safely this year. Reminder: Province-wide restrictions in effect until January 8th, 2021.

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.

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.