



MÉTIS NATION BRITISH COLUMBIA

HEALTH AND WELLNESS NEWSLETTER

**ISSUE 46 | UP-TO-DATE INFORMATION AS OF
FEBRUARY 12, 2021**

“COVID-19 has shed further light on the inequalities that are all too pervasive in our society. We encourage British Columbians everywhere to be kind and compassionate as the days grow longer and become brighter.”
- 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.

MNBC will be updating our webpage as new information becomes available. Follow our COVID-19 page at www.mnbc.ca

Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing, and more.

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COVID-19 CORONAVIRUS



“Today also marks the first virtual Moose Hide Campaign Day. Though we cannot gather in person, we stand together in solidarity to show our commitment to ending violence against women and children.

“To date, 159,887 people have received a COVID-19 vaccine, with 15,684 of which are second doses within British Columbia. Immunization data is available on the COVID-19 dashboard at www.bccdc.ca

“Our B.C. COVID-19 pandemic response is a careful balance — protecting our communities and also keeping open as much as we can that is safe to do so.

“It is about being able to do some things at a moderate level, instead of completely closing most places and activities, as we have seen elsewhere. A walk with a friend allows you to see each other, to have that important connection and still remain safe. This is the modified approach we want to continue.

[More on Dr. Bonnie's statement here](#)



REGISTER FOR COVID-19 VACCINATIONS FOR MÉTIS ELDERS/SENIORS

MNBC's Ministry of Health wants to ensure that our Métis Elders/Seniors have access to the COVID-19 vaccination in Phase 2 of the Immunization plan, as a prioritized population by the Provincial Health Officer. The COVID-19 vaccines that have been approved by Health Canada are safe, effective, and will save lives. To date, two vaccines have been approved for use by Health Canada (Pfizer and Moderna). This will allow us to contact you or your loved one when the vaccine roll out occurs for Elders and Seniors who are 65+.

Register on our MNBC Portal at <https://www.mnbc.ca/portal/register/> to register for the COVID-19 vaccination roll out plan.

*Please note - If you have already registered by phone or e-mail with the MNBC Ministry of Health, you **will not** need to sign up for this registration.

CONTACT US

If you have any **questions or need help** with the application process, please contact:

Email: health@mnbc.ca

Phone: 1-800-940-1150 Ext.8226

MNBC's Ministry of Health will be sharing your contact information with your Health Authority so you can make an appointment with them once their roll out plan is finalized.



Citizen & Self Identified Métis 18+ can pre-register for the COVID-19 Vaccination

COVID-19 Vaccine Pre - Registration

Sign up on our COVID-19 PORTAL at:
<http://www.mnbc.ca/portal/login/>

REGISTER TODAY

**Your contact information will be shared with your local health authority's public health office so they can book your vaccination appointment.*



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www.mnbc.ca

BC FAMILY DAY

BC Family Day is a provincial statutory holiday. British Columbians celebrate Family Day on the third Monday of February. You can do many free & safe activities this #FamilyDay weekend. Here are some Dr. Bonnie Henry approved ideas:

- Be a tourist in your home town
- Explore outdoors

Find free Family Day activities in your community:

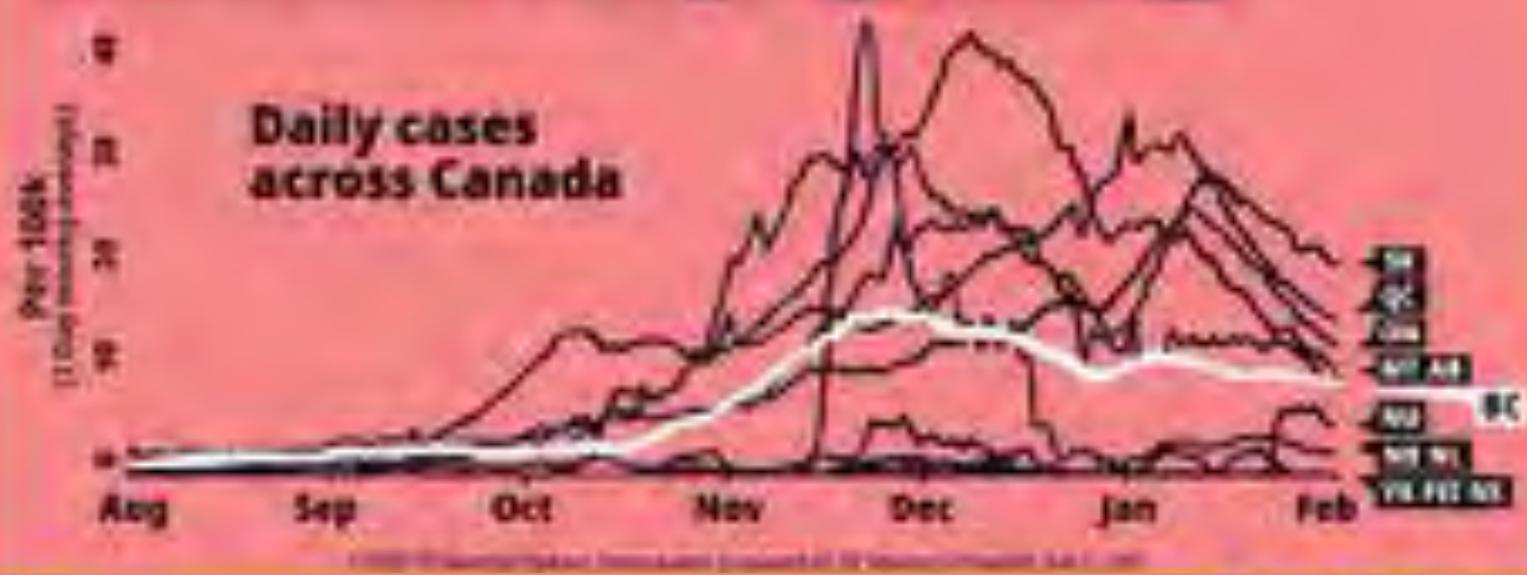
<https://www2.gov.bc.ca/gov/content/governments/celebrating-british-columbia/bc-family-day>



Free & safe Family Day activities

Your efforts are working. We are bending our curve because we are sticking to our households, staying local, and using our layers of protection. We must all keep it up and protect the progress we've made.

Let's keep going



Due to COVID-19, provincial restrictions are in place. Please follow public health guidance when participating in Family Day activities.



Benchmarks: What we're watching



TRYING IN BC

Public health orders and restrictions: still in effect



TRYING IN BC

Ask a Medical Health Officer!

In partnership with Interior Health, MNBC has connected with Dr. Carol Fenton, Medical Health Officer to ask common questions

Question: Are we vaccinating children? What happens if other family members are vaccinated but children are not?

Answer: Currently we don't have a COVID-19 vaccine that is approved for use in children. However, once the adults are immunized the children will benefit from fewer exposures in the community.

Question: Is there a possibility of long-term health effects when taking the COVID-19 vaccine?

Answer: While it's difficult to definitively say whether or not there are long-term side-effects, the medical and scientific community is confident in the long-term safety of the mRNA COVID-19 vaccines. Researchers have been studying and working with mRNA vaccines for decades. mRNA vaccines have been studied before for flu, Zika, rabies, and cytomegalovirus (CMV). As soon as the necessary information about the virus that causes COVID-19 was available, scientists began designing the mRNA instructions for cells to build the unique spike protein into an mRNA vaccine." In addition, cancer research has used mRNA to trigger the immune system to target specific cancer cells. Decades of studying mRNA have shown no long-term side-effects. [Click here for more information!](#)



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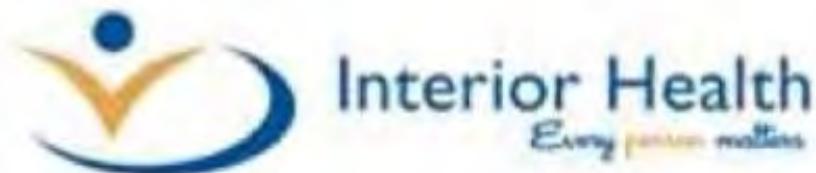
Ask a Medical Health Officer!

Question: Was the development of this vaccine rushed? Is it safe, even though it was developed quickly?

Answer: There are a few ways to answer this, but in all cases, the decision that the medical and scientific community has made is that the COVID-19 vaccines are safe. The medical and scientific community is confident in the vaccine's safety, because of the track record of Canada (and B.C.'s) vaccine approval and safety monitoring system. While it's true that normally vaccines take an average of 10 years to approve, this is because of several factors, most of which have nothing to do with the actual science. One obvious factor is funding - often, scientists have to look for funding after each phase in the development of a vaccine. This delays the work for years. In other words, rather than being able to pursue science, usually scientists take long pauses looking for funding. In the case of the COVID-19 vaccine, this was not an issue. Another reason that vaccine approvals take very long is again tied to funding but in a different way. Normally, the 3 different trial phases are done one at a time, because they don't usually have the funding to conduct them all at once. Instead, this time all three phases were done at the same time with the help of volunteers and sufficient funding. Again, this means that the end data and safety tests are exactly the same as other vaccines that have been approved in Canada. It just took less time. In short, Canada's system has proven time and again that the data necessary to get through the approval process is sufficient to prove safety, even for the long-term.

Have questions about the COVID vaccines?
Please e-mail us your questions to be sent off to
the Medical Health Officer from Interior Health to
be featured on future newsletters!

e-mail us at: health@mncbc.ca



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ELIMINATING CERVICAL CANCER IN CANADA

This year, in honour of World Cancer Day, we are announcing MNBC's very own designed cervical cancer kits. These kits include cervical cancer infographics with useful information, reusable face wipes, pens and other cool MNBC swag. We are hopeful this project will bring awareness to the importance of cervical cancer screening and the preventative measures currently available in Canada.

Please note: kits are limited and available on a first come- first served basis.

If you have any questions about the project or to receive one of our cervical cancer kits, please email us health@mnbca.ca.



COVID-19 MASK REQUEST



Log in or sign up

**<http://www.mnbc.ca/portal/login/> to request for
a reusable fabric mask today!**

Thank you

To our healthcare workers, first responders, frontline staff, and essential service workers - as always, 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.