

HEALTH AND WELLNESS NEWSLETTER

ISSUE 47 | UP-TO-DATE INFORMATION AS OF FEBRUARY 18, 2021



MÉTIS NATION

BRITISH COLUMBIA

“We remind everyone about the importance of using all of our layers of protection: maintaining a safe distance from others, washing our hands regularly, staying home when we are ill, using a mask in all public spaces and having robust COVID-19 safety plans in all businesses.”

- 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.

INSIDE ISSUE 47

CORONAVIRUS: UPDATES

MENTAL HEALTH SERVICES:
NOW AVAILABLE!

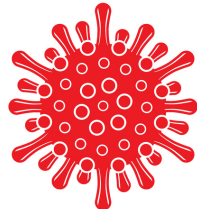
COVID-19 VACCINATION
PRE-REGISTRATION

PINK SHIRT DAY- FEB 24, 2021

ASK A MEDICAL HEALTH OFFICER

VACCINE CONFIDENCE: STAFF STORY!

COVID-19 MASK REQUEST



COVID-19 CORONAVIRUS



"To date, 180,691 people have received a COVID-19 vaccine, with 29,952 of which are second doses within British Columbia. Immunization data is available on the COVID-19 dashboard at www.bccdc.ca

"COVID-19 continues to challenge all of us, which is why taking care of our physical and mental well-being is so important – to get us through the difficult days and get to the brighter days ahead.

"Equally important is the need to ensure you are following all provincewide public health orders and restrictions – especially with the uptick in cases in the Lower Mainland and northern region.

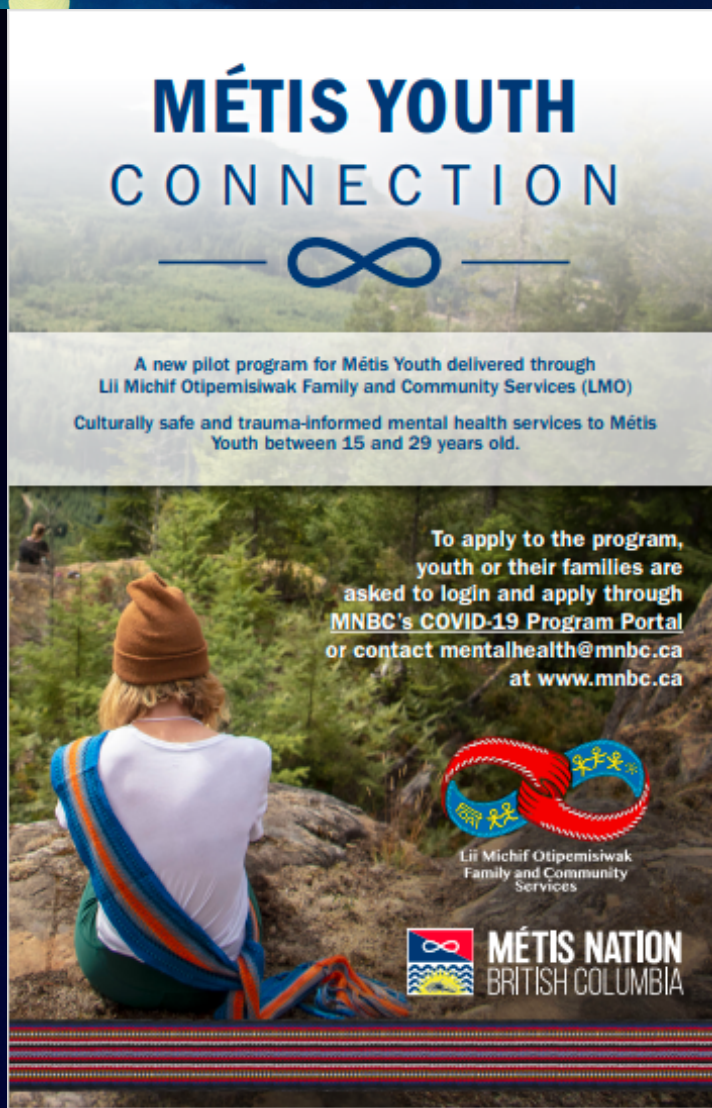
[More on Dr. Bonnie's statement here](#)

"WE ALL KNOW WHAT WE NEED TO DO. UNTIL WE HAVE WIDESPREAD VACCINE AVAILABILITY, THESE SMALL STEPS MAKE A BIG DIFFERENCE IN HELPING TO KEEP ALL OF US SAFE."



New Mental Health Services!

Register on the MNBC COVID-19 Portal
<http://www.mnbc.ca/portal/login/>




**MÉTIS YOUTH
CONNECTION**

— ∞ —


A new pilot program for Métis Youth delivered through
Lii Michif Otipemisiwak Family and Community Services (LMO)

Culturally safe and trauma-informed mental health services to Métis
Youth between 15 and 29 years old.

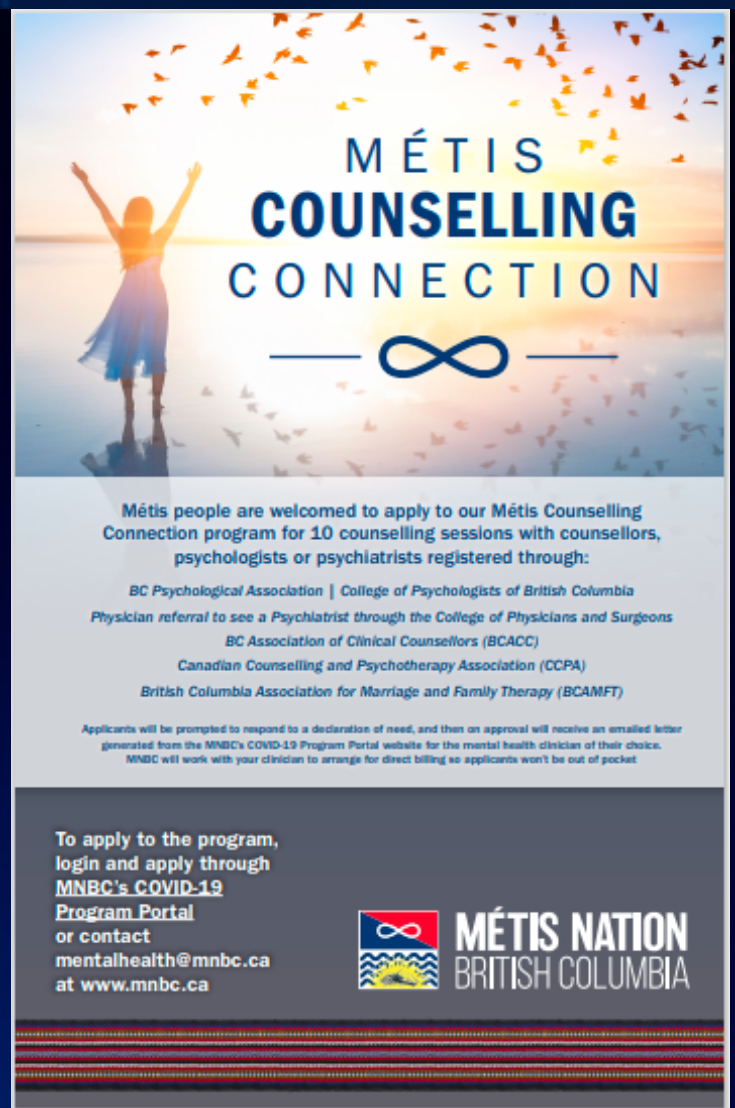
To apply to the program,
youth or their families are
asked to login and apply through
MNBC's COVID-19 Program Portal
or contact mentalhealth@mnbc.ca
at www.mnbc.ca



Lii Michif Otipemisiwak
Family and Community
Services



MÉTIS NATION
BRITISH COLUMBIA



**MÉTIS
COUNSELLING
CONNECTION**


— ∞ —

Métis people are welcomed to apply to our Métis Counselling
Connection program for 10 counselling sessions with counsellors,
psychologists or psychiatrists registered through:

BC Psychological Association | College of Psychologists of British Columbia
Physician referral to see a Psychiatrist through the College of Physicians and Surgeons
BC Association of Clinical Counsellors (BCACC)
Canadian Counselling and Psychotherapy Association (CCPA)
British Columbia Association for Marriage and Family Therapy (BCAMFT)

Applicants will be prompted to respond to a declaration of need, and then on approval will receive an emailed letter
generated from the MNBC's COVID-19 Program Portal website for the mental health clinician of their choice.
MNBC will work with your clinician to arrange for direct billing so applicants won't be out of pocket

To apply to the program,
login and apply through
**MNBC's COVID-19
Program Portal**
or contact
mentalhealth@mnbc.ca
at www.mnbc.ca



MÉTIS NATION
BRITISH COLUMBIA

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.*



MÉTIS NATION
BRITISH COLUMBIA



www.mnbc.ca

**POSTCARDS ARE IN THE
MAIL FOR
MNBC CITIZENS!**



PINK SHIRT DAY

FEBRUARY 24TH, 2021

"Bullying is a major problem in all schools, workplaces, homes, and online. Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem."

-CKNW Kids' Fund's



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:

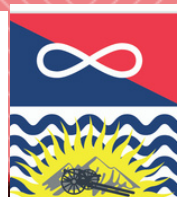
Is there a possibility of long-term health effects when taking the Covid vaccine?

Answer:

Good question! On the one hand, we don't really know for certain, since the COVID-19 mRNA vaccines are so new. On the other hand, mRNA vaccines have been around for at least 10-15 years and studied extensively and have been shown to be safe, and these vaccines have gone through all the trial phases required for Health Canada approval, which has very high standards. We also have a post-vaccine surveillance system that collects reports of adverse reactions following immunization, so if something were to occur from the vaccine, we would find out about it.

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@mNBC.ca



MÉTIS NATION
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"As a casual LPN for Northern Health, I work with our Elders and high risk individuals often. I am so honored to have received my first dose of COVID-19 Pfizer. My symptoms consisted of a sore arm which is very similar to the Flu vaccine"



Katina Pollard,
MNBC Northern Regional Health Coordinator

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.

**KITS ARE
STILL
AVAILABLE!**

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@mNBC.ca.

**REQUEST
YOURS
TODAY!**



COVID-19 FABRIC 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.