

# HEALTH AND WELLNESS NEWSLETTER

## ISSUE 48 | UP-TO-DATE INFORMATION AS OF FEBRUARY 26, 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](mailto: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](http://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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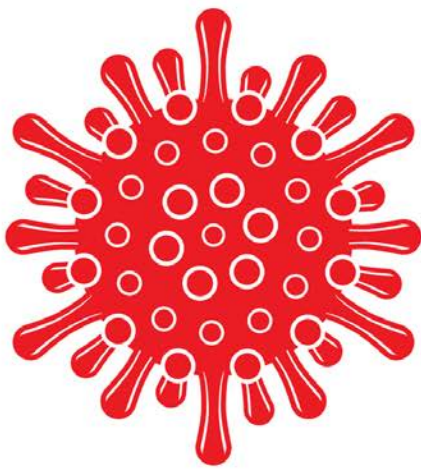
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# COVID-19 CORONAVIRUS

**"To date, 239,833 people have received a COVID-19 vaccine, with 68,157 of which are second doses within British Columbia. Immunization data is available on the COVID-19 dashboard at [www.bccdc.ca](http://www.bccdc.ca)**

**""We are continuing to watch these indicators and when we have confidence that they are slowing in a sustained way, that is when we will be able to ease restrictions — but we are not quite there yet"**

**"Health officials in British Columbia say they're working on making the COVID-19 vaccine rollout a "culturally safe experience" for Indigenous Peoples in a health system that has been criticized for its systemic racism."**

**"Vaccinating our entire population is a monumental task that must account for the diversity of our geography and our population. We must consider how to safely deliver vaccine to rural and remote communities, how to connect with seniors and Elders everywhere, and how to ensure the process to get immunized is as simple as possible. We are pushing hard right now, and we must continue to balance speed with the need for careful thought and planning."**

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



**KINDNESS IS STAYING  
AWAY FROM FRIENDS  
AND FAMILY, IT IS  
OFFERING THANKS TO  
THE STORE CLERK WHO  
REMINDS US TO  
FOLLOW THEIR SAFETY  
PLAN, IT IS OFFERING A  
SMILE**



# REGISTER TODAY! COVID-19 VACCINATION



Register **HERE**

on our MNBC Portal or visit

**<https://www.mnbc.ca/portal/register/>** to learn more about the 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](mailto: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.**



# We're in this fight together Let's stop COVID-19

Get vaccinated to protect yourself, your loved ones, and your community.

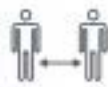
Remember to continue to:



Wash your hands



Stay home when sick



Maintain physical distance



Wear a face mask



Keep using good cough and surface hygiene

Talk to a health care provider in your community, if you have questions about the vaccine.

#crushCOVID



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Government of Canada  
Gouvernement du Canada

Canada

#STOPCOVID

#Together

#GETVACCINATED

#Washyourhands

#fACEMASK

#BeKind

#STRONG





# Getting The Vaccine: Safety, Misinformation and Facts

## Vaccine Safety

**Q: I know these vaccines were developed quickly and that concerns me – were shortcuts taken?**

No. Because it is a health emergency and because doctors and scientists worked together all over the world, the vaccines took less time to develop.

Tens of thousands of people volunteered to be in the studies for the vaccine. Health Canada reviewed and approved the vaccines according to high standards and no shortcuts were taken.

The vaccines that have been approved are very effective at preventing people from catching COVID-19 and getting sick. Vaccines for other infections like meningitis and polio have prevented millions of people from getting these diseases and have saved lives.



*Mardeen Hill, Iroquois Lodge, Six Nations of the Grand River, receiving the COVID-19 vaccine.*

## Getting the Vaccine

Vaccines work by training your immune system to recognize a virus and stop it from making you sick. After you get the vaccine, if you are exposed to the virus, your body is ready to respond more quickly than if you hadn't had the vaccine.



Pfizer and Moderna, both require two doses 3-4 weeks apart.



## Misinformation and Facts

**✗ MISINFORMATION:** The vaccine is being tested on Indigenous Peoples.

**✓ FACT:** No, the vaccine is not being tested on Indigenous Peoples. Large studies have already been done with the approved vaccines in Canada, in tens of thousands of people.

Indigenous persons are a priority because they are more likely than other Canadians to have health problems and are at risk of being very sick with COVID-19.

**✗ MISINFORMATION:** People have had serious allergic reactions to the COVID-19 vaccine.

**✓ FACT:** No. This has happened very rarely. It is important to talk to your nurse or doctor if you have ever had serious allergic reactions.

**✗ MISINFORMATION:** I can get COVID-19 from the vaccine.


**✓ FACT:** No. You cannot get COVID-19 infection from the vaccine. The vaccines do not contain whole live viruses so they cannot cause the infection.





**"Over a million people worldwide have now had vaccines and there have been very few serious side effects"**  
**-Government of Canada**


**Over a million people worldwide have now had vaccines and there have been very few serious side effects.**



**"I am happy I took the vaccine. I want all my people to be vaccinated."**

Annabella Metatawabin, 86 years old, and is the first long-term care patient from Peawanuck First Nation to get vaccinated.

Photo and quote courtesy of:  
[www.waha.ca/covid-19/vaccine](http://www.waha.ca/covid-19/vaccine)

 **After Vaccination**

**Side effects**

Most people have no side effects at all. Like other vaccines the COVID-19 vaccine can cause mild side effects such as: Pain, redness or swelling where the needle was given, mild fever, tiredness, and muscle or joint aches. These mild side effects go away on their own without treatment.

Until everyone is vaccinated, public health measures will continue to be necessary to minimize the spread of COVID-19 in Canada and save lives.

These recommendations include:


- Wash your hands,
- Stay home when sick,
- Maintain physical distancing,
- Wear a face mask as appropriate, and
- Keep using good cough and surface hygiene.

**LOGO**  
FACEBOOK



**Together....**  
**Let's stop**  
**COVID-19**  
**one arm at**  
**a time!**

**Get vaccinated to protect yourself, your loved ones, and your community.**


Talk to a health care provider in your community if you have questions about the vaccine.



Graphic: 16-0000000-0000 (0000-0000-0000-0000)

 **Canada** 



A grayscale photograph of a person's face in profile, holding a lit cigarette. Smoke is rising from the cigarette. The person's features are blurred, focusing attention on the cigarette and the smoke.

Métis Nation BC, in partnership with the BC Lung Association, are excited to offer virtual training to support commercial tobacco and vaping cessation.

**If you're interested in learning more contact  
Lloyd Main MNBC Provincial Tobacco Cessation  
Specialist at [Imain@mnbc.ca](mailto:Imain@mnbc.ca) or 250-241-4589**

# REGISTRATION NOW OPEN: LIVING LIFE TO THE FULL ∞

## EIGHT-WEEK GROUP BASED MENTAL HEALTH PROMOTION COURSE FOR MÉTIS ADULTS



MNBC's Ministry of Mental Health and Addictions is excited to share that our registration request to participate in FREE cohorts of the Canadian Mental Health Association's program, Living Life to the Full, is now live! Sessions will be delivered by certified Métis community facilitators and include a booklet, handouts and exercises to guide your learning. These courses will be delivered virtually over Zoom. Each course will have up to 15 Métis participants.

Living Life to the Full is an eight-week, group based mental health promotion course. Living Life to the Full helps people make a difference to their lives in eight enjoyable 90-minute sessions – taking place at the same time, once per week. Course content and materials are practical and easily applied to everyday life situations. These sessions will be for Métis adults (18+) dealing with stress, anxiety or just needing help in dealing with life's challenges.

**Please note that Living Life to the Full is not delivered by psychiatrists or psychologists, and is not intended to be medical or therapeutic intervention.**

Métis adults interested in participating in this program can complete a survey to request registration in MNBC's Living Life to the Full courses. The survey can be completed at: <https://www.surveymonkey.com/r/7888RB3>

Please note that completing this survey does not guarantee registration. Due to overwhelming interest and limited capacity, not everyone who completes this survey may be offered a spot. Participants will receive a confirmation email to confirm registration, if eligible.

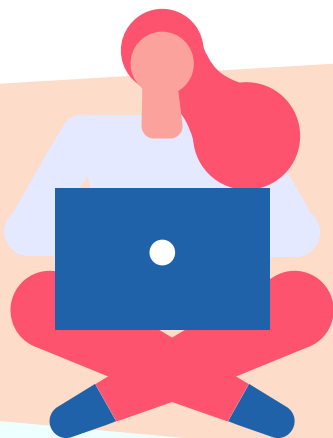
This is part of a larger pilot project that MNBC's Ministry of Mental Health and Addictions is working on, in partnership with the Canadian Mental Health Association. Following the completion of this series of courses, we will be working to develop a Métis-focused adaptation of the Living Life to the Full Program. Participants of this program will have the optional opportunity to share their learnings with MNBC and CMHA, to support our Métis adaptation of this course.

If you have any questions, please contact MNBC's Provincial Mental Health Coordinator, Jillian Jones, at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)



# REGISTRATION NOW OPEN: LIVING LIFE TO THE FULL ∞

## EIGHT-WEEK GROUP BASED MENTAL HEALTH PROMOTION COURSE FOR MÉTIS ADULTS



**Eight weeks. 90 minutes per week. Delivered by certified Métis facilitators in an online group setting. Cover topics including: self confidence, problem-solving, stress management, motivation, dealing with unhelpful thoughts, and anger management.**

### SESSION OPTIONS:

**Saturdays at 1PM beginning March 13th**

**Mondays at 4PM beginning March 15th**

**Thursdays at 5PM beginning March 18th**

**Saturdays at 9:30AM beginning March 20th**

**Tuesdays at 6:30PM beginning March 23rd**



**REQUEST TO  
REGISTER AT:**

**[WWW.SURVEYMONKEY.COM  
/R/7888RB3](https://www.surveymonkey.com/r/7888RB3)**



Canadian Mental  
Health Association  
British Columbia

Association canadienne  
pour la santé mentale  
Colombie-Britannique

**LIVING LIFE  
TO THE FULL**  
resilience & connection in uncertainty



**MÉTIS NATION**  
BRITISH COLUMBIA

# Brighter Days: An Indigenous Wellness Program

Brighter Days: An Indigenous Wellness Program by Kids Help Phone was developed by Indigenous experts to empower **First Nations, Inuit and Métis youth** with skills, tools and resources to support their well-being. The program is offered to any group of Indigenous youth from eight to 29 years old in both audio and video format.



PLEASE VISIT [BRIGHTER DAYS: AN INDIGENOUS WELLNESS PROGRAM - KIDS HELP PHONE](#) FOR MORE INFORMATION AND TO REGISTER OR CONTACT US AT [INDIGENOUS@KIDSHELPPHONE.CA](mailto:INDIGENOUS@KIDSHELPPHONE.CA)



# PINK SHIRT DAY MÉTIS NATION BC MINISTRY OF MENTAL HEALTH AND ADDICTIONS TEAM



Pink Shirt Day  
February 24, 2021



**#LiftEachOtherUp**

#Pinkshirtday #Erasebullying #MinistryofHealth



**MÉTIS NATION**  
BRITISH COLUMBIA



# 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:

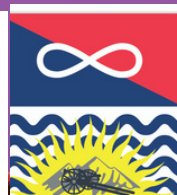
How realistic is it to assume everyone who wants the vaccine will be able to be vaccinated and universities and colleges will be back in person this fall?

## Answer:

We can hope for it, but everyone should plan for multiple scenarios, including a possibility that things like post-secondary may not be back in person in the fall. Public health orders and guidance is done based on the information and patterns that we have now. For example, the current provincial Orders were extended for another month to ensure that rates in BC continue to fall, and will only be modified once we know it is safe to do so.

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](mailto:health@mnbc.ca)



**MÉTIS NATION**  
BRITISH COLUMBIA



# Avoid the Three Cs

Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



## Crowded places

*with many people nearby*



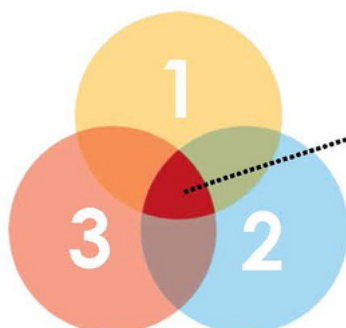
## Close-contact settings

*Especially where people have close-range conversations*



## Confined and enclosed spaces

*with poor ventilation*



The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

**If you are unwell, stay home unless to seek urgent medical care.**





I feel fortunate and honoured to be in the first rollout of staff receiving the vaccination at our hospital. It's such a tiny needle that I didn't even feel it going in and the side effects were minimal (I don't like needles either!). Slightly sore arm for one day after. I feel confident that I have better protection now from the virus and with continued increased hand washing, social distancing, wearing a mask and keeping my bubble small I'll stay safe to be able to continue working to care for my patients.

**Sherry Ross**

**Métis Registered Nurse - Interior Health**

Name:	Sherry Ross		Date of birth:	
	<b>DOSE 1</b>		<b>DOSE 2</b>	
Date given:	JAN 14 2021		FEB 19 2021	
Product name:	Pfizer		Pfizer	
Lot #:	ELO203		EP6017	
Provider or clinic:	KGH		Chase Ch	





# Northern B.C. Beading Workshop

## Sunday March 21, 2021



### YOU'RE INVITED!

### NORTHERN B.C. BEADING WORKSHOP

*let's gather to share stories, bead, ✨  
laugh and reconnect.*

**WHEN:** Sunday, March 21st, 2021

**TIME:** 10:00AM-1:00PM PST

**WHERE:** ZOOM  
(Link to be sent upon registration and confirmation)

**SPECIAL GUESTS:**  
Elder Barb Hulme and President Joy Sundin

**Beading Instructor:**  
Jo-Ina Young

[PLEASE REGISTER HERE](#)



## Register Here

# 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.