

HEALTH AND WELLNESS NEWSLETTER
ISSUE 49 | UP-TO-DATE INFORMATION AS OF
MARCH 5, 2021



MÉTIS NATION
BRITISH COLUMBIA

**“We can’t let the successes of the vaccines be diminished with a surge in new cases in those who will be immunized in the months ahead..”
- 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 49

CORONAVIRUS: UPDATES

COVID-19 PHASE 2 ROLL OUT
FOR MÉTIS ELDERS AND
SENIORS 65+*

SMOKING CESSATION

JOIN OUR NORTHERN BC AHIC!

COVID-19 MASK REQUEST



CORONAVIRUS UPDATE

"To date, **298,851** people have received a COVID-19 vaccine, with **86,746** of which are second doses within British Columbia. Immunization data is available on the COVID-19 dashboard at www.bccdc.ca

"Here in B.C., we are in a new place in the COVID-19 pandemic. We are now getting a regular supply of COVID-19 vaccines that is increasing our protection, but we are also still seeing an uptick in new cases"

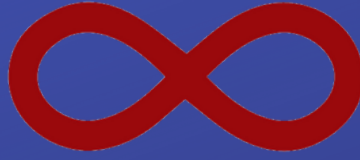
"The first deliveries of the AstraZeneca-Serum Institute of India COVID-19 vaccines will arrive in our province in the coming days. This vaccine will be made available to first responders and essential workers. The delivery will run parallel with our age-based, community-wide immunization program."

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

COVID-19 PHASE 2 IMMUNIZATION PLAN



COVID-19 Vaccinations update



Starting **Monday, March 8 book for appointments starting March 15:** Seniors 90 years of age and older (born in 1931 or earlier), Indigenous (First Nations, Métis, Inuit) individuals 65 years of age and older and Indigenous Elders (born in 1956 or earlier).

Starting Monday, March 15 book for appointments starting March 22: Seniors 85 years of age and older (born in 1936 or earlier).

Starting Monday, March 22 book for appointments starting March 29: Seniors 80 years of age and older (born in 1941 or earlier).

If you have medical questions about the vaccine, please speak with your family physician, nurse practitioner

**MORE
INFORMATION
COVID-19
VACCINATION
ROLL OUT**



COVID-19 VACCINATION ROLLOUT

MÉTIS ELDERS AND SENIORS 65 YEARS AND UP



CALL CENTRES ARE OPEN FOR MÉTIS ELDERS AND SENIORS
AS OF MARCH 8TH, 7AM - 7PM PST, 7 DAYS A WEEK

Phone lines may ring busy



1-833-348-4787



1-877-587-5767



1-855-755-2455*

*March 8th Fraser Health is also offering online booking



1-877-740-7747



1-844-255-7555

GET READY TO CALL:

When you call your health authority, you'll be asked for:

- First and last name
- Date of Birth
- Postal Code
- Personal Health Number

Here's what happens when you call:

- The phone agent verifies your age and asks for your personal information
- You work with the phone agent to select an appointment time slot at the clinic closest to home
- The phone agent confirms your appointment time and clinic location
- If you provided contact information, you get a confirmation message by email or text
- If you don't have an email or cell phone for confirmation, please call 1-800-940-1150 or 604-557-5851 ext 8226

If you don't know your health region, visit this link:

- <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>



MÉTIS NATION
BRITISH COLUMBIA



In Phase 3, British Columbians will register and book their appointments to receive their first and second doses of COVID-19 vaccine through an online registration tool. People born between 1942 and 1946 (ages 79-75), and Indigenous, Métis peoples born between the years of 1956 and 1960 (ages 64-60), will be able to register for an appointment online or by phone by March 31, 2021.

[Click here](#) for more information on COVID-19 Immunization Plan



#STOPCOVID

#Together


#GETVACCINATED

#Washyourhands

#fACEMASK

#BeKind

#STRONG

A black and white photograph of a person's hand holding a lit cigarette. The person's face is blurred in the background, and smoke is rising from the cigarette. The image is used as a background for the text.

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 or 250-241-4589**

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



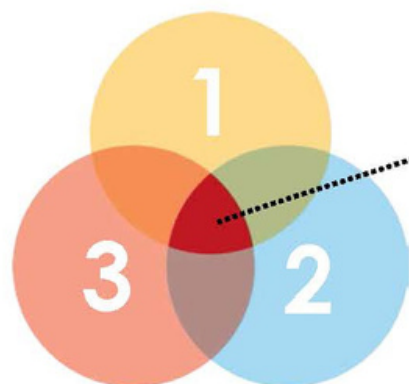
Close-contact settings

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



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



DO YOU LIVE IN NORTHERN B.C. AND
WANT TO PROMOTE HEALTHY LIVING IN
YOUR MÉTIS CHARTERED COMMUNITY?



MÉTIS NATION AHIC

ABORIGINAL HEALTH IMPROVEMENT COMMITTEE

REQUIREMENTS TO JOIN:



LIVE IN NORTHERN, B.C.
BE AVAILABLE TO ATTEND QUARTERLY MEETINGS
(YOUR TIME WILL BE HONOURED BY RECEIVING AN HONORARIUM)
PROMOTE PROJECTS THROUGHOUT YOUR COMMUNITY

IF YOU'RE INTERESTED IN LEARNING MORE OR JOINING OUR COMMITTEE,
PLEASE EMAIL K POLLARD@MNBC.CA

TO LEARN MORE ABOUT AHIC INITIATIVES, PLEASE VISIT:
[HTTPS://WWW.INDIGENOUSHEALTHNH.CA/INDEX.PHP/INITIATIV
ES/AHICS](https://www.indigenoushealthnh.ca/index.php/initiatives/ahics)



MÉTIS NATION
BRITISH COLUMBIA

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.

