

HEALTH AND WELLNESS NEWSLETTER
ISSUE 50 UP-TO-DATE INFORMATION AS OF
MARCH 12, 2021



MÉTIS NATION
BRITISH COLUMBIA

“We are progressing, but we are not yet in a place where any of us can let go of the headway we have made. So, as much as we all want to take a step back, we need to continue to push forward..”

- 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 50

CORONAVIRUS: UPDATES

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

VACCINE CLINICS

NEW PROVINCIAL RESTRICTION

VACCINATION STORY

COVID-19 MASK REQUEST



CORONAVIRUS UPDATE

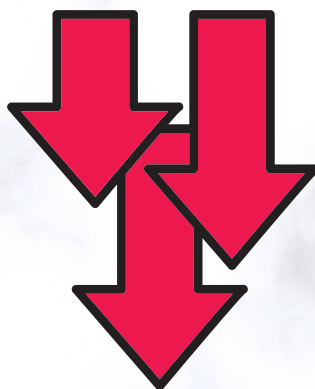
"To date, **366,791** people have received a COVID-19 vaccine, with **87,009** of which are second doses within British Columbia. **Vaccine appointment bookings are open for people over 85 and Indigenous people over 65** Immunization data is available on the COVID-19 dashboard at www.bccdc.ca

"Your personal and collective actions – washing your hands, staying home when ill, wearing masks, giving others the space to stay safe, staying apart from friends and family, and following the public health orders and restrictions have made a significant difference.

"Our recipe and our plan for the next few weeks is straightforward: Keep using our layers of protection and following the orders and restrictions. If you are seeing others, stay small and it must be outside. 'Few faces, open spaces and safety layers in place' are what we need to put COVID-19 behind us."

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

COVID-19 PHASE 2 IMMUNIZATION PLAN



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

VACCINE CLINICS

Island Health

Campbell River
Campbell River
Community Centre
401 11 Ave, Campbell
River, BC V9W 4G2
Monday, March 15, 2021
19:00am to 3:00pm

Courtenay
Comox Valley Hospital -
Ambulance Bay
101 Lerwick Rd, Courtenay,
BC V9N 0B9
Monday, March 15, 2021
Thursday, April 15, 2021
9:00am to 3:00pm

Courtenay
Comox Valley Health Unit
961 England Ave, Courtenay
Monday, March 15, 2021
9:00am to 3:00pm

Duncan
Cowichan Community
Centre Gym
2687 James St, Duncan,
BC V9L 2X5
Monday, March 15, 2021
9:00am to 4:30pm

Esquimalt
Archie Browning Sports
Centre
1151 Esquimalt Rd, Victoria,
BC V9A 3N6
Monday, March 15, 2021

Esquimalt
Archie Browning Sports
Centre
1151 Esquimalt Rd, Victoria,
BC V9A 3N6
Monday, March 15, 2021
9:30am to 3:30pm

Nanaimo
Cedar Community Centre
2388 Cedar Rd, Nanaimo, BC
V9X 1K3
Tuesday, March 30, 2021
8:30am to 4:30pm

Parksville
Parksville Community Centre
132 Jensen Ave E, Parksville,
BC V9P 2H2
Monday, March 15, 2021
8:30am to 4:30pm

Port Alberni
Alberni Athletic Hall
3727 Roger Street, Port
Alberni
Monday, March 15, 2021
9:30am to 3:00pm

Port Alice
Port Alice Health Unit
1090 Marine Dr., Port Alice
Monday, March 15, 2021
Thursday, April 15, 2021
9:30am to 3:30pm

Port Hardy
Port Hardy Health Unit
7070 Market St Port Hardy,
BC, V0N 2P0
Monday, March 15, 2021
Thursday, April 15, 2021
9:30am to 3:00pm

Port McNeill
Port McNeill Health Unit
1775 Grenville Pl, Port
McNeill, BC, V0N 2P0
Monday, March 15, 2021
Thursday, April 15, 2021
9:30am to 3:30pm

Qualicum Beach
Qualicum Beach Civic Centre
747 Jones St, Qualicum
Beach, BC V9K 1S7
View Map
Thursday, March 18, 2021

Saanich Uvic McKinnon Gym
11 Gabriola Road
Monday, March 15, 2021
Tuesday, June 1, 2021
9:00am to 6:00pm

Salt Spring Island
Salt Spring Island Health Unit
160 Fulford-Ganges Road Salt
Spring Island, BC, V8K 2T8
Monday, March 15, 2021
Thursday, April 15, 2021
9:30am to 3:30pm

Sidney
Mary Winspear Centre
2243 Beacon Ave, Sidney, BC V8L
1W9
Monday, March 15, 2021

Sooke
SEAPARC Leisure Complex
2168 Phillips Rd, Sooke, BC
V9Z 0Y3
Monday, March 15, 2021
8:30am to 4:30pm

Tofino
Tofino Public Health Unit
265 First St, Tofino, BC, V0R
2Z0
Wednesday, March 17, 2021
Thursday, April 15, 2021
9:30am to 3:30pm

Victoria
Eagle Ridge Arena
1089 Langford Pkwy, Victoria,
BC V9B 0A5
Monday, March 15, 2021
9:00am to 6:00pm



To book your vaccination
appointment for Métis Elders
& Seniors 65 years+

1-833-348-4787



VACCINE CLINICS

Fraser Health



An asterisk (*) indicates a clinic providing dedicated Indigenous cultural supports

Abbotsford

Abbotsford Ag Rec
32470 Haida Drive, Building 1
Enter through Gate 2
10:30 a.m. - 5:00 p.m.
Daily

Chilliwack*

Tzeachten Community Hall
45855 Promontory Road
9:45 a.m. - 3:30 p.m.
Monday to Saturday

Hope*

Hope Public Health Office
444 Park Street
9:45 a.m. - 3:30 p.m.
Monday to Friday

New Westminster*

Douglas College - New Westminster
700 Royal Avenue
9:45 a.m. - 3:30 p.m.
Monday to Saturday

Abbotsford*

Mamele'awt Community Indigenous Centre
3277 Gladwin Road
9:45 a.m. - 3:30 p.m.
Friday to Saturday

Coquitlam/TriCities

Coquitlam COVID-19 Testing and Immunization Centre
Coquitlam Park and Ride (entry off of Mariner Way No access from Aberdeen.
Yes - both drive-through and walk-through appointments available.

9:45 a.m. - 8:00 p.m.
Monday to Friday
9:45 a.m. - 4:00 p.m.
Weekends

Langley

Langley COVID-19 Testing and Immunization Centre
KPU parking lot
20901 Langley Bypass
Yes - both drive-through and walk-through appointments available.
8:45 a.m. - 5:30 p.m. Daily

North Surrey

Surrey North
10025 King George Boulevard
11:00 a.m. - 7:30 p.m. Daily

Agassiz*

Agassiz Public Health Office
7243 Pioneer Avenue
9:45 a.m. - 3:30 p.m.
Monday to Friday

Maple Ridge*

Golden Ears United Church Hall (Fraser River Indigenous Society)
22165 Dewdney Trunk Road
4:00 p.m. - 8:15 p.m. Saturday
9:45 a.m. - 3:30 p.m. Sunday

South Surrey/ White Rock

South Surrey COVID-19 Testing and Immunization Centre
South Surrey Park and Ride lot
3800 King George Boulevard
Yes - drive-through appointments only.
9:15 a.m. - 3:30 p.m.
Daily

Burnaby

Burnaby COVID-19 Testing and Immunization Centre
6110 Boundary Road
Yes - drive-through appointments only
11:45 a.m. - 5:45 p.m. Daily

Coquitlam*

Douglas College - Coquitlam
1250 Pinetree Way
9:45 a.m. - 3:30 p.m.
Monday to Saturday

Maple Ridge

Haney Place Mall
11900 Haney Place
10:30 a.m. - 5:00 p.m. Daily

Surrey*

Fraser Region Aboriginal Friendship Centre (FRAFCA)
A101-10095 Whalley Boulevard
9:45 a.m. - 3:30 p.m.
Monday to Saturday

Burnaby

Burnaby Hospital, 2nd Floor Lecture Theatres A and B
3935 Kincaid Street
8:00 a.m. - 4:00 p.m.
Weekends only

Delta

Delta COVID-19 Testing and Immunization Centre
4470 Clarence Taylor Cres.
8:45 a.m. - 3:00 p.m. Daily

Mission

Mission COVID-19 Testing and Immunization Centre
7324 Hurd St.
9:30 a.m. - 3:45 p.m. Daily

Surrey

Surrey 66 COVID-19 Testing and Immunization Centre
14577 66th Avenue
Yes - both drive-through and walk-through appointments available.
9:45 a.m. - 6:00 p.m.
Daily

Chilliwack

Chilliwack COVID-19 Testing and Immunization Centre
9090 Newman Road
8:45 a.m. - 3:30 p.m. Daily

Hope

Hope COVID-19 Testing and Immunization Centre
1275 7th Avenue
12:10 p.m. - 2:00 p.m.
Monday to Friday

Mission*

Mission Friendship Centre
33150A 1st Avenue
9:45 a.m. - 3:30 p.m.
Monday to Friday

[Click here](#) to book your appointment for Métis Elders & Seniors 65 years +

1-855-755-2455



fraserhealth

Better health. Best in health care

VACCINE CLINICS Vancouver Coastal Health

An asterisk (*) indicates a clinic providing dedicated Indigenous cultural supports

***Vancouver**
Lu'ma Medical Centre
2970 Nanaimo St.,
Vancouver, B.C.

***Vancouver**
ASK Friendship Centre
2177 W 42nd Ave,
Vancouver, B.C.

***Creekside Community
Centre**
1 Athletes Way, Vancouver,
B.C

The 55 Activity Centre
1201 Village Green Way,
Squamish, B.C

***Vancouver Aboriginal
Health Society**
449 E Hastings St.
Vancouver, B.C.

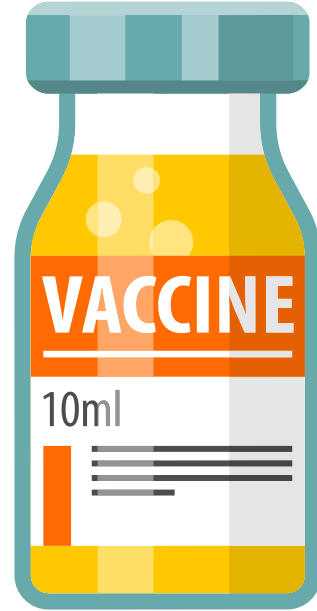
ICBC Test Collection Site
255 Lloyd Ave., North
Vancouver, B.C.

***Powell River Recreation
Complex**
5001 Joyce Ave., Powell
River, B.C.

**Bella Coola General
Hospital**
1025 Elcho St., Bella Coola,
B.C.

**Bowen Island Community
School**
1041 Mt. Gardner Rd., Bowen
Island

**River Rock Casino Resort (The
Show Theatre**
8811 River Rd., Richmond, B.C.

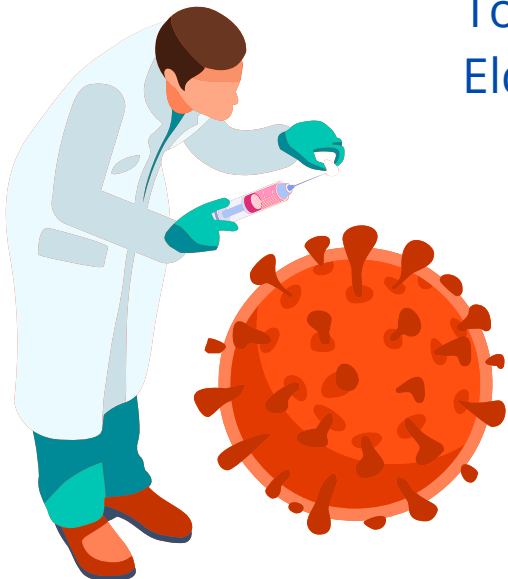


For clinic dates, times and additional
clinic locations, [click here](#)

To book your vaccination appointment for Métis
Elders & Seniors 65 years+ call:

1-877-587-5767

**Vancouver
CoastalHealth**
Promoting wellness. Ensuring care.



VACCINE CLINICS

Interior Health

100 Mile House
South Cariboo Health Centre
555 D Cedar Ave.

Alexis Creek
Alexis Creek Community Hall
2620 Stum Lk Rd.

Ashcroft
Ashcroft Hospital and
Community Health Centre
700 Ash-Cache Creek Hwy.

Barriere Seniors Centre
4431 Barriere Town Road.

Terrace Sportsplex
3320 Kalum St, Terrace,
BC

Big Lake Ranch
Big Lake Ranch Community Hall
4056 Lakeview Road

Castlegar
Selkirk College
301 Frank Beinder Way

Chase
Chase Community Hall
547 Shuswap Ave.

Horsefly
Horsefly Seniors Centre
5772 Horsefly Rd.

**North Shuswap Community
Hall**
5456 Squilax-Anglemont
Road
Moblie clinic: March 18

**Quesnel Community Health
Services**
523 Front Street Quesnel

Clearwater
Clearwater Community Health
Centre
640 Park Dr.

Clinton
Clinton Health & Wellness
Centre
1510 Cariboo Hwy.

Cranbrook
Cranbrook Curling Centre
1777 2nd St. North

Crawford Bay
Crawford Bay School
16150 Walkley Rd.

Creston
Creston Valley Hospital-ED
room A
312 15th Ave. North

Kamloops North
McArthur Park Rec. Area
1655 Island Pkwy

Elkford
Elkford Health Centre
212 Alpine Way

Enderby
Enderby Seniors Centre
1101 George St.

Fauquier
Fauquier Community Hall
117 Oak St.

Fernie
Elk Valley Hospital Education
Rm. 1505 5 Ave.

Golden
Golden Curling Club
1412 9th St. South

Kamloops South
Tournament Capital Centre
910 McGill Rd.

Grand Forks
Grand Forks Curling Rink
7230 21 St.

Kaslo
Victorian Community Health
Centre 673 A Ave.

Kelowna
Kelowna Health Services
Centre 505 Doyle

Kelowna
Trinity Hall
1905 Springfield Rd.

Keremeos
South Similkameen Health
Centre 700 3rd St.

Invermere
Invermere Catholic Church
712 12th Ave.

For clinic dates, times and
additional clinic locations,
[click here](#)



Interior Health

1-877-740-7747

To book your vaccination
appointment for Métis Elders &
Seniors 65 years+ call:

VACCINE CLINICS

Northern Health

Fort St. John Health Unit -
Multipurpose Room
10115 110 Ave, Fort St John,

Jimm Ciccone Civic Centre
1000 McBride St., Prince
Rupert

Prince George Civix Centre
808 Canada Games Way,
Prince George,

Quesnel Community Health
Services
523 Front Street Quesnel

Dawson Creek Health Unit -
Multipurpose Room
1001 110 Ave, Dawson
Creek

Vanderhoof Health Unit
3299 Hospital Rd, Vanderhoof,

Coast Mountain College
3966 2nd Avenue, Smithers

Lakes District Hospital -
Community Entrance 741
Centre Street, Burns Lake

Terrace Sportsplex
3320 Kalum St, Terrace,
BC

Fort Nelson Recreation Centre
5500 Alaska Hwy, Fort Nelson,

Chetwynd Primary Care
Clinic - Boardroom
5125 50th St SW, Chetwynd,

Fort St. James Health Centre
111-250 Douglas Ave

Hudson's Hope Health
Centre
10309 Kylo St, Hudson's
Hope

Fort St. John Health Unit -
Multipurpose Room 10115 110
Ave, Fort St John

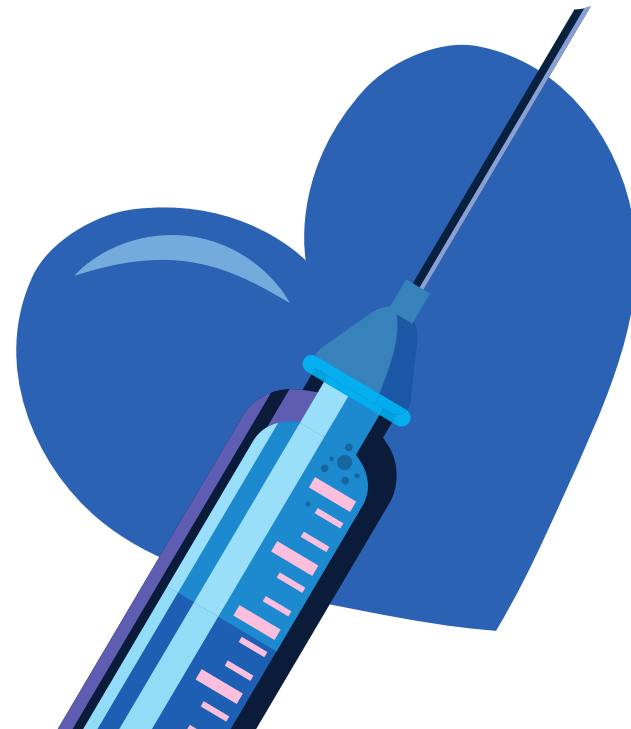
Tumbler Ridge Medical Clinic
220 Front St, Tumbler Ridge

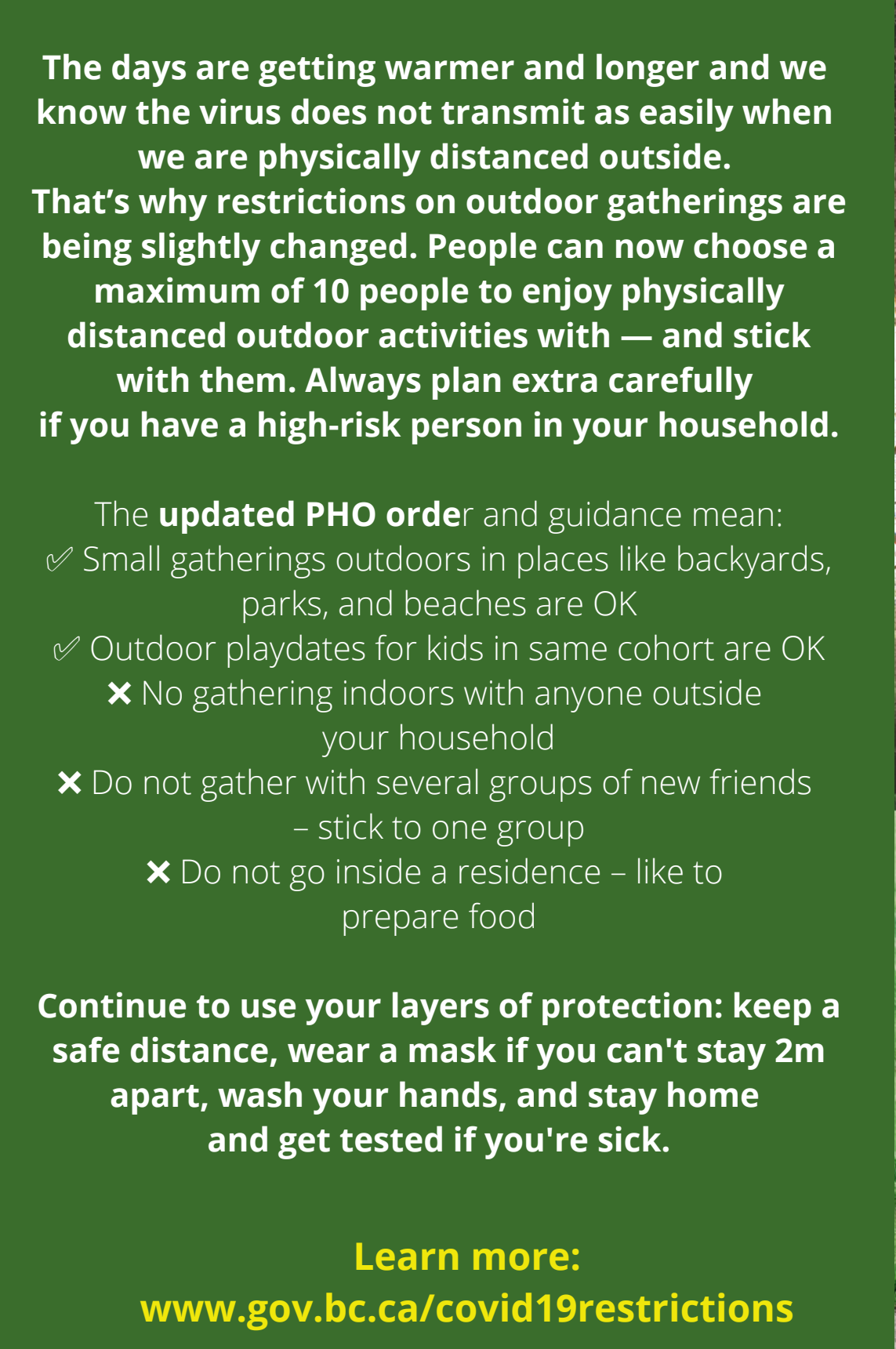
To book your vaccination
appointment for Métis
Elders & Seniors 65
years+ call:

1-844-255-7555



For clinic dates, times and
additional clinic locations,
[click here](#)





The days are getting warmer and longer and we know the virus does not transmit as easily when we are physically distanced outside. That's why restrictions on outdoor gatherings are being slightly changed. People can now choose a maximum of 10 people to enjoy physically distanced outdoor activities with — and stick with them. Always plan extra carefully if you have a high-risk person in your household.

The **updated PHO order** and guidance mean:

- ✓ Small gatherings outdoors in places like backyards, parks, and beaches are OK
- ✓ Outdoor playdates for kids in same cohort are OK
- ✗ No gathering indoors with anyone outside your household
- ✗ Do not gather with several groups of new friends – stick to one group
- ✗ Do not go inside a residence – like to prepare food

Continue to use your layers of protection: keep a safe distance, wear a mask if you can't stay 2m apart, wash your hands, and stay home and get tested if you're sick.

Learn more:
www.gov.bc.ca/covid19restrictions

COVID-19 Vaccination

As a Nursing student at UBC-O, I was vaccinated on Thursday by Interior Health Authority. I am so grateful for my first dose of the Pfizer vaccine being offered, but I would have readily accepted either vaccine available.

I will continue to wear my mask and know that getting vaccinated is a big first step back to normalcy!

I encourage all Métis Youth to continue to comply with the public health orders - we're almost there! Social distance, wear a mask, get outdoors and do your part in protecting your family, friends, Community and our Elders.

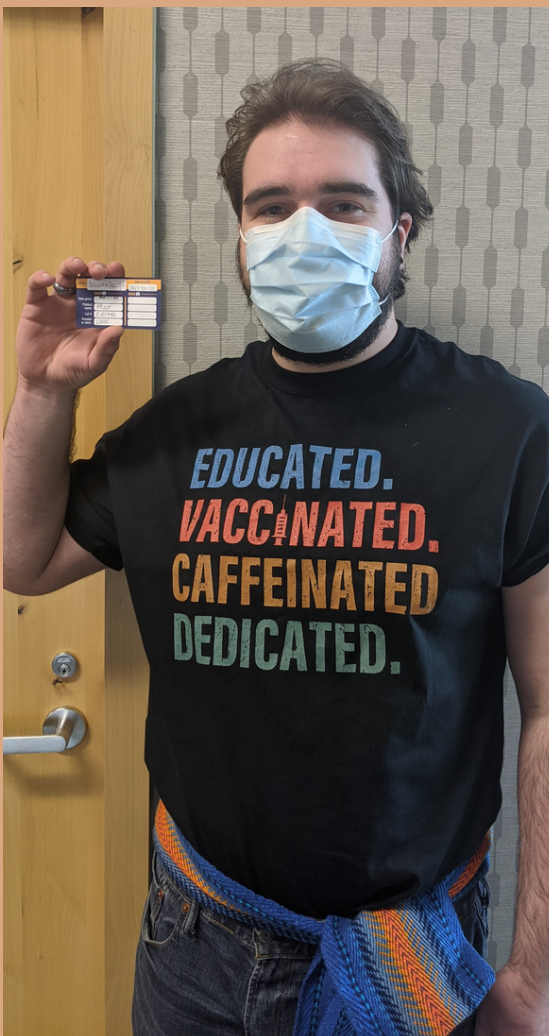
When you do get a chance to get vaccinated, please consider everyone's safety as well as your own.

A big "Maarsi" (thank you) to all the health care staff and volunteers at IHA's clinic.

Today, Friday I have a slightly sore (achy) arm, with a bit of a stuffy nose which may be related or not? But other than that I feel fine! When it's your turn, I hope you say yes!

Shaughn Davoren

MNBC Provincial Youth Chair / Minister of Youth



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.**

