

HEALTH AND WELLNESS NEWSLETTER
ISSUE 51 UP-TO-DATE INFORMATION AS OF
MARCH 19, 2021



METIS NATION
BRITISH COLUMBIA

“We want to thank everyone in B.C. for doing their part as we rolled out our call centre program to support the largest immunization program in this province’s history,” said Dr. Penny Ballem, executive lead, B.C.’s immunization plan rollout. “We have made significant progress after some initial challenges and we can proudly say that we are on track to have everyone immunized by this summer.””
- 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 51

CORONAVIRUS: UPDATES

NEW BC IMMUNIZATION PLAN

COVID-19 PHASE 2 ROLL OUT

VACCINE EDUCATION

COVID-19 VACCINE: WHAT PEOPLE WITH CANCER NEED TO KNOW

VACCINATION STORY

COVID-19 MASK REQUEST



COVORONAVIRUS

UPDATE

“TO DATE, 465,584 DOSES OF PFIZER-BIONTECH, MODERNA AND ASTRAZENECA-SII COVID-19 VACCINES HAVE BEEN ADMINISTERED IN B.C., 87,120 OF WHICH ARE SECOND DOSES. VACCINE APPOINTMENT BOOKINGS ARE OPEN FOR PEOPLE OVER 81 TODAY AND FOR PEOPLE 80 AND OLDER TOMORROW, ALONG WITH INDIGENOUS PEOPLES OVER 65

MORE THAN 300,000 FRONT-LINE WORKERS, INCLUDING FIRST RESPONDERS, GROCERY STORE EMPLOYEES, AND TEACHERS AND CHILD CARE WORKERS, WILL BE ELIGIBLE FOR COVID-19 VACCINATIONS OVER THE COMING WEEKS AS THE PROVINCE’S COVID-19 IMMUNIZATION PLAN MOVES FORWARD AHEAD OF SCHEDULE.

“STARTING ON SATURDAY, MARCH 20, PEOPLE WHO ARE 79 OR OLDER CAN START TO BOOK THEIR APPOINTMENTS, WITH FURTHER GROUPS ADDED THROUGHOUT THE WEEK. CHECK THE BC CENTRE FOR DISEASE CONTROL (BCCDC) WEBSITE FOR FURTHER DETAILS.

“THE DELIVERY OF THE ASTRAZENECA/SII VACCINE, WHICH IS BEING USED TO STRATEGICALLY TARGET ACTIVE OUTBREAKS AND HIGHER-RISK POPULATIONS AND LOCATIONS, IS ALSO RAMPING UP. STARTING IN EARLY APRIL, MANY FRONT-LINE WORKERS WILL BE ELIGIBLE FOR THIS PROGRAM.

[MORE ON DR. BONNIE HENRY’S UPDATE](#)

NEWLY SHARED BC VACCINE PLAN, WITH ALL INDIGENOUS PEOPLE 18+ OFFERED VACCINATION IN APRIL.

BC's COVID-19 Vaccination Timeline

March	April	May	June
Age based groups			
Seniors 80+ and Indigenous peoples 65+	People aged 79 to 60 and Indigenous peoples aged 64 to 18	People aged 59 to 40	People aged 39 to 18
Priority based groups			
People who are clinically extremely vulnerable (March to April) People with underlying medical conditions that increase the risk of severe illness from COVID-19 (For a full list, visit: gov.bc.ca/covid19vaccine)			
Priority frontline workers (March to May) <ul style="list-style-type: none"> • First responders (police, firefighters, emergency transport) • Grocery store workers • Postal workers • Bylaw and quarantine officers • Staff living in congregate housing at places such as ski hills • Manufacturing workers • Wholesale/warehousing employees • Correctional facilities staff • Cross-border transport staff • Workers in sectors or settings prioritized due to outbreak response 			
Community outbreaks and clusters (March to June): Vaccinations used to manage ongoing/repeated outbreaks or concentrations of infections.			
<small>Pertains to first dose administered. Second doses will be administered approximately 16 weeks after Dose 1. The timeline for BC's COVID-19 Immunization Plan is based on anticipated vaccine supply and may be adjusted.</small>			COVID-19 IN BC

Last updated: March 18, 2021

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 EDUCATION

Métis Nation BC & Fraser Health Authority have developed vaccine education documents that outline FAQ's answered and general rollout info for the Fraser Health region





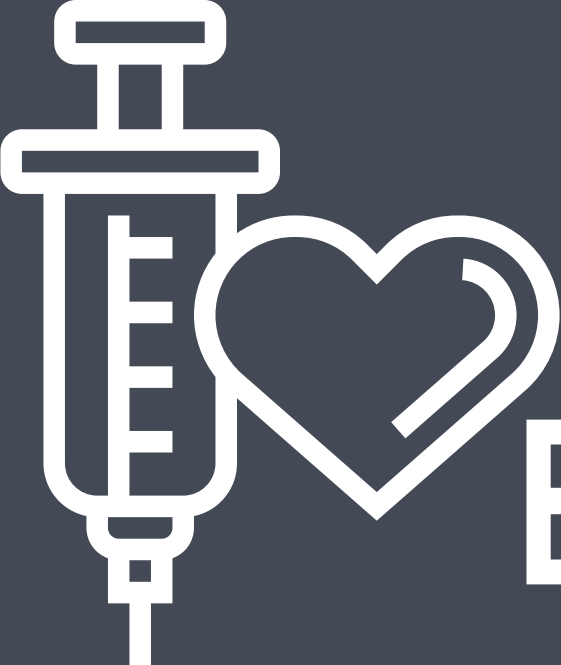
Step 1: Please arrive wearing a mask to keep each other safe. If possible, bring 2 pieces of ID. Your health care card number can be found on your drivers license or BC I.D.

Step 2: Get information from on-site staff and receive the immunization form.

Step 3: Receive immunization and immunization card (a second dose will be required). Please keep and bring your immunization card with you for the second dose.

Step 4: Sit and relax for 15 minutes. A snack will be provided as you leave.

If you have symptoms of COVID-19 you will not be able to get the vaccine. Please see your medical provider for advice on when you can receive your vaccination.



VACCINE EDUCATION CONT.

Important Information about the Vaccine

- Upon receiving the 1st dose of the vaccine, Fraser Health staff will provide recipients with an immunization card and enter contact information into the vaccine registry database.
- Fraser Health staff will contact people on this list by email, text, or phone call when they are eligible to book an appointment for their second dose.
- Beginning 12 days after receiving the 1st dose, all vaccines offer 92% immunity to the COVID-19 virus. This protection extends for many weeks and is shown to reduce the severity of symptoms and rates of hospitalization in those who do contract COVID-19 after receiving the 1st dose.
- Please keep this with you to show that you have received the COVID-19 vaccine. This will be important for you when you are travelling
- Bring the card back for your second dose. An online copy of the Immunization Record will be available



Post Vaccination

You are required to wait **15 minutes** after receiving the vaccine in case of anaphylactic reaction. While anaphylactic reactions are serious, staff and medications are on site to assist you.

Note: individuals will react differently to the vaccine but that does not need to be scary. Knowing what to expect can help lessen anxiety, fears, and worries about the post-vaccine experience.

If you have questions, concerns or reactions to report, call:

- Fraser Virtual Health: 1-800-314-0999

Available 7 days a week from 10am-10pm

- Fraser Health Aboriginal Patient Liaison: 1-866-766-6960

Available Monday – Friday 830am-430pm

- Métis Nation British Columbia's Ministry of Health
1-800-940-1150 ext. 8226



Métis Nation British Columbia and Fraser Health strongly recommend getting the vaccine when it is offered to you.

Potential Side Effects:

- Pain at injection site
- Tiredness
- Headache
- Muscle and/or joint pain
- Chills
- Fever

Note: these are only potential side effects.



Frequently Asked Questions

- **What should I do after I get the vaccine?**

You will still be required to continue to follow public health requirements: wash your hands and use hand sanitizer, physically distance, wear a mask

If you develop respiratory symptoms (runny nose, cough, sore throat, shortness of breath, etc.) and/or stomach symptoms (nausea, vomiting, diarrhea) you need to be tested for COVID-19. Contact your health care provider or call 811 for advice

- **Why get vaccinated if I still have to wear a mask and physically distance?**

The more people who are vaccinated, the safer it will be for people in the community. With this round of vaccination, less than 10% of BC's population will have the vaccine and we will not be able to lift restrictions until more than 80% of the population is immune.

- **Why do I still have to wear a mask if I have received the vaccine?**

You are not fully immune to COVID-19. 92% of people will be immune to the virus after 1 dose. You will be at optimal immunity after the second dose.

Once this first dose is received it is very important to commit to the second dose! This is so your body can maintain immunity to the COVID-19 virus. You will be notified when the second dose is available.





Frequently Asked Questions

- **What happens if I am unable to get the vaccine during this phase while I am eligible?**

You will still be eligible and able to receive the vaccine after this phase.

- **Things are just happening too fast, how was the vaccine approved so quickly?**

No shortcuts were taken in the development of the vaccine. Canada's National Advisory Council for Immunization is fully confident in the vaccines that they have approved. Due to the global nature of the pandemic, funding was readily available but nothing was rushed.

- **I am worried about side effects**

Side effects are only a potential response to the vaccine. Most people do not experience severe side effects. Your medical practitioner and vaccination nurse can clarify and answer any questions you have.

- **Can I still get COVID-19 after getting the vaccine?**

You will not be fully immune to COVID-19 until 12 days after the first dose. After 12 days, while you may still contract the virus, your chances of experiencing milder symptoms and surviving COVID-19 will be much higher.

- **Am I still contagious after getting the vaccine?**

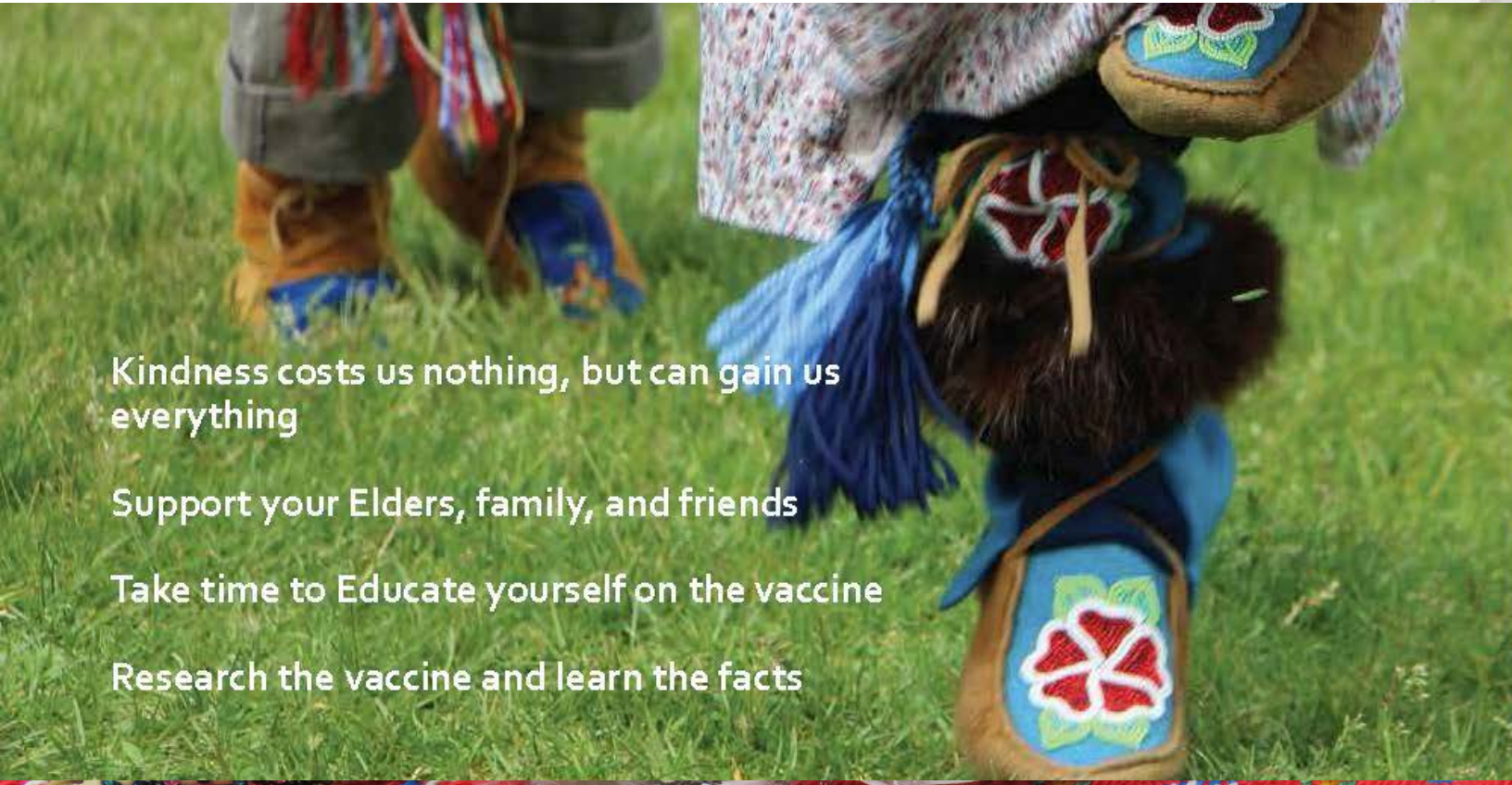
If you come into contact with COVID-19 you can still spread the virus after getting the vaccine.

Frequently Answered Questions

- **The second dose will be available roughly 16 weeks (112 days) after your first dose.** This is in line with Federal and Provincial guidelines, but is subject to change.
- **What if I am pregnant or breastfeeding?**
Consult your doctor for more details.
- **Can I get the vaccine if I have already had COVID-19?**
Yes, you can get the vaccine as long as you are not currently experiencing symptoms.
- **Do I need the vaccine if I have already had COVID?**
It is recommended to get the vaccine to ensure long-term immunity even if you have had COVID-19.
- **Who to Call if you have concerns or need support:**
1-866-766-6960 for Fraser Health's Aboriginal Patient Liaisons.

MNBC's Ministry of Health
1-800-940-1150 ext. 8226

811



Kindness costs us nothing, but can gain us everything

Support your Elders, family, and friends

Take time to Educate yourself on the vaccine

Research the vaccine and learn the facts

COVID-19 and Cancer – Information for Patients

WWW.BCCANCER.BC.CA

BC Cancer has created a useful Q&A for cancer patients that may have questions on the COVID-19 vaccinations. The web page writes on COVID-19 vaccine information for patients with cancer, what you need to know when arriving to your vaccination appointment, cancer treatments and care, cancer screening programs, and COVID-19 and cancer: managing your risk.



**COVID-19 VACCINE:
WHAT PEOPLE WITH
CANCER NEED TO
KNOW**

[CLICK HERE TO VISIT
BCCANCER.BC.CA](http://WWW.BCCANCER.BC.CA)

Vaccine story

“

Here is 7 months old, DeeDee. DeeDee's big sister and parents have recently moved to Chetwynd. Her mother will be the new physician there. The parents were recently vaccinated with Moderna. Mom made this outfit specially for her nursing baby! Sent in from DeeDee's Kokum, June Graham, president of Alberni Clayoquot Métis Society.

”



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

**We are so deeply grateful for all that you do.
Though we are apart for now, we stand with you
always.**