

# HEALTH AND WELLNESS NEWSLETTER

ISSUE 52 UP-TO-DATE INFORMATION AS OF  
MARCH 26, 2021



**METIS NATION**  
BRITISH COLUMBIA

**"The maximum capacity is 50 people, or 10% of the worship space capacity – whatever is less. There are a number of safety requirements and protocols that must be met by worship service organizers and attendees alike."  
- 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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# CORONAVIRUS

## UPDATE

"TO DATE, 610,671 DOSES OF PFIZER-BIONTECH, MODERNA AND ASTRAZENECA-SII COVID-19 VACCINES HAVE BEEN ADMINISTERED IN B.C., 87,212 OF WHICH ARE SECOND DOSES. VACCINE APPOINTMENT BOOKINGS ARE NOW OPEN FOR PEOPLE 75 OR OLDER, AND INDIGENOUS PEOPLES OVER AGE 55.

WE HAVE SEEN A NOTABLE SPIKE IN THE NUMBER OF NEW CASES, ESPECIALLY AMONGST THOSE 19 TO 39 YEARS OF AGE. THIS TELLS US SOME PEOPLE ARE TAKING ON MORE RISK FOR THEMSELVES AND THEIR LOVED ONES THAN WHAT IS SAFE RIGHT NOW..

"WE REMIND EVERYONE THAT ALTHOUGH SOME OUTSIDE ACTIVITIES ARE ALLOWED, WE MUST KEEP GOING WITH OUR PROTECTIVE LAYERS. UNTIL EVERYONE HAS BEEN PROTECTED WITH IMMUNIZATION, OUR PROTECTIVE LAYERS MUST BE THE FIRST AND LAST THING WE THINK ABOUT - WHETHER AT HOME, WORK, SCHOOL OR ELSEWHERE."

WE KNOW OUR SENIORS AND ELDERS - ESPECIALLY THOSE RESIDING IN LONG-TERM CARE - HAVE CARRIED A DISPROPORTIONATE BURDEN FACING HIGHER RISKS, COMBINED WITH THE ISOLATION REQUIRED TO STAY SAFE. RECOGNIZING THE MAJORITY OF SENIORS AND ELDERS IN LONG-TERM CARE ARE VACCINATED, STARTING ON APRIL 1, THE VISITOR RESTRICTIONS WILL BE EASED. FOR THE PRESENTATION, FOR MORE INFORMATION VISIT: [CHANGES TO LONG-TERM CARE VISITATION ON THE WAY](#)

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

# UPDATE: BC IMMUNIZATION PLAN IS AHEAD OF SCHEDULE

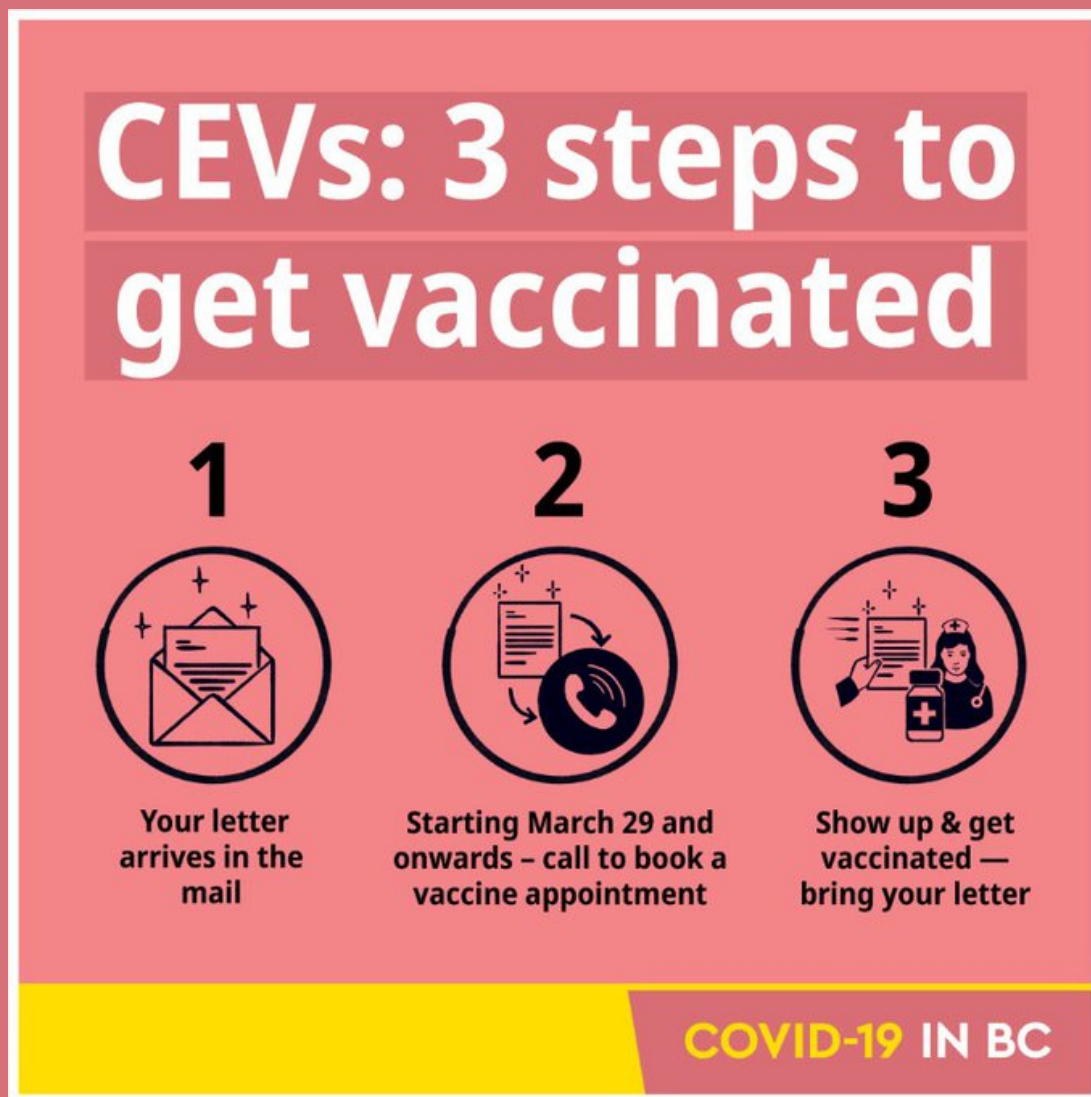
Share the updated schedule with your community and help a senior book an appointment. Please only call your regional health authority if it's your turn!

## Vaccine Booking Schedule: March 23-29

Age/Group	How to Book	Date booking eligibility starts
77+ (born 1944 or earlier)	Call your regional health authority call centre	Tuesday, March 23 at noon
76+ (born 1945 or earlier)	Call your regional health authority call centre	Wednesday, March 24 at noon
75+ (born 1946 or earlier)	Call your regional health authority call centre	Thursday, March 25 at noon
74+ (born 1947 or earlier)	Call your regional health authority call centre	Friday, March 26 at noon
Priority front-line workers	Employers will coordinate	Ongoing
People who are clinically extremely vulnerable	Must have an invitation letter to book	Monday, March 29 at noon

# VACCINES FOR PEOPLE WHO ARE CLINICALLY EXTREMELY VULNERABLE

People aged 16 to 74 who are clinically extremely vulnerable and have received their patient invitation letter can get vaccinated. You can book a vaccine appointment for yourself or have a family member or friend call for you



People in this group can book their vaccine from March 29 onwards once they receive their letter.

Learn more: [gov.bc.ca/cevcovid](https://gov.bc.ca/cevcovid)



# COVID-19 VACCINATION ROLLOUT

## MÉTIS PEOPLE 55 YEARS AND UP



CALL CENTRES ARE OPEN FOR MÉTIS PEOPLE AGED 55 AND UP  
AS OF MARCH 20TH, 7AM - 7PM PST, 7 DAYS A WEEK

Phone lines may ring busy



1-833-348-4787



1-877-587-5767



1-855-755-2455\*

BOOK ONLINE AT FRASER HEALTH  
[HTTPS://FRASER-HEALTH-STAFF-VACCINATIONS.  
MYHEALTHINFO.CA/INDEX.PHP](https://fraser-health-staff-vaccinations.myhealthinfo.ca/index.php)



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>



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# MANAGING COVID-19 STRESS, ANXIETY & DEPRESSION

*5 steps to manage COVID-19 stress, anxiety and depression*



## 2. REACH OUT

*...call those who are alone, connect with friends online, and offer support to those who really need it. Offer a virtual hug over FaceTime or Skype.*



## 5. SEEK HELP

*You know your body and it's signs of stress. If you are having trouble managing your mental health, contact your healthcare provider and encourage those you love to do the same.*

## 1. KNOW THE FACTS

*Using reliable sources of information will ensure that what you do learn is fact, not fear-based.*



## 3. HAVE CALM CONVERSATION

*Maintaining a sense of calm, especially when talking to children, will go a long way toward easing their fears and uncertainty. Provide age-appropriate, factual information and give them the opportunity ask questions and share how they are feeling.*

## 4. PRACTICE SELF-CARE

*All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others.*

[Click here for support phone numbers and links](#)



# MÉTIS ELDER VACCINE STORY

## SHIRLEY IS A MÉTIS ELDER FROM CRANBROOK

Shirley had this to share about getting the COVID-19 vaccine.

"The COVID 19 vaccine is nothing short of a blessing to me as I value my health and understand how being healthy is a privilege. As a young girl, I survived tuberculosis. As a Kokum to six grandchildren who are each a ray of light in my life, I am also a defender. Two of my grandchildren are compromised in serious manners which makes them high risk of falling ill with no promise of an easy recovery. I choose to protect them. For my family, for my ancestors, and for myself, this vaccine represents resilience. Resilience against the disease, the loss, and the sacrifices we have had to make to be here today.



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Interior Health  
*Every person matters*



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

THANK YOU