

HEALTH AND WELLNESS NEWSLETTER

ISSUE 53 UP-TO-DATE INFORMATION AS OF

APRIL 1, 2021



MÉTIS NATION

BRITISH COLUMBIA

“Together, we can use this circuit breaker to slow the virus, protect more people with vaccines and allow us to continue to safely move 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 53

CORONAVIRUS: UPDATES

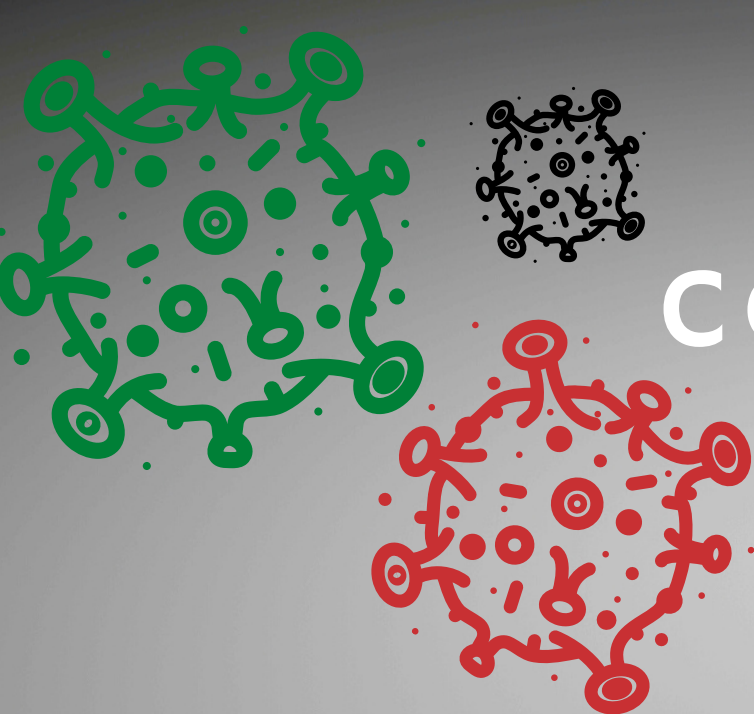
**NOW BOOKING VACCINATION
APPOINTMENT**

**PROVINCE WIDE
RESTRICTIONS**

**CARING FOR SOMEONE WHO
IS SICK- MAX'S STORY**

MINISTER DR. KATE ELLIOT

MNBC VOLUNTEER STORY



CORONAVIRUS

UPDATE

*"To date, **787,549** doses of Pfizer-BioNTech, Moderna and AstraZeneca-SII COVID-19 vaccines have been administered in B.C., 87,394 of which are second doses. Vaccine appointment bookings are now open for people 75 or older, and Indigenous peoples over age 55.*

"The use of the AstraZeneca/COVISHIELD vaccine for those under 55 has been paused. If you are under 55, have received this vaccine and have questions about the signs and symptoms of this rare safety signal, visit the BC Centre for Disease Control website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/monitoring-vaccine-uptake-safety-and-effectiveness/#55plus>

"We all have the same ability to spread the COVID-19 virus – no matter our age. We also know that regardless of where we work or what pre-existing health conditions we may have, the older we are, the higher our risk of severe illness.

We are asking people for your help – particularly over the next three weeks – to push our curve back down again. This means staying small, staying outside and staying with our same group of close contacts.

MORE ON DR. BONNIE HENRY'S UPDATE

Now booking vaccination appointments for:

Indigenous Peoples aged 18+

Book by calling your regional health authority's call centre



Please only call when it's your turn to book a vaccine

COVID-19 IN BC

Indigenous peoples 18+ are now eligible to book a vaccine appointment in all health regions in BC. Indigenous peoples are eligible to be immunized starting at a younger age because they are at greater risk of severe illness due to COVID-19. **No ID is required when booking an appointment**

COVID-19 VACCINATION ROLLOUT

MÉTIS PEOPLE 18 YEARS AND UP



CALL CENTRES ARE OPEN FOR MÉTIS PEOPLE AGED 18 AND UP
STARTING MARCH 31ST, 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:

- Please identify yourself as a Métis Citizen or self-identified Métis person
- 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 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

PROVINCE WIDE RESTRICTIONS

For the next 3 weeks our Provincial Health Officer has ordered restrictions to prevent the spread of COVID-19 and variants. COVID-19 is still a risk for everyone in BC. Stay safe, stay local and stay outdoors with the same group of people

New restrictions: what we're watching



Increased variants of concern

Cases of faster-spreading variants are on the rise. They cause more serious illness — especially in young people.



Indoor transmission

Most new cases are linked to indoor social gatherings that lead to exposures in other settings.



Vaccine impact takes time

More people are getting vaccinated, but it will take more time before everyone is protected.



Rapid increase of cases & hospitalization for ages 20-39

More young people are getting the virus and it is making them sicker than before.



Travel between communities

People are taking the virus with them to other communities — or bringing it home.

COVID-19

Learn more on the province wide restrictions here
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

Caring for someone sick at home with COVID-19



After helping Grandma, Max cleans his hands. He washes his hands after touching his mask.



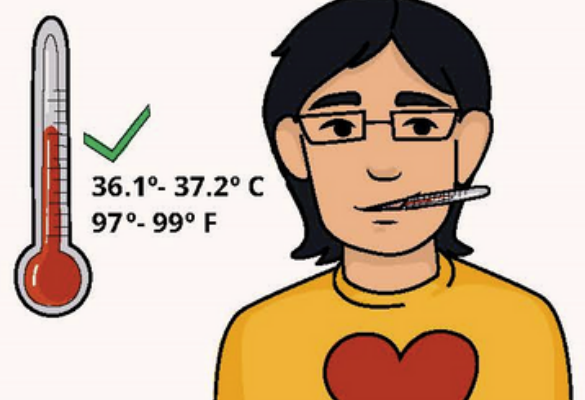
Max washes his cloth masks often. Paper masks are used once.



Max cleans objects he or Grandma touch.



Max checks on Grandma often. If she feels worse, they go to the hospital.



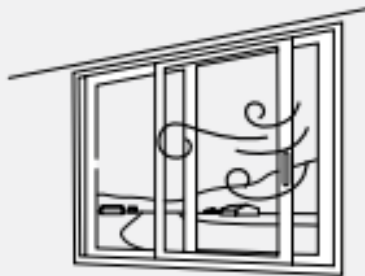
Max checks himself for COVID-19 symptoms every day. He gets tested if he has any symptoms.

Stop the spread of COVID-19

Keep 2 metres apart



Open windows



Wear a face mask



Wash hands often



Protect your community with COVID-19 immunity

“Take care of yourself
so you can take care
of others. Get your
COVID-19 vaccine –
I did.”

Dr. Kate Elliot

Métis Nation

Métis Women BC Chairperson

MNBC Minister of Women & Gender Equity

MNBC Minister of Mental Health & Addictions

“When you fly on an airplane, the flight attendant instructs you to put your oxygen mask on first, before helping others. Why is this important? Because if you do not help yourself, you can't help anyone else. The same is true for the COVID-19 vaccine. In order to care for our families and communities, it is important that we ensure our own safety first.

It's okay to have questions about the vaccine and the potential side effects. We are here to support you so you can feel confident and safe.”

Dr. Kate Elliot | Métis Nation

Questions? Call Healthlink BC at  **8-1-1**

For more info on COVID-19, visit www.bccdc.ca,
www.fnha.ca/coronavirus or www.mnbc.ca





MÉTIS NATION BRITISH COLUMBIA



Métis Nation BC staff are volunteering at vaccine clinics across B.C.!

Here, Gaby from Health and Nick from Communications are at the Mamele'awt Aboriginal Education. They promise they're smiling under the masks 😊.

If you see MNBC staff, say hi!

Have a safe Easter Weekend!

A photograph of two Easter eggs in a field of green grass. On the left is a partially visible egg with orange and pink wavy stripes. To its right is a solid blue egg decorated with small pink dots. In the foreground, a brown, tag-shaped piece of paper with a hole on the right side is placed over the grass. The tag has the words "Happy Weekend!" written in a yellow, cursive font. A white string is tied through the hole in the tag. The background is a soft-focus field of green grass under bright, natural light.

*Happy
Weekend!*

A person is silhouetted against a bright, orange-hued sunset sky. Their arms are raised in a gesture of praise or gratitude. They are standing in a field of tall, golden grass. In the background, there is a dense line of evergreen trees and distant hills. The overall mood is one of hope and appreciation.

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

**To our healthcare workers, first responders,
frontline staff, and essential service workers -
as always, we thank you from the bottom of
our hearts.**

THANK YOU