

# HEALTH AND WELLNESS NEWSLETTER

ISSUE 54 UP-TO-DATE INFORMATION AS OF

APRIL 9, 2021



## MÉTIS NATION

### BRITISH COLUMBIA

**“We all have a choice – to bend the rules, or do our part to flatten our curve. No matter how tired of this pandemic we may be, let’s make the right choice today.**

**- 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.

## INSIDE ISSUE 54

CORONAVIRUS: UPDATES

VACCINATION REGISTRATION

BC SPEAK II SURVEY

TRAVEL & SOCIAL GATHERING  
RESTRICTIONS

MNBC SENIOR DIRECTOR OF  
HEALTH, TANYA DAVOREN  
VACCINATION STORY





# CORONAVIRUS

## UPDATE

“To date, 985,001 doses of Pfizer-BioNTech, Moderna and AstraZeneca-SII COVID-19 vaccines have been administered in B.C., 87,564 of which are second doses. Vaccine appointment bookings are now open for people 65 or older, and Indigenous peoples over age 18.

"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>

“Today, the National Advisory Committee on Immunizations provided clear advice on vaccine doses, confirming that up to 16 weeks between doses provides for the greatest level of community-wide protection and is therefore optimal for everyone, irrespective of any underlying health condition.

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



# Vaccine Registration Schedule: April 8

Age/Group	How to Register	Date eligibility starts
<b>65+</b> (born 1956 or earlier)	Online, by phone (1-833-838-2323) or in-person at a Service BC office	Thursday, April 8 at 12 PM
<b>Indigenous peoples 18+</b> (born 2003 or earlier)	Online, by phone (1-833-838-2323) or in-person at a Service BC office	Ongoing
<b>55 to 65</b> (born 1956-1966) <b>Vancouver Coastal &amp; Fraser Health only</b>	Call a participating pharmacy near you (Dependant on supply) Do not contact provincial call centre	Ongoing
<b>People who are clinically extremely vulnerable 16+</b> (born 2005 or earlier)	Must have an invitation letter to book by phone (1-833-838-2323)	Ongoing
<b>Priority front-line workers</b>	Employers will coordinate	Ongoing

## COVID-19 IN BC

People aged 65+ and Indigenous peoples 18+ can now register for their vaccine appointment online, by phone, or in person. Share the schedule and help someone in your community get their vaccine appointment. [Click here to register](#)

# 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



# SPEAK 2 us again!

British Columbians have made significant sacrifices to help slow the spread of COVID-19 and to protect others in their communities



Help us understand the impact of COVID-19 on you and your community as we continue to manage the pandemic by taking part in the BC COVID-19 SPEAK survey:

[bccdc.ca/covid19survey](https://bccdc.ca/covid19survey)





# **AS THE WEATHER GETS NICER, PLEASE REMEMBER TRAVEL RESTRICTIONS REMAIN IN PLACE.**

## **TRAVEL ADVISORY**

**AT THIS TIME, ALL NON-ESSENTIAL TRAVEL SHOULD BE AVOIDED. THIS INCLUDES TRAVEL INTO AND OUT OF B.C. AND BETWEEN REGIONS OF THE PROVINCE. FOR EXAMPLE:**

### **DO NOT TRAVEL FOR A VACATION**

**DO NOT TRAVEL TO VISIT FRIENDS OR FAMILY OUTSIDE OF YOUR HOUSEHOLD OR CORE BUBBLE**

**TRAVEL FOR ESSENTIAL REASONS**

**INDIVIDUAL CIRCUMSTANCES MAY AFFECT WHETHER A TRIP IS CONSIDERED ESSENTIAL OR NON-ESSENTIAL. ESSENTIAL TRAVEL WITHIN B.C. INCLUDES:**

### **REGULAR TRAVEL FOR WORK WITHIN YOUR REGION**

**TRAVEL FOR THINGS LIKE MEDICAL APPOINTMENTS AND HOSPITAL VISITS FOR EXAMPLE, IF YOU LIVE IN VANCOUVER AND WORK IN SURREY YOU CAN CONTINUE TO COMMUTE.**

**IF YOU NEED TO TRAVEL FOR ESSENTIAL REASONS, TAKE THE SAME HEALTH AND SAFETY PRECAUTIONS YOU DO AT HOME.**

**WASH YOUR HANDS OFTEN**

**PRACTICE SAFE DISTANCING, 2 M**

**TRAVEL ONLY WITH YOURSELF, HOUSEHOLD OR CORE BUBBLE**

**STICK TO THE OUTDOORS WHENEVER POSSIBLE**

**CLEAN SPACES OFTEN**

**WEAR A MASK IN INDOOR SPACES**





# ACTIVITIES ALLOWED UNDER THE ORDER

## THESE ACTIVITIES ARE NOT CONSIDERED A SOCIAL GATHERING:

- Going for a walk or hike
- Parents carpooling kids to and from school
- Grandparents providing child care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan



### PHO order on restaurants, pubs and bars:

Restaurants, pubs, bars and food courts are closed for indoor dining until April 19 at 11:59 pm.

- Outdoor patio seating and take-out or delivery is allowed
- Breweries, wineries and tasting rooms can operate outdoor patios
- Liquor may only be served on a patio if people are seated
- In order to limit the spread of COVID-19, people should only be dining at restaurants with their household. For people who live alone, this should be with a maximum of two people they regularly interact with (core bubble).





# Sharing My COVID-19 Vaccination Experience and Truth

As a Citizen of MNBC, I felt compelled to share my experience getting the COVID-19 vaccine and how I felt about the process, in the hopes of letting others know they may not be alone if they had a similar experience. On March 31st, I called as soon as the 18yrs+ Indigenous people category was announced. I was asked my age, and after I said I was born in 1973. They then asked if I got a letter (the clinically extremely vulnerable letter) and said “No”. I then offered I was Métis, which led to a long pause, which I followed up with one of the “3 Indigenous groups in Canada” - to which she replied “great” and booked my appointment for April 7th at a non-Indigenous vaccination clinic.

On April 7th, I went to the clinic line up and noticeably was the youngest person there. There were many “looks” as I waited for my appointment. I then went through the process and again was asked year I was born and that I did not have a letter. The intake person looked quite puzzled, so I offered “I’m Métis”, to which I was then asked for my status card. As a white presenting Métis Citizen I can tell she was clearly confused and was asking me to prove my identity. In that teachable moment, I let her know I was not required to and therefore wouldn’t be sharing ID, and that she should not be asking as “proof of Aboriginal/Indigenous ancestry is NOT required”.

I was then handed my vaccine card and moved to the vaccine stations



I am sharing my story for a few reasons:

1. As a Citizen, I want to let other Métis and Indigenous people know that I felt extremely uncomfortable for most of this interaction. The Elderly volunteers were lovely, but I felt like I was out of place, amongst much older people and felt that at any moment, I would need to justify why I was there. I did not do this.
2. As MNBC's Senior Director of Health, I felt like all the weeks and hours of planned messaging and logo sharing, so "we" could see something, anything, that would welcome us when we arrived (despite our best efforts) had seemingly failed for this mainstream clinic – noting there was no Indigenous clinic available to me.

I want to say that it's ok to be upset when questioned about your Métis identity and if you're asked to "prove" it. It shows we still have much work to do in educating people on the Metis Nation. I ask you to be brave and push back if you're asked to prove who you are. They should not be asking you – the province has provided this messaging. Or if you choose, show your MNBC Citizenship card and use it as an educational opportunity.


I also want to say it's 100% ok to book your appointment and be vaccinated now, alongside BC's seniors. We don't need to justify or feel like we don't belong or aren't entitled to be there. There is a science to it and we need to be offered the vaccine as it is offered to us as a priority population. A rollout of this magnitude doesn't come without its cultural safety issues, but in the end, the goal is for us all to be/feel safer and be vaccinated.

Unfortunately, this is not only my experience and we have had Community members reach out to our staff in every health authority with similar experiences. We, the province and the health authorities are committed to working to make it better for all – and we will! I hope my experience helps anyone who may be wondering if they should or hesitating to book. The answer is yes, don't wait – book today and get vaccinated.

We, at MNBC, the province and all the health authorities are 100% dedicated to making it right – because at the end of the day we want to ensure Métis people are booking and getting vaccinated now. If you have an experience (positive or negative) that you would like to share, please let us know at [health@mnbc.ca](mailto:health@mnbc.ca)

Thank you for allowing me to share my experience,  
Tanya Davoren





*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**