

HEALTH AND WELLNESS NEWSLETTER

ISSUE 56 UP-TO-DATE INFORMATION AS OF

APRIL 23, 2021



MÉTIS NATION BRITISH COLUMBIA

“The pressure on B.C.’s health-care system is increasing, and our health-care workers need our help.

- 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 56

- PARTICIPATE FOR A CHANCE TO WIN!
- CORONAVIRUS: UPDATES
- VACCINATION REGISTRATION
- CONTINUE TO FOLLOW PHO'S REQUIREMENTS AFTER VACCINATION
- BETTER AT HOME PROGRAM
- CERVIX SCREENING PILOT CURRENTLY AVAILABLE IN NORTHWEST BC
- MÉTIS YOUTH CONNECT

WE WANT TO HEAR FROM YOU!

MNBC's Ministry of Health invites you to take part in a survey to express your views about COVID-19 vaccines and current mental health challenges

Participate for a chance to win!

grand prize:
iPad
mini



MNBC would like to learn how COVID-19 has impacted the mental health and perceptions of our Métis citizens.

With the help of your feedback, MNBC will be able to create measures to better address our Communities mental health and vaccination needs during the COVID-19 pandemic.

**CLICK TO
PARTICIPATE**

The survey takes about 10-15 minutes to complete

Runner-up prizes include:
Headspace App subscription,
Items made by Métis artisans,
or a smudging kit!



MÉTIS NATION
BRITISH COLUMBIA

covid-19

UPDATE

Dr. Bonnie Henry Update

"To date, 1,500,430 doses of Pfizer-BioNTech, Moderna and AstraZeneca-SII COVID-19 vaccines have been administered in B.C., 88,475 of which are second doses

"..we have made the difficult decision to postpone scheduled non-urgent surgeries in nine Lower Mainland hospitals for the next two weeks."

We want to stop transmission from all variants, and the best ways for us to do that is to get vaccinated as soon we are eligible, to use our layers of protection and to stay local in our communities.

VACCINATION REGISTRATION SCHEDULE: APRIL 20-23



Age/Group	How to Register	Date eligibility starts
40+ (born 1981 or earlier)	Contact a participating pharmacy near you (Dependent on AstraZeneca supply)	Ongoing
40+ (born 1981 or earlier) in high-transmission neighbourhoods	Check gov.bc.ca/neighbourhoodplan to see if your postal code is eligible	Ongoing
35+ (born 1986 or earlier)	Online, by phone or in-person at a Service BC office	Tuesday, April 20 at 12PM
30+ (born 1991 or earlier)	Online, by phone or in-person at a Service BC office	Wednesday, April 21 at 12PM
25+ (born 1996 or earlier)	Online, by phone or in-person at a Service BC office	Thursday, April 22 at 12PM
18+ (born 2003 or earlier)	Online, by phone or in-person at a Service BC office	Friday, April 23 at 12PM
Indigenous peoples 18+ (born 2003 or earlier)	Online, by phone or in-person at a Service BC office	Ongoing
People who are clinically extremely vulnerable 16+ (born 2005 or earlier)	Must have an invitation letter to book	Ongoing

People 40+ can now get a COVID-19 vaccine at:

- Additional clinics in high-transmission neighbourhoods:
<https://www2.gov.bc.ca/gov/content/covid-19>
- Participating pharmacies:
<https://www2.gov.bc.ca/gov/content/covid-19>
- **People 25+ and Indigenous peoples 18+** can register to get vaccinated

The booking process is different so follow directions closely.

COVID-19 VACCINATION ROLLOUT

MÉTIS PEOPLE 18 YEARS AND OLDER



THERE ARE THREE WAYS TO REGISTER

You can register for yourself or for someone else, like a parent or grandparent. Every Métis person 18 and older in B.C. is eligible to get vaccinated, even if you don't have a Personal Health Number or other documentation.

REGISTER ONLINE



REGISTER BY PHONE



www.getvaccinated.gov.bc.ca/s/

1-833-838-2323

To register online, you must provide:

- First and last name
- Date of birth
- Postal code
- Personal Health Number

• An email address that gets checked regularly or a phone number that can receive text messages

Our call centre can also help if you feel more comfortable registering over the phone.

Translators are available
Seven days a week,
7 am to 7 pm (PDT)

Find your Personal Health Number on the back of your B.C. driver's licence, BC Services Card or CareCard.

REGISTER IN PERSON



At a local Service BC office

You can register in-person at all Service BC offices.

Office hours vary by location.

Check before you go.



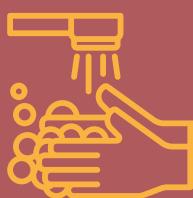
**MÉTIS NATION
BRITISH COLUMBIA**

Why We Must Keep up Protective Measures Even After Getting Vaccinated

A message from Dr. Shannon McDonald

The COVID-19 vaccination reduces our chances of getting COVID-19, but we can still get it or transmit it even after being vaccinated

Most vaccinated people will not get COVID-19, but if they do, they will not become as sick as people who haven't been vaccinated. As more and more people are vaccinated, we expect fewer outbreaks, fewer people getting sick, and fewer people requiring critical care. While vaccines protect you from getting ill, they do not always stop you from spreading the virus. Even after getting vaccinated, you can still be a carrier of COVID-19, so it's important to continue to practise public health measures, especially wearing masks and physically distancing (and especially if someone is singing or shouting).



KEEP UP THE GOOD WORK! WE'RE ALMOST THERE!

We are now seeing the light at the end of the tunnel, thanks to the vaccine rollout and our combined efforts to follow public health measures. As the situation evolves, these measures will be updated and adjusted. Meanwhile, it is important to keep informed and keep following them.

Better at Home



Better at Home is a program that helps **seniors and Elders** with simple non-medical day-to-day tasks so that they can continue to live independently in their own homes. Better at Home is one of a growing number of programs offered province-wide by [Healthy Aging by United Way \(HAUW\)](#).

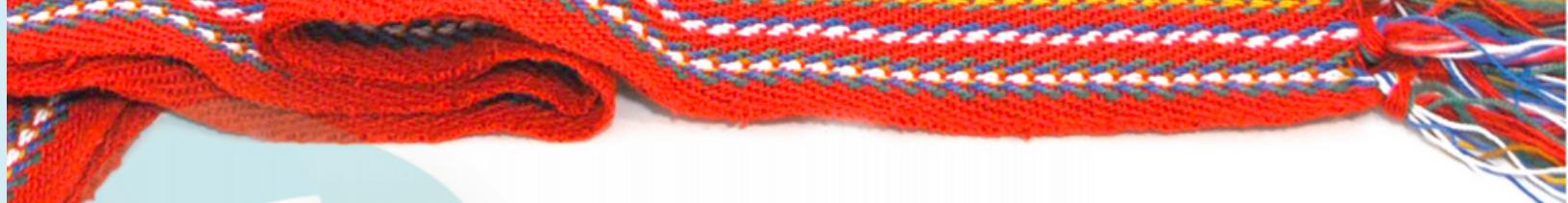
The Better at Home basket of services includes:

- Friendly visiting
- Transportation to appointments
- Light yard work
- Minor home repairs
- Snow shoveling
- Light housekeeping
- Grocery shopping

[Click here](#) to learn more. If you're a senior living in a community which offers Better at Home, you can [contact the community agency](#) in your area to find out more and to apply for [services](#)

[Click here to volunteer!](#)





CERVICAL CANCER

**Do you reside in Northwest BC?
Are you overdue for cervical cancer screening?**

HPV self- collection is currently available to Métis individuals who live in Prince Rupert, Terrace, Smithers and surrounding areas.

- confidential pick-up option
- access to culturally safe screening
- culturally appropriate space to collect
- appropriate follow up care

What if YOU COULD SCREEN FOR CERVICAL CANCER AT HOME?

*Easy to Perform on your own, no pain,
private results sent to you online*



Our project is aiming to improve Cervical Cancer Screening and Women's Health. You may qualify to Receive a kit if you:

- are between 30-65 years of age
- have not received a Pap test in the last 3 years
- are registered with the BC Medical Service Plan (Have a Care Card)
- You are a citizen of Métis Nation BC or self-identify as Métis

**TO
LEARN
MORE:**

- MNBC's **HPV Self-Collection Project Assistant, Katina Pollard:** kpollard@mnbcb.ca • 1-250-242-1649
- **The CervixCheck team:** cervixcheck@bccancer.bc.ca • 1-888-300-3088 Ext 5635

*Do you need access to a family doctor or
nurse practitioner within the North?*

Northern Health Virtual Clinic

Health care is just a phone call away



Northern Health now has a phone line for your primary and community care needs. Call us if you can't access your family doctor or nurse practitioner, or if you don't have one.

Call the NH Virtual Clinic at **1-844-645-7811
to make an appointment with a primary care provider
(family doctor or nurse practitioner)**

Open 7 days a week, 10 am to 10 pm, including holidays
Most of the time, you'll get an appointment the same day.



MÉTIS YOUTH CONNECTION



A new pilot program for Métis Youth delivered through
Kikino Métis Children & Family Services Society

Culturally safe and trauma-informed mental health services to Métis
Youth between 15 and 29 years old.



To apply to the program,
youth or their families are
asked to login and apply through
MNBC's COVID-19 Program Portal
or contact mentalhealth@mnbc.ca
at www.mnbc.ca



MÉTIS NATION

APRIL 22

HAPPY EARTH DAY



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.