

HEALTH AND WELLNESS NEWSLETTER

ISSUE 57 UP-TO-DATE INFORMATION AS OF

APRIL 30, 2021



MÉTIS NATION BRITISH COLUMBIA

**“Your efforts, kindness and resilience are what will make the difference for all of us to get through this pandemic together”
- 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.

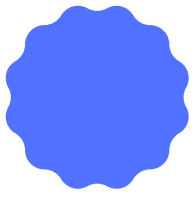
MNBC will be updating our webpage as new information becomes available.

Follow our COVID-19 page at www.mnbc.ca

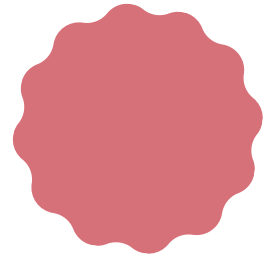
Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing, and more.

INSIDE ISSUE 57

- CORONAVIRUS: UPDATES
- VACCINATION REGISTRATION
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RECEIVE A FREE COPY!
- MNBC'S NEW VAPING/TABACCO
REDUCTION PROGRAM



covid-19



UPDATE

Dr. Bonnie Henry Update

"To date, 1,749,375 doses of Pfizer-BioNTech, Moderna and AstraZeneca-SII COVID-19 vaccines have been administered in B.C., 90,296 of which are second doses

"The focus of the COVID-19 vaccine program is to protect as many people as possible, as quickly as possible, and to address hot spots and reduce transmission everywhere."

"No matter what program you are eligible for, everyone in B.C. who is 18 years and older should register either on the Get Vaccinated website or by calling 1 833 838-2323. We are expecting much more vaccine to arrive in the coming weeks. By registering, you will be able to receive the first available appointment."

Indigenous COVID-19 Immunization Clinics

**Appointments are available for
self-identified Indigenous
(First Nations, Métis, Inuit)
individuals who are
18 years of age or older in 2021**

**To book a first dose appointment,
call 1-833-838-2323
or visit getvaccinated.gov.bc.ca**

Indigenous clinics with cultural supports are available for those who self-identify as Indigenous (First Nations, Métis, Inuit).

For information about the COVID-19 vaccine or support for appointment booking, please call the Aboriginal Health Liaison line at 1-866-766-6960 or the First Nations Health Authority Liaison line at 604-743-0635.

VACCINATION REGISTRATION SCHEDULE: APRIL 28



Step 1: Register

Step 2: Book when it's your turn

Step 3: Get vaccinated



Everyone aged 18 and over should register for their vaccine now, so you get notified to book an appointment when your turn comes up! It's fast, easy, and you only have to do it once. If you don't have a personal health number, register by phone. BCDC

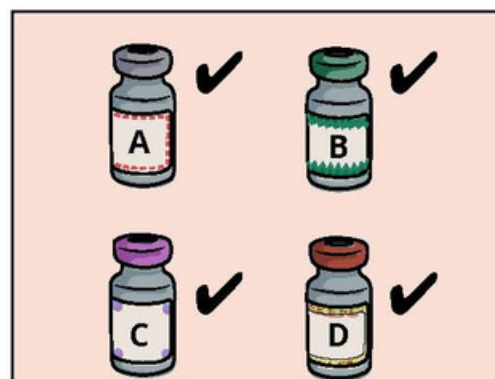
Protecting communities: COVID-19 vaccination



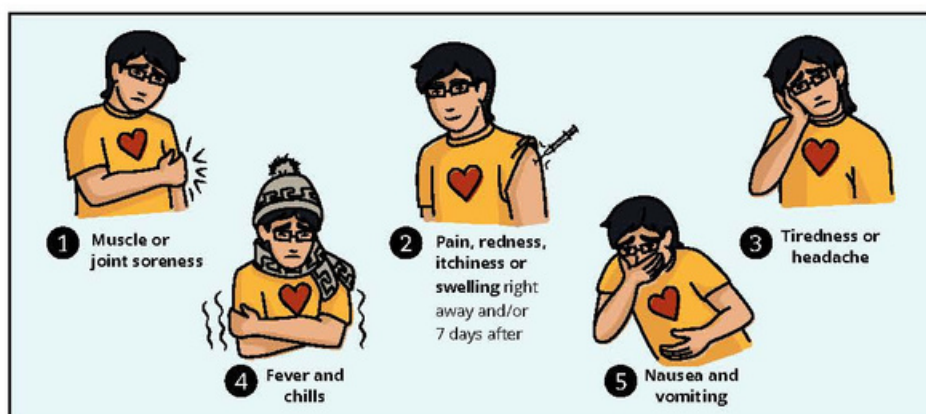
Max has questions about the COVID-19 vaccine. He calls his doctor for more information.



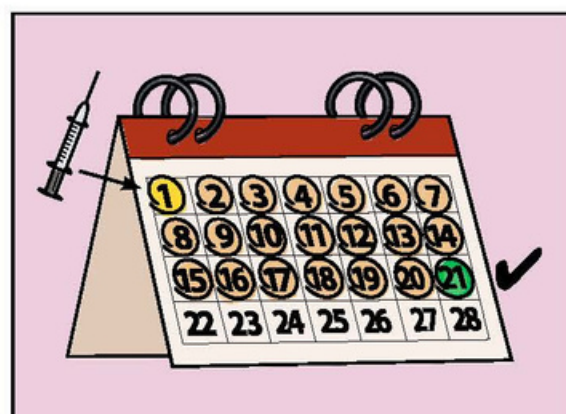
Getting vaccinated will protect Max's family and community.



All of the COVID-19 vaccines are **safe**. They will help protect Max from serious illness, hospitalization and death.



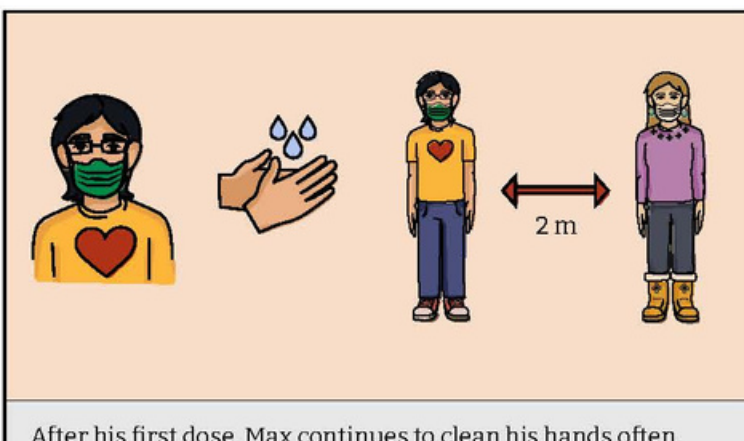
After his 1st or 2nd dose, Max might get side effects that will make him feel sick. If they don't go away after a few days, Max calls his doctor or **8-1-1**. **None of the vaccines can give Max COVID-19.**



Max isn't protected right away. It takes 2-3 weeks for his body to build immunity after his vaccine.



The person who gives Max his 1st dose will let him know **how** and **when** he will get his 2nd dose. This can be up to 16 weeks later.



After his first dose, Max continues to clean his hands often, wear a face mask and keep a distance from others. This protects him and his community until everyone is vaccinated.

COVID-19 EXPERIENCE

ELDER MARY MACLEOD

**Elder Mary
Macleod shares
her experience of
contracting
COVID-19 at 80
years of age**



Elder Mary Macleod shares her experience of contracting COVID-19

In January of 2021 Mary and her family contracted COVID-19. Mary explained that her COVID-19 experience was not as bad as she was expecting it to be. She explained that it did not affect her lungs as the news stated. She felt rather nauseated for 2 weeks and did not have much of an appetite. Mary resorted mostly to eating broth for nutrients. She was too weak to do anything but as an overall experience she did not feel like it was as terrible as was told to her. She did lose her taste and smell but has mentioned it has come back

The silver lining was that her family was spending time with her and they all contracted COVID-19 so they were all able to quarantined together.

Mary has received her vaccine last week as she had to wait 3 months before receiving it. Before getting her immunization, she was sent for blood work as she is diabetic, and her lab work came back with normal readings. She feels more protected now that she has received the vaccine. She did get the chills for 24 hours after receiving the vaccine, but is feeling a lot better now.

Mary was one of the 85 individuals in the Fort Nelson area that developed COVID-19.

RESILIENT ROOTS ISSUE TWO

MNBC's Métis Youth Mental Health and Wellness Initiative is so excited to be able to share with you the second issue of Resilient Roots: Métis Mental Health and Wellness Magazine!

MNBC's Métis Youth Mental Health and Wellness Initiative is so excited to be able to share with you the second issue of Resilient Roots: Métis Mental Health and Wellness Magazine!

As shared by Minister Kate Elliott, "this magazine hopes to be a testament to the shining strength and resilience of the Métis community. Every part of this magazine - from the stories, to the art, to the poetry - comes from the powerful voices of our Métis contributors. To our readers, we hope that what you find within these pages will bring you inspiration, connection, and act as a reminder of the deep resilience that lives within us all.

MNBC has 1200 free physical copies of Resilient Roots: Métis Mental Health and Wellness Magazine to share with Métis individuals across BC! These issues will be distributed on a first come, first serve basis - with 1000 copies for Métis youth (up to the age of 30), and 200 copies for Métis adults. To receive your free copy in the mail, please register here:

<https://www.surveymonkey.com/r/resilientroots>



Please note completing this form does not guarantee that you will receive a copy of Resilient Roots (issue two), as copies will be mailed on a first come, first serve basis.

LET'S BRING IN THE SPRING WITH HEALTHY CHOICES

*Healthy choices begin with MNBC's new
Vaping/Tobacco reduction program*

WHY GET INVOLVED?

Tobacco use is the number one avoidable causes for many different types of cancer and other health diseases.

WHO CAN GET INVOLVED?

If you're looking to reduce or quit your dependence on tobacco, decrease your dependence on vaping or interested in supporting a friend or loved one who is considering this journey.

WHAT ADVANTAGES ARE THERE?

Breathe better, walk longer, hike more and enjoy mother Earth, enjoy the taste of food, increase the amount of money in your pocket

HOW DO I GET INVOLVED?

Contact Lloyd Main at lmmain@mnbc.ca or call **250-241-4589**.

Lloyd is a respiratory therapist who has been in the field since 1985 and is a registered nicotine intervention counsellor.



MÉTIS NATION
BRITISH COLUMBIA



SMOKING CESSATION



Quitting addiction
is a journey

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.**

