

MÉTIS NATION BC HEALTH & WELLNESS

Issue 59 Up-To-Date Information as of May 14, 2021



Health & Wellness

By Ministry of Health

"Let's get registered, get vaccinated, wash our hands, wear our masks and stay small and local."

- 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 click on [this link](#) to previous issues of our COVID-19 newsletter for more information.

MÉTIS CRISIS LINE



1-833-MÉTIS-BC
(1-833-638-4722)

24 hour access to Crisis Programs

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COVID-19

UPDATE

Dr. Bonnie Henry Update

Dr. Bonnie Henry, B.C.'s provincial health officer, and Adrian Dix, Minister of Health, have issued the following joint statement regarding updates on the COVID-19 response in British Columbia:

"2,335,513 doses of Pfizer-BioNTech, Moderna and AstraZeneca COVID-19 vaccines have been administered in B.C., 119,691 of which are second doses.

"While all of our vaccines are safe and effective, there have been a small number of rare but serious adverse events following immunization. We have had a second case of vaccine-induced immune thrombotic thrombocytopenia following an AstraZeneca COVID-19 vaccination. The patient is a male in his 40s.

"If you have had a vaccine – any vaccine – in the last four to 28 days and are feeling unwell, call 811 or contact your health-care provider so you can get assessed as quickly as possible.

"Today, anyone 30 and older can book their vaccine. On Friday at 7 p.m. (Pacific time), booking invitations will begin for people who are registered and are born in 1996 or earlier (25 and up). On Saturday at 7 p.m., booking invitations will begin for people who are registered and are born in 2001 or earlier (20 and up) and on Sunday at 7 p.m., booking invitations will begin for people who are registered and are born in 2003 or earlier (18 and up).

"We are working hard to ensure everyone has their first dose as quickly as possible, but there is still lots of virus circulating in our communities.

Fraser Health will be hosting a Metis-specific clinic (mainly for Golden Ears Metis Society) at St. John the Divine Anglican Church in Maple Ridge, on May 19th for first dose vaccination. This clinic is by appointment only. Call today or refer your family and friends!



Indigenous COVID-19

**Immunization clinic at
St. John the Divine Anglican Church
21299 River Rd, Maple Ridge**

**For First Nations, Métis, Inuit
individuals who are
18 years of age or older in 2021
Wednesday May 19, 2021**

**To book an appointment:
call 604-202-2873**

Please book by: Noon on Monday May 17, 2021

By appointment only

VACCINATION REGISTRATION

**Vaccines for
pregnant people
aged 16+**



COVID-19 IN BC

BC is vaccinating record numbers of people in BC every day. Everyone aged 18+ who lives & works in BC can register to get vaccinated. If you don't have a personal health number or need a translator, call: 1-833-838-2323. Register, if you haven't already, at <http://gov.bc.ca/getvaccinated> 2.

Then phone 1-833-838-2323 to book — tell them you are pregnant.

COVID-19 Vaccines

Immunization has saved more lives in Canada in the last 50 years than any other health measure.

What are COVID-19 vaccines?

COVID-19 vaccines protect against infection from the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes COVID-19. The vaccines cause your body to produce antibodies that will help protect you from getting sick if exposed to the virus. The vaccines are approved by Health Canada.

Who should get the vaccines?

The COVID-19 vaccine rollout in B.C. is proceeding, starting with those at the highest risk of hospitalization and serious complications of COVID-19 infection but progressing to all adults sequentially. Information on COVID-19 vaccine eligibility can be found on the BCCDC website: www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/eligibility

If you had, or may have had, COVID-19 you should still get the vaccine. This is because you may not be immune to the virus that causes COVID-19 and could get infected and sick again.

How are the vaccines given?

The vaccines are given by injection as a series of 2 doses. It is important to get both doses of the vaccine for full protection. Speak with your immunization provider about when you should get your second dose.

It is important to keep a record of all immunizations received. Be sure to bring your immunization record with you when returning for your second dose.

What should I do after I get the vaccine?

After you get the vaccine, continue to follow public health recommendations, such as:

- Wash your hands or use hand sanitizer
- Physical distance
- Wear a mask where required

You should not receive any other vaccines until 14 days after a dose of COVID-19 vaccine.

What are the benefits of the vaccines?

The vaccines are the best way to protect you against COVID-19, which is a serious and sometimes fatal disease. In clinical trials, those who received a vaccine were 63% to 95% less likely to become sick with COVID-19 and were almost completely protected against severe illness (hospitalization and death). When you get immunized, you help protect others as well, including those who are unable to get the vaccine.

What are the possible reactions after the vaccines?

Vaccines are very safe. It is much safer to get the vaccine than to get COVID-19. The vaccines are not live virus vaccines and cannot give you COVID-19. Common reactions to the vaccines may include soreness, redness, swelling and itchiness where the vaccine was given. For some people, these reactions may show up 8 or more days after getting the vaccine. Other reactions may include tiredness, headache, fever, chills, muscle or joint soreness, swollen lymph nodes under the armpit, nausea and vomiting. These reactions are mild and generally last 1 to 2 days. If you have concerns about any symptoms you develop after receiving the vaccine, speak with your health-care provider or call 8-1-1 for advice.

A number of processes are in place in Canada and around the world to monitor the safety of the vaccines as more people get immunized. Rare cases of serious blood clots (about 1 case in 100,000 vaccinated people) have been reported after getting the AstraZeneca or COVISHIELD vaccine. While the risk of serious illness from COVID-19 is more common in those who are older and those with certain chronic health conditions, this risk is lower for younger adults. Those 30 and older who choose not to get the AstraZeneca or COVISHIELD vaccine will be able to get another COVID-19 vaccine (Pfizer or Moderna) at a later date based on the age-based vaccine rollout (see www2.gov.bc.ca/gov/content/covid-19/vaccine/plan for timelines). The AstraZeneca and COVISHIELD vaccines are not currently recommended for those under 30 years of age.

Acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) can be taken for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

For information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

It is important to stay in the clinic for 15 minutes after getting any vaccine because about 1 in a million people can have a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. Should this reaction occur, your health-care provider is prepared to treat it. Emergency treatment includes administration of epinephrine (adrenaline) and transfer by ambulance to the nearest emergency department. If symptoms develop after you leave the clinic, call **9-1-1** or your local emergency number.

Always report serious or unexpected reactions to your health-care provider.

Who should not get the vaccine?

You should not get the vaccine if you have a serious allergy (anaphylaxis) to:

- Polyethylene glycol (PEG) which is in both the Moderna and Pfizer-BioNTech COVID-19 vaccines. PEG can be found in some cosmetics, skin care products, laxatives, cough syrups, and bowel preparation products for colonoscopy. PEG can be an additive in some processed foods and drinks but no cases of anaphylaxis to PEG in foods and drinks have been reported
- Polysorbate 80 which is in the AstraZeneca and COVISHIELD vaccines. It is also found in medical preparations (e.g., vitamin oils, tablets and anticancer agents) and cosmetics
- A previous dose of a COVID-19 vaccine or to any part of the vaccine

Tell your health-care provider if you have had anaphylaxis but no cause was found after seeing an allergy specialist, or if you had anaphylaxis before and did not get seen by an allergy specialist.

Are there additional considerations to getting the vaccine?

Speak with your health-care provider if you:

- Have an immune system weakened by disease or medical treatment
- Have an autoimmune condition
- Are pregnant, may be pregnant or are planning to become pregnant
- Are breastfeeding
- Have received a monoclonal antibody or convalescent plasma for treatment or prevention of COVID-19
- Have received a vaccine in the last 14 days
- Have symptoms of COVID-19

If you have a new illness preventing you from your regular activities, you should wait until you have recovered. This will help to distinguish side effects of the vaccine from worsening of your illness.

What is COVID-19?

COVID-19 is an infection of the airways and lungs caused by the SARS-CoV-2 coronavirus. Symptoms of COVID-19 can include cough, shortness of breath, fever, chills, tiredness and loss of smell or taste. While some people with COVID-19 may have no symptoms or only mild symptoms, others can require hospitalization and may die. Serious illness is more common in those who are older and those with certain chronic health conditions such as diabetes, heart disease or lung disease. For some people, symptoms of COVID-19 can last for weeks or longer. The long-term effects of COVID-19 on a person's health are unknown.

How is COVID-19 spread?

The virus that causes COVID-19 is spread from person to person by coughing, sneezing, talking and singing. It can also be spread by touching an object or surface with the virus on it and then touching your eyes, nose or mouth.

For more information on COVID-19 vaccines, visit BCCDC's COVID-19 vaccine page www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine



For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.

GET REGISTERED FOR 2ND DOSE

I WANT TO SCHEDULE MY DOSE 2 APPOINTMENT

If you have registered, you will get an email, text message or phone call when it's time to book your second dose.

I RECEIVED DOSE 1 BEFORE THE REGISTRATION SYSTEM WAS AVAILABLE AND I NEED TO GET DOSE 2

Register now for your second dose. You can register online, by phone or in-person. You will then get a notification when you are eligible to book your second dose.

[Click here to register!](#)



BRITISH
COLUMBIA

COVID-19 Immunization

Register to get vaccinated

Registering and providing basic contact information about yourself is the [first step to getting vaccinated](#). You can register for yourself or for someone else, like a parent or grandparent. To complete registration, you need to provide a Personal Health Number.

After you register, you will receive a text, email or phone call when it's your turn to book a vaccine appointment.
Don't expect to book an appointment the same day you register.



Register Online It takes less than 2 minutes

You need to provide an email address that gets checked regularly or a phone number that can receive text messages.

Register now



Register by phone

We understand you may want to register by phone.

**1-833-838-2323
(toll free)**

Celebrating all Nurses

Happy National Nurses Week- May 10-16, 2021 #WeAnswerTheCall

"As we continue to navigate through these COVID-19 times, we want to take a moment to recognize National Nurses Week from May 10th to 16th. To the many dedicated staff and front-line workers, we thank you for being on the front lines and for your service to our communities."

Paulette Flamond
Minister of Health
Métis Nation British Columbia

At Métis Nation British Columbia, we acknowledge the skill and commitment of all front-line healthcare workers during this unprecedented time. We deeply respect your ongoing bravery and support of the public while putting yourselves at risk every day. Just know that you're making a world of difference in the lives of all Canadians. This year, National Nursing Week is celebrated from **May 10th through 16th**. With national Indigenous nurse's day falling on May 10th. Fittingly, this year's theme is "We answer the call."

Nurses **are** essential workers that provide 24 hours a day, 7 days week care to our family and friends across the province. We celebrate all nurses during this week by drawing awareness to the hard work and dedication they provide, especially during these trying times.

MNBC also acknowledged Mental Health Week, May 3rd through until the 9th. We recognize that nurses and other allied health professionals face an increased risk of experiencing mental health concerns, particularly those related to high-stress environments. The health care profession is a highly demanding field, and many front line workers are routinely exposed to trauma, violence and human suffering daily. We encourage all front-line workers to take extra care of themselves, whether going for a daily walk, virtual contact with family or friends or having a sleep-in day. Whatever works best for you! This will allow you to refresh yourself while avoiding burnout and other short or long-term effects of being a caregiver.

"The Mental Health Commission of Canada has developed two free crises response training programs for essential workers."

<https://theworkingmind.ca/crisis-response-virtual-training>

<https://careforcaregivers.ca/>

<https://cmha.bc.ca/news/mental-health-resource-frontline-workers/>

<https://www.mnbc.ca/news-events>

<https://www.bcnu.org/>

<https://indigenousnurses.ca>

If you or someone you know is in a crisis and needs support, please reach out to the 24/7 days a week Métis Crisis line at 1-833- Métis-BC (1-833-638-4722).



Thank you!



HOW IS VAPING AFFECTING ME?

I thought
vaping
was safe.

Nicotine, the addictive substance in vape juice and cigarettes, can make it harder to cut back or stop vaping.

Research shows young people who vape are more likely to start smoking cigarettes.

Do I depend on vaping?

- ☐ Vaping is impacting me and/or those around me.
- ☐ When I don't or can't vape, I feel irritable, restless, anxious, sad, or tired.
- ☐ I can't go for a day without vaping.
- ☐ I have thought about vaping less or quitting.

If you answered "yes" to any of these items, you may want to ask for help about vaping issues.

Here's where to find help:

• F O U N D R Y •
WHERE WELLNESS TAKES SHAPE

**VGH Smoking
Cessation Clinic**

Created by Legacy for Airway Health, Feb 2021

quitnowca
1-877-455-2233



bit.ly/2Pn7K2P

Northern BC

PAINT NIGHT!

Are you interested in learning more about our HPV self-collection project? Please join us for a fun afternoon and learn how you can put cervical cancer screening back into your hands! Please note: this is a pilot project currently available to self-identified Métis or citizens of MNBC in Northwest BC.

WHEN: Sunday, June 13th, 2021

TIME: 1:00PM-3:30PM PST

WHERE: ZOOM

(Link to be sent upon registration and confirmation)

[PLEASE REGISTER HERE](#)



MÉTIS NATION
BRITISH COLUMBIA

A pair of traditional Native American moccasins, likely from the Blackfoot or Crow tribes, featuring intricate floral embroidery in red, pink, and blue on a brown leather base. The moccasins have a thick black fur trim around the opening and a yellowish-tan sole. The background is a plain, light-colored surface.

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.