

MÉTIS NATION BC HEALTH & WELLNESS

Issue 60 Up-To-Date Information as of May 21, 2021



Health & Wellness

By Ministry of Health

“We’re making incredible progress in protecting people with vaccines, and we’re now inviting young people and their families to join us in our efforts,” said Adrian Dix, Minister of Health. “Protect your communities, families and loved ones by registering and getting your vaccine”

- Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mnbca.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.

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COVID-19 VACCINATION REGISTRATION: 1ST & 2ND DOSE

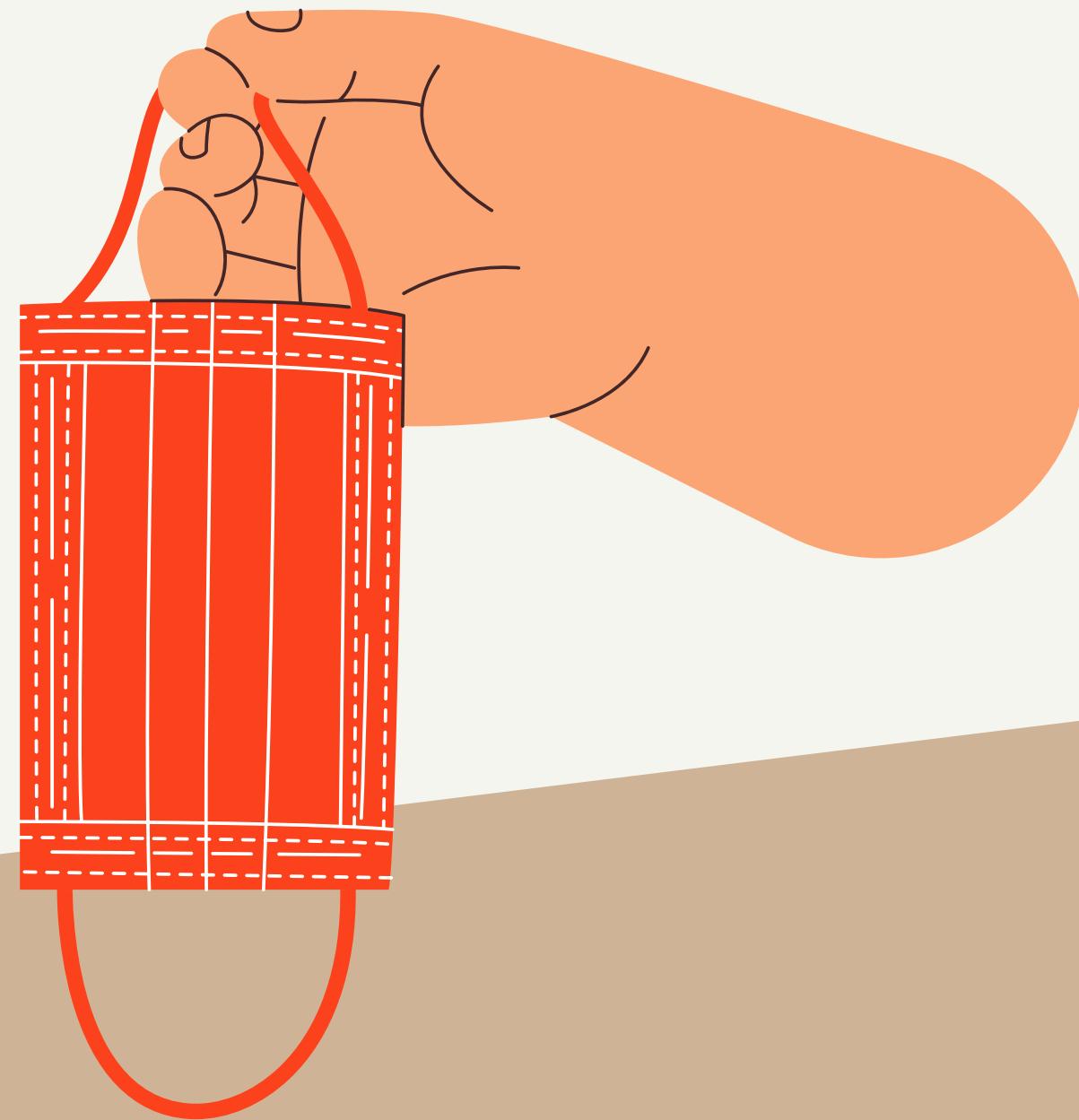
COMMIT TO QUIT!

DR. TARAN MAIN

#StopTheSpread

COVID-19 Update

Source: Dr. Bonnie Henry Update



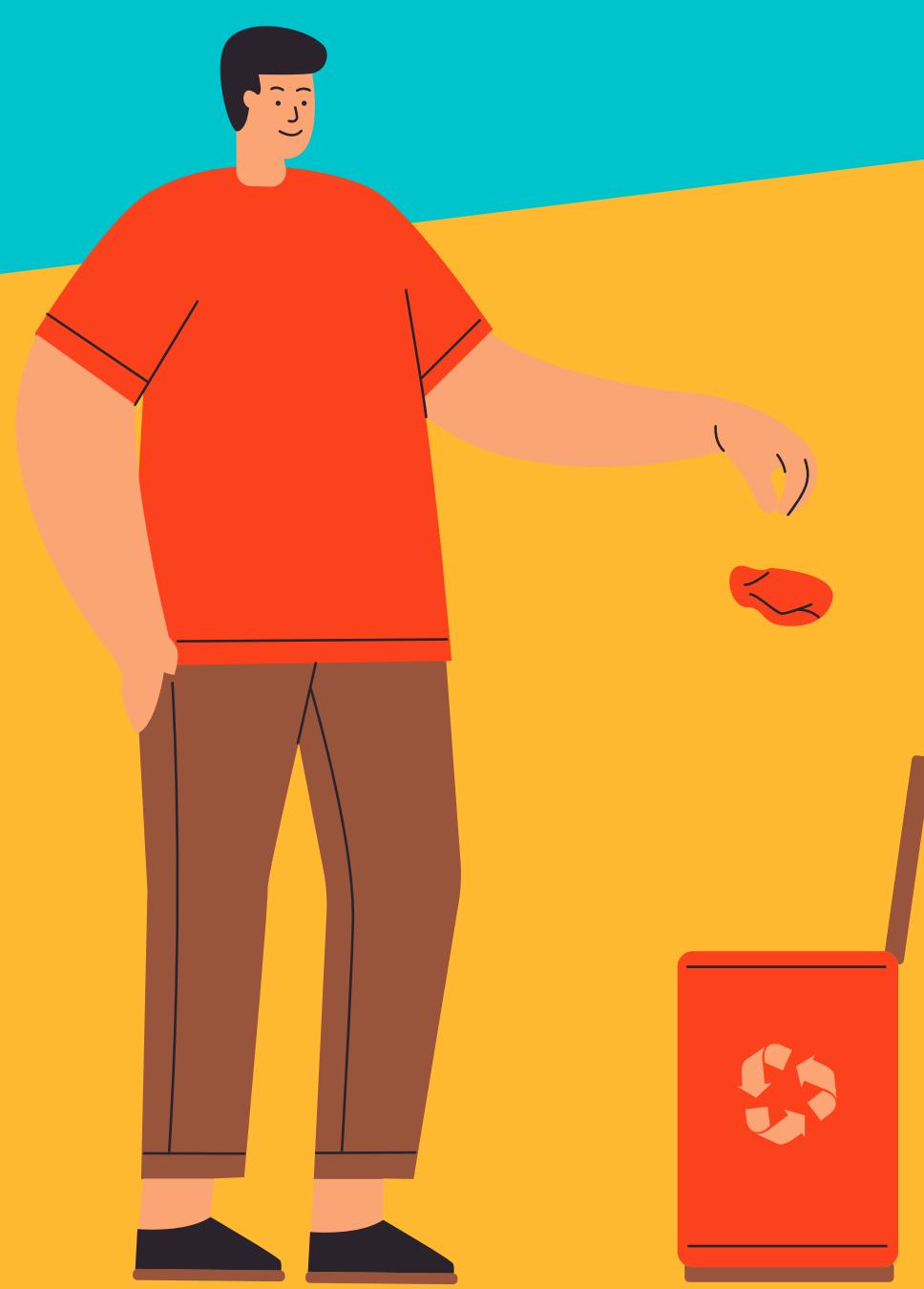
COVID-19 Cases Count Lowest since February

Thursday, 357 new cases — the fewest since mid-February. It brought the seven-day rolling average down to 449.



B.C. youth 12+ can register, get vaccinated against COVID-19

More than 300,000 young people between 12 and 17 years old (born in 2009 or earlier) can register and get vaccinated against COVID-19, as B.C. takes the next step to protect more people from the virus. [Click here for update.](#)



COVID-19 Vaccine

More than 2.54 million British Columbians, representing just under 50 per cent of B.C.'s entire population, have received at least one dose of COVID-19 vaccine.

Most of the youth will be immunized in existing vaccine clinics, though the province will distribute some in smaller communities through schools. There will also be after-school clinics.

ANYONE 12 AND UP CAN REGISTER NOW!

GET VACCINATED AGAINST COVID-19

INDIGENOUS YOUTH 12-17 ARE PRIORITIZED

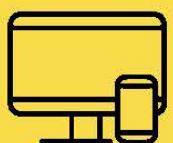
GET YOUR COVID-19 VACCINE NOW!

1ST OR 2ND DOSE! THIS IS HOW TO REGISTER

THERE ARE THREE WAYS TO REGISTER

You can register for yourself or for someone else, like a parent or grandparent. Every Métis person 12 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



www.getvaccinated.gov.bc.ca

Provide your Name, Date of Birth, Postal Code, Personal Health Number & email address that will be checked or phone number that can receive texts

REGISTER BY PHONE



1-833-838-2323

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



REGISTER IN PERSON



At a local Service BC office

Office hours vary by location.



IF YOU HAVEN'T RECEIVED YOUR 1ST DOSE YET OR ARE WAITING ON YOUR 2ND, TAKE A LOOK AT THE POSTCARD FOR DETAILS ON HOW TO REGISTER. REGISTRATION CAN BE COMPLETED ONLINE AT WWW.GETVACCINATED.GOV.BC.CA BY PHONE 1-833-838-2323 OR IN PERSON.



Explore WhyQuit.Com

Commit to quit

May 31st is World No Tobacco Day! The World Health Organization (WHO) has launched a campaign to support up to 100 million people worldwide as they join the movement and commit to quit tobacco use. If you do not use tobacco, help someone who does take that step. Commit to one day with no Tobacco.



MÉTIS NATION
BRITISH COLUMBIA

Tobacco/Vaping Reduction Counselling
Phone: 250-241-4589
Email: lmnbc@mnbc.ca



*Quitting addiction
is a journey*

Congratulations to Dr. Taran Main Dr. Manoo & Jean Gurjar Award

Dr. Taran Main is a proud Metis in Region 3, and resident at the Okanagan Rural/Regional site. His preceptors and attending physicians know him for his compassionate, calm and caring professionalism, in addition to his outstanding scholarship. Dr. Main has demonstrated a commitment to serving marginalized populations and improving his community.

Dr. Main served as lead resident of the site for two years, providing calm, straightforward, supportive communication to improve the wellness of his colleagues throughout the COVID-19 pandemic. Dr. Main has also been effective in advocating for curriculum change in the program, including ongoing efforts to increase addictions medicine and Indigenous health training at the site. He has sought out additional educational opportunities to serve underserved populations during his residency, as well as volunteering for an outreach program.

Dr. Main has been a passionate advocate for family medicine to incoming residents. He plans to pursue PGY-3 training in addictions medicine, with the goal of returning to Kelowna after graduation to serve as a family physician working with priority populations, such as those experiencing addictions and homelessness.

Dr. Main's nominator says, "His passion for family medicine is infectious. Throughout his successful residency, Dr. Main has strived to maintain a healthy work/life balance. He has a rich family and spiritual life. His wonderful sense of humour makes him an absolute joy to be around."



DR. TARAN MAIN

Non-essential travel is not allowed between BC's 3 travel zones. This long-weekend



Stay local this long weekend

COVID-19 IN BC

ROAD CHECKS MAY BE SET UP ON KEY TRAVEL CORRIDORS – THERE WILL BE NO RANDOM INDIVIDUAL STOPS.
[HTTP://GOV.BC.CA/COVIDTRAVEL](http://GOV.BC.CA/COVIDTRAVEL)



Marsee

As always, we thank our front line workers so much for what you are doing for our world. We are very lucky to have you, and we know it.

