

MÉTIS NATION BC HEALTH & WELLNESS

Issue 64 Up-To-Date Information as of June 18, 2021

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.

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**PAID LEAVE TO RECEIVE YOUR
COVID-19 VACCINE**

**NATIONAL INDIGENOUS PEOPLES
DAY, JUNE 21ST 2021**

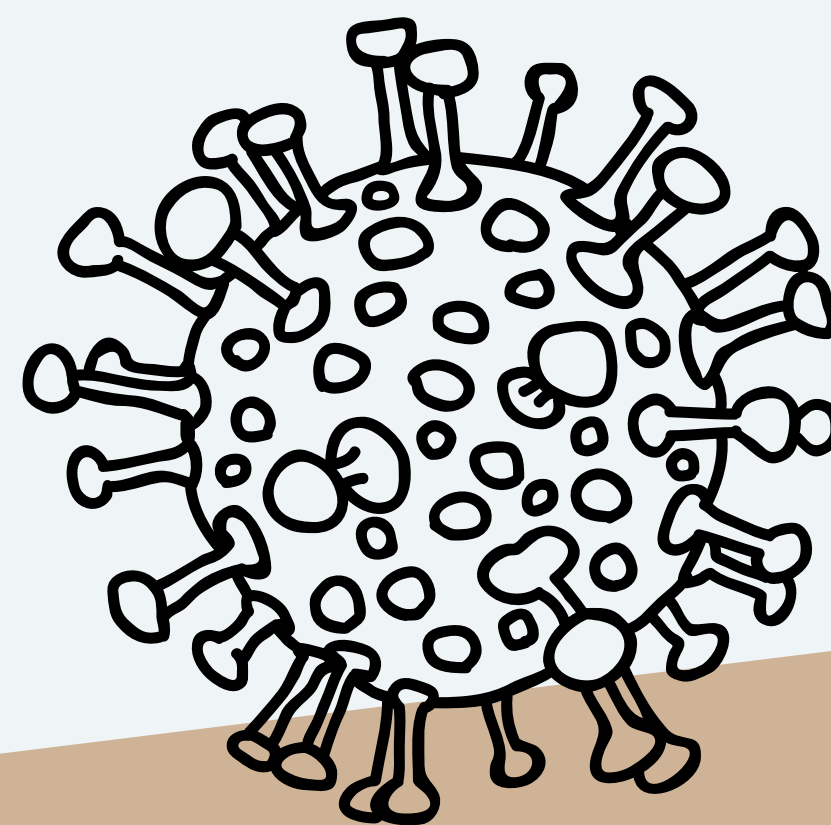
**REGISTER TO RECEIVE YOUR 1ST
OR 2ND COVID VACCINE**

**UPCOMING CERVIX SCREENING
EVENT IN PRINCE RUPERT,
TERRACE AND SMITHERS, B.C**

StopTheSpread

COVID-19 Update

Source: Dr. Bonnie Henry Update



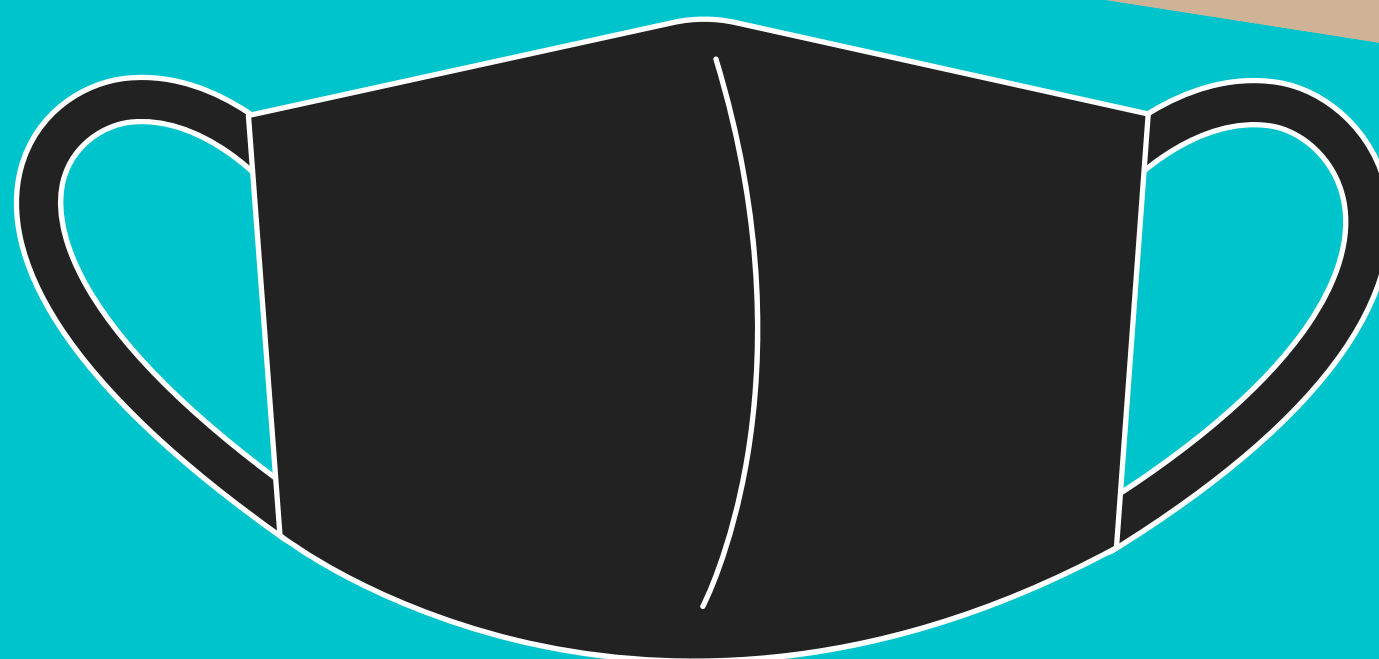
COVID-19 Cases Count

Thursday, We have had 120 new cases of COVID-19, for a total of 146,794 cases in British Columbia .



Almost there!

We have good protection across the board with both vaccines. You make the choice that is right for you. All the vaccine are safe and highly effective.



For 16 months, it has been your individual and collective efforts to use the layers of protection and follow all of the public health orders. Now, it is also getting fully immunized with your first and second doses of COVID-19 vaccine that is making the difference.

Indigenous COVID-19

Immunization clinics

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

**To book a first or second 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.

Indigenous Immunization Clinic Schedule

The following sites are **confirmed**. Dates and times are as follows and are subject to change:

City/Township	Location	Dates	Appointment Times
Chilliwack	Stó:lō Service Agency Building #10 7201 Vedder Road, Chilliwack	June 4, 11, 15, 18, 22, 25, 29 July 6, 9, 13, 16, 20, 23, 27, 30	9:45am-3:30pm
Abbotsford	Mam'ele'awt Indigenous Community Centre 3277 Gladwin Rd., Abbotsford	June 3, 10, 15, 17, 22, 24, 29 July 6, 8, 13, 15, 20, 22, 27, 29	9:45am-3:30pm
Mission	Mission Friendship Centre 33150A 1 st Ave., Mission	June 11, 16, 18, 23, 25, 30 July 7, 9, 14, 16, 21, 23, 28, 30	9:45am-3:30pm
Surrey	Fraser Region Aboriginal Friendship Centre Association 10095 Whalley Boulevard, Surrey	June 11, 12, 18, 19, 25, 26 July 9, 10, 16, 17, 23, 24, 30, 31	9:45am-3:30pm
Maple Ridge	Fraser River Indigenous Society 200-11830 223rd Street, Maple Ridge	June 10, 17, 24, 30 July 8, 15, 22, 29	9:45am-3:30pm

**Great effort will be made that
you will receive the same
vaccine as your first dose for
your second dose.**

For inquiries and support for booking an
appointment, call the Aboriginal Health Liason at
1-866-766-6960

ENTER OUR LOGO AND SLOGAN CONTEST!

Join us and help promote World No Tobacco Day.



PRIZE \$50

"THE TRADING POST" GIFT CERTIFICATE

First and Second place in the Adult and Youth categories will receive a \$50 gift certificate for MNBC's online store "the Trading Post". Winning submissions will be used in our tobacco cessation program for the next year. Contest deadline is June 25. Winners will be announced July 5.



MÉTIS NATION
BRITISH COLUMBIA

Send submissions to Imain@mnbc.ca

Questions? Call Lloyd Main at 250-241-4589

Introducing

Centre For the North

BC Cancer Wellness Bags



On behalf of Métis Nation British Columbia's Aboriginal Health Improvement Committee (AHIC) for the North, we're introducing our newest project: MNBC- BC Cancer Wellness Bags.

Throughout these unprecedented times, we see an increasing number of Métis peoples diagnosed with debilitating chronic diseases, including cancer. As a committee, our focus is promoting healthy, engaging activities while encouraging Métis people to discover their roots and explore their family's rich culture and history. Everything we've included in the wellness bags have been recommended by both MNBC's AHIC members and the BC Cancer Indigenous Health team.

Our wellness bags are being housed with the Indigenous Health team at the BC Cancer Centre for the North in Prince George, B.C, and expanding to our local Métis Chartered Communities.

If you're interested in receiving a wellness bag or would like to advocate for a family member or friend, please feel free to email Katina Pollard, Northern Regional Health Coordinator at kpollard@mnbc.ca. Please include the preferred contact information, such as phone number, of the person you wish to receive a wellness bag. Please allow 1-3 weeks for confirmation of eligibility. Upon confirmation, you will receive a notification by email or phone to arrange pick-up or delivery. Please note: BC Cancer wellness bags are only available to Métis citizens or those who self-identify, and who currently reside in the Northeast, Northwest and Northcentral BC.

Removing barriers one step at a time

As of April 19, 2021

you're now eligible for paid leave to receive your COVID-19 vaccine



More Information:

**Legislation for paid COVID-19 vaccination
leave now in force | BC Gov News**

"Guaranteeing paid leave for workers to get vaccinated is an important way to keep workers safe, while reducing risks to businesses. Our government believes it's in everyone's interest to remove all barriers to a worker getting vaccinated when they are eligible to do so,"

Harry Bains, Minister of Labour.

NATIONAL

*Indigenous
People's Day
June 21, 2021*



This year the resiliency of our Métis Communities has truly been showcased during this COVID-19 pandemic.

Communities have come together in new and innovative ways to keep one another safe while still maintaining connections.

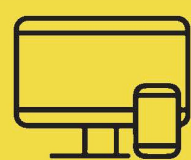
With the recent announcement of the discovery of 215 lost Indigenous Children at the Kamloops Residential School, our hearts are full of grief and our minds are especially heavy.



GET YOUR COVID-19 VACCINES TODAY!

EVERY MÉTIS PERSON **12 AND OLDER** CAN NOW
REGISTER TO RECEIVE THEIR 1ST OR 2ND DOSE

REGISTER ONLINE



www.getvaccinated.gov.bc.ca

Provide your Name, Date of Birth, Address with Postal Code, Personal Health Number & either your regularly checked email address or phone number

REGISTER BY PHONE



1-833-838-2323

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

**REGISTER BY PHONE IF YOU REQUIRE AN IN-HOME
VISIT TO RECEIVE YOUR VACCINE**

REGISTER IN PERSON



At a local Service BC office

Office hours vary by location.

#Gottheshot

To book your first or second vaccine, call 1-833-838-2323 or visit www.getvaccinated.gov.bc.ca today.

All Indigenous, Métis and Inuit 12+ are eligible to get their vaccines.

Do your part to protect our Nation and #GetVaccinated!

Call 1-833--838-2323 to book your vaccine or visit getvaccinated.gov.bc!

MNBC invites you!

Are you overdue for cervical cancer screening?

Get screened at the below events!



DATES, TIMES, AND LOCATIONS:

June 27th

9:00AM - 4:00PM

Prince Rupert Regional Hospital
1305 Summit Ave,
Prince Rupert, BC, V8J 2A6

June 28th

9:00AM - 4:30PM

Kermode Friendship Centre
3313 Kalum Street.
Terrace, BC, V8G 2N7

June 29th

1:00PM - 4:30PM

Smithers Health Unit
3793 Alfred Ave,
Smithers BC, V0J 2N0

FOR MORE INFO, PLEASE CALL OR EMAIL KATINA POLLARD:

250-242-1649 or kpollard@mnbc.ca

THANK you!

**From the botton of our hearts, we thank
all our front line workers for all you do
and your commitment to our communitites.**

