

# Métis Nation BC

# Health & Wellness Newsletter



[Juncture: Modern Metis Culture - Creative Manitoba](#)

## ***In this Issue:***

---

**Métis Counselling Connect Program**

**Northern Town Hall- Northern perspective on the vaccine**

**Do you have questions for the panel?**

**How to protect yourself from Covid-19 Fraud**



**Need access to a Family doctor or Nurse practitioner in British Columbia?**

**Step 3 Guidelines: Remaining Safe Coping with Crisis during a Health Emergency**



**COVID-19 Update**

**Northern Health vaccine pop-up clinics.**

**How to stay safe during Extreme Heat**

- Central Okanagan - including Kelowna
- North Okanagan - including Vernon
- South Okanagan - including Penticton

# Métis Counselling

## Connect



Support services for Métis residential school and intergenerational survivors are welcomed to apply to our Métis Counselling Connect program for 10 counselling sessions with counsellors, psychologists, or psychiatrists registered through:

***BC Psychological Association | College of Psychologists of British Columbia***

***Physician referral to see a Psychiatrist through the College of Physicians and Surgeons.***

***BC Association of Clinical Counsellors (BCACC)***

***Canadian Counselling and Psychotherapy Association (CCPA)***

***British Columbia Association for Marriage and Family Therapy (BCAMFT)***

Applicants will be prompted to respond to a declaration of need, and then on approval will receive an emailed letter generated from the MNBC's COVID-19 Program Portal website for the mental health clinician of their choice. MNBC will work with your clinician to arrange for direct billing so applicants won't be out of pocket. Applicants may be placed on a waitlist as space is limited. MNBC will contact those on the waitlist when the applicant has been approved.

To apply to the program,  
login and apply through  
MNBC's COVID-19  
Program Portal  
at [www.mnbc.ca/portal/login](http://www.mnbc.ca/portal/login)



**MÉTIS NATION  
BRITISH COLUMBIA**



MNBC AND NORTHERN HEALTH PRESENTS

# PREVENTING COVID-19 IN OUR NORTHERN COMMUNITIES

Métis Nation BC is hosting a northern Town Hall in August to talk about the COVID-19 vaccine

Do **you**, your **family**, or **Community** have questions about the vaccine?  
Things like:

What are the short term and long term side effects?

Will this effect my fertility?

How do I talk to my partner about my or their hesitations?

Please submit your questions by email to [covid19@mnbc.ca](mailto:covid19@mnbc.ca)

We will then choose a selection that we will address live with a panel of experts from MNBC and Northern Health.

[www.mnbc.ca](http://www.mnbc.ca)



**MÉTIS NATION**  
BRITISH COLUMBIA

FAKE CONTESTS, GIFT CARDS,  
AND VOUCHERS

POTENTIAL COUNTERFEIT  
COVID-19 VACCINES



UNSOLOITED CALLS CLAIMING TO BE FROM A PRIVATE  
COMPANY OR HEALTH CARE PROVIDERS OFFERING  
HOME VACCINATION

## **COVID-19 FRAUD KEEP YOURSELF PROTECTED**

FRAUDULENT CHARITIES  
REQUESTING MONEY FOR  
VICTIMS, PRODUCTS OR  
RESEARCH

CRIMINALS USING YOUR IDENTITY  
TO SIGN-UP FOR CERB AND  
RECEIVE PAYMENTS

UNSOLOITED CALLS, EMAILS AND TEXTS  
REQUESTING URGENT ACTION OR  
PAYMENT AND/OR OFFERING MEDICAL  
ADVICE, FINANCIAL RELIEF, OR  
GOVERNMENT ASSISTANCE AND  
COMPENSATION

Protection



## Be Proactive

The best way to protect yourself from this kind of attack is to be vigilant when browsing the web. Also, please don't download or install anything on your computer unless you can be sure of its authenticity.

Installing comprehensive anti-virus software on your computer will help increase your security by vetting all downloads and blocking installations that cannot guarantee security.

## What if I gave someone my information by accident?

1. Contact all company's involved, including the bank that issued the credit card or debit card. Tell them it was a fraudulent charge. Ask them to please reverse the transaction. Keep the gift card itself, and the receipt or any other documentation.
2. Create a new, strong password. If you use the same password anywhere else, change it there, too.
3. Update your computer's security software, run a scan, and delete anything it identifies as a problem.

**Lastly, make sure to check all your credit cards, bank, and other financial accounts for unauthorized charges or changes. If you see any, report them to the company.**

**You can also visit the Canadian Anti-Fraud Centre (CAFC) to see what steps you should take.**

# NEED ACCESS TO A FAMILY DOCTOR OR NURSE PRACTITIONER?

AS A MÉTIS PERSON, YOU HAVE THE OPTION TO ACCESS CULTURALLY SAFE CARE THROUGH THE VIRTUAL PRIMARY AND COMMUNITY CARE CLINIC.



## NORTHERN HEALTH VIRTUAL PRIMARY AND COMMUNITY CARE CLINIC

The Virtual Clinic provides culturally-safe care to patients who need medical help after hours and wish to speak to a health care team member (doctor, nurse practitioner, or nurse) by phone or video.

### THE VIRTUAL CLINIC IS FOR PEOPLE WHO ARE PHYSICALLY LOCATED IN THE NORTHERN HEALTH REGION WHEN THEY CALL, WHO:

- Don't have a family doctor or nurse practitioner.
- Need care on weekends, after their health centre is closed.

You're encouraged to call your family doctor or nurse practitioner first, or the urgent and primary care centre in your community.

### WHAT YOU'LL NEED:

- Personal Health Number

### CLINIC INFORMATION:

- Call 1.844.645.7811 to book an appointment by video or phone.
- Open seven days a week, from 10am to 10pm (including holidays).

*If you need urgent medical help, please call 911 or your local emergency response service.*

For more information on this program, please visit [northernhealth.ca/virtualclinic](http://northernhealth.ca/virtualclinic).



## MÉTIS NATION BRITISH COLUMBIA MINISTRY OF HEALTH

Métis Nation BC offers support in navigating health services and resources in the North for Métis people. Please contact us!

### WHO IS ELIGIBLE?

- Services are available to Citizens of Métis Nation BC and those who self-identify, including family members who are not indigenous.

### CONTACT AT MÉTIS NATION BC:

- Call 1.604.238.1532 to speak with Northern Regional Health Coordinator, Katina Pollard.
- Services are available Monday through Friday from 8:30am to 4:30pm.

*If you or someone you know is in crisis, please call the 24 hours a day, 7 days a week Métis Crisis Line at 1.833.638.4722.*

For more information on Métis Nation BC, please visit [mnbc.ca](http://mnbc.ca).

If you have comments or concerns from your experience with the Virtual Primary and Community Care Clinic, please contact Northern Health at [NorthernHealthVirtualClinic@northernhealth.ca](mailto:NorthernHealthVirtualClinic@northernhealth.ca), or Métis Nation BC at 1.604.238.1532.



# Step 3 Guidelines- Remaining safe

## PHO guidance

Increased social contact - If you or anyone in your family feels sick stay home and get tested immediately



**On Wednesday, August 4, all clinics in British Columbia are offering walk-in doses.**

You don't need to register online or by phone before you arrive.

Dose 1 eligibility: All people aged 12+

Dose 2 eligibility: All people vaccinated before June 16

Bring a photo ID to the clinic. You'll receive either Pfizer or Moderna.

If you're getting dose 2, you're also encouraged to bring your immunization record card.

<http://gov.bc.ca/vaxforbc>

# COPING WITH CRISIS DURING A HEALTH EMERGENCY



## Common Reactions to Abnormal Events

Everyone who has lived through a crisis will probably experience stress. This brochure highlights common reactions to stress and gives suggestions on how to cope with them.

**It's important to remember that stress reactions are common reactions to an abnormal situation.**

## When to Seek Professional Help

The stress reactions experienced while adapting to the current situation might last for some time. If the reactions persist and make it impossible to function as you normally would over a long period of time, seek help. One option is to contact your local health facility or a local crisis support line.

Here are some ways stress can affect you:

- Feeling fear and worry, especially focused on one's own health and the health of loved ones.
- It can be difficult to relax and to get a good night of restful sleep. Your appetite and eating habits can also be affected.
- Being stressed can worsen the symptoms of existing health problems, including mental health problems.
- For some people we can see an increase in the use of substances such as commercial tobacco, alcohol and other drugs.
- Feeling stressed and afraid – as well as self-isolation and physical distancing – can make it difficult to maintain close social relationships, which are important to well-being and to maintaining our resilience in the face of a crisis.

YOU CAN LEARN MORE ABOUT PSYCHOLOGICAL FIRST AID ON [REDCROSS.CA](http://REDCROSS.CA)

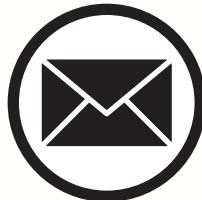
# **You are making a difference.**

The steps you are taking to protect your health may prevent you from supporting those around you and your community as you normally would during difficult times. **Understand that you are part of the solution.**

You may not be able to babysit your grandchildren, visit friends, volunteer, or go to work. You may also find isolation frustrating or worry about what will happen next. That said, there are helpful things you can do.

## **Stay in touch with your friends and family**

Talk regularly to your friends and family by phone, over email or online.



Don't hesitate to let them know how you are feeling. Your children, grandchildren, family and friends will also benefit from staying in touch with you.

## **Take care of **YOUR** mental health**

Set an amount of time dedicated to news. This can help strike a healthy balance between staying up to date and avoiding stress by being exposed to too much information.

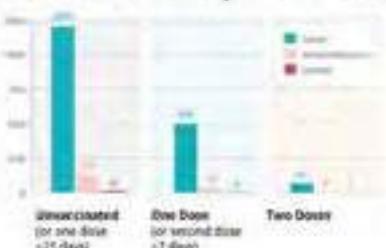
If the weather is nice, open the windows in your home and let in some fresh air and sunshine. If you're able to, go for a walk, hike or run.

Try to exercise regularly, eat healthy balanced meals, drink enough water, and avoid smoking or drinking alcohol.

Set aside time to do activities you enjoy such as: reading, cooking and other indoor hobbies.

## Getting Vaccinated Makes a Difference Cases & Severe Outcomes (June 15 - July 15, 2021)

### Cases & severe outcomes by vaccination status



### Age distribution of severe outcomes by vaccination status



Less than 5% of COVID-19 cases are among fully vaccinated people.

Unvaccinated people are at significantly greater risk of severe outcomes.  
Getting vaccinated protects yourself, your older loved ones and your community.

## COVID-19 IN BC

# Covid-19 Update

There are currently 781 active cases of COVID-19 in the province, and 146,178 people who tested positive have recovered.

Active cases, 53 individuals are currently in hospital and 15 are in intensive care. The remaining people are recovering at home in self-isolation.

### 30 new cases in Fraser Health

**Total active cases: 219**

### 18 new cases in Vancouver Coastal Health

**Total active cases: 263**

### 37 new cases in Interior Health

**Total active cases: 244**

### one new case in Northern Health

**Total active cases: 31**

### three new cases in Island Health

**Total active cases: 18**

### no new cases of people who reside outside of Canada

**Total active cases: six**



# Northern BC COVID-19 vaccine pop up clinics



## CHETWYND

Aug 3 (10 am to 4 pm)

Chetwynd Royal Canadian Legion

4511 Veterans Way,  
Chetwynd, BC

## DAWSON CREEK

Aug 3, 4, 6 (9 am to 4 pm)

Aug 5 (12 pm to 7 pm)

Ovintiv Events Centre,  
CO-OP Mercer Hall

## FORT NELSON

Aug 3, 4, 5, 6, 9, 10, 11,  
12, 13, 16, 17, 18, 19, 20,  
23, 24, 25, 26, 27  
(1 pm to 5 pm)

Fort Nelson Health Centre

## FORT ST. JOHN

Aug 3 (11 am to 6 pm)

Aug 4 (9 am to 5 pm)

Aug 5 (11 am to 6 pm)

Aug 6 (10:30 am to 2:30 pm)

Totem Mall Old Marks Work Wearhouse

## FORT ST. JAMES

Aug 4

(10 am to 3:30 pm)

Aug 5, 19

(10 am to 4 pm)

Aug 10, 11

(9:30 am to 11 am)

Fort St James Community Hall

## HUDSON'S HOPE

Aug 9

(5:30 pm to 7:30 pm)

Hudson's Hope Health Centre

## PRINCE GEORGE

Mon to Sat (10:30 am to 5:30 pm)

Prince George Conference and Civic Centre

## PRINCE RUPERT

Ongoing clinics will run every Friday (9 to 4 pm) starting July 9

The CORE Space (next to the Health Unit)

## QUESNEL

Tue to Fri (and alternating Sat)

Quesnel Arena #2

12+ booked appointments are available and drop-ins are welcome at most sites.

# Northern BC COVID-19 vaccine pop up clinics



## SMITHERS

Aug 5 (9 am to 3:30 pm)

Coast Mountain College

## TERRACE

Aug 3-6, 9-13 (9 am to 12 pm)

Terrace Sportsplex

## TUMBLER RIDGE

Aug 4, 11, 18, 25 (10 am to 2 pm)

Tumbler Ridge Community Centre

## VANDERHOOF

Aug 5, 19 (9 am to 12 pm)  
Aug 4, 13, 27 (1 pm to 4 pm)

Nechako Senior Citizens Friendship Club

## VALEMONT

Aug 4 (1 pm to 3 pm)  
Aug 5 (9 am to 4 pm)  
Aug 12 (2 pm to 4:15 pm)  
Aug 19 (2 pm to 3 pm)  
Aug 26 (2 pm to 4:15 pm)

Valemount Community Hall

## MACKENZIE

July 30 (11 am to 6 pm)  
July 31 (10 am to 3 pm)  
Aug 4 (1 pm to 4 pm)  
Mackenzie Co-op parking lot

## STEWART

Ongoing  
Stewart Health Centre

## HOUSTON

Ongoing clinics  
Tues (9 am to 12 pm)  
Thurs (1 pm to 4 pm)

Coast Mountain College

## KITIMAT

Every Wed (10 am to 4 pm)  
Kitimat General Hospital - Multi-purpose Room

12+ booked appointments are available and drop-ins are welcome at most sites.

# How to stay safe during Extreme Heat.

The extreme heat is now upon us and is expected to last until Saturday.

HealthLink BC has these tips for keeping cool and healthy:

- Drink plenty of fluids. Drink extra water before you feel thirsty if you are active on a hot day. Ask your healthcare provider how much water you should drink if you are on water pills or limiting your fluid intake.
- Keep cool. Stay indoors in air-conditioned buildings or take a cool bath or shower.
- Plan activities before 10 a.m. or after 4 p.m., when the sun is the weakest.
- Avoid tiring work or exercise in hot, humid environments. If you must work or exercise, drink two to four glasses of non-alcoholic fluids each hour. Rest breaks are important and should be taken in the shade.
- Use a sunscreen with SPF 30 or higher on exposed skin and an SPF 30 lip balm, reapply after swimming.
- Wear light-coloured, loose-fitting clothing and a hat.
- Never leave children alone in a parked car. Temperatures can rise to 52° C within 20 minutes inside a vehicle when the outside temperature is 34° C.
- Regularly check older adults, children and others for signs of heat-related illness, and make sure they are keeping cool and drinking plenty of fluids.
- Heat also affects pets. Never leave a pet in a parked car. Limit pets' exercise, and be sure to provide them with plenty of water and shade.

Regions of BC are being impacted or are likely to be impacted by wildfire smoke over the next 24-48 hours.

Individuals may experience symptoms such as increased coughing, throat irritation, headaches or shortness of breath. Children, seniors, and those with cardiovascular or lung disease, such as asthma, are especially at risk. If your home is not air-conditioned, be sure the house doesn't get too warm when doors and windows are closed to keep out smoke.

Exposure to too much heat can also result in illness. If you or those in your care are exposed to wildfire smoke, consider taking extra precautions to reduce your exposure. Wildfire smoke is a constantly changing mixture of particles and gases which includes many chemicals that can harm your health.

**If symptoms are severe, last longer than one hour, change, worsen or cause concern, contact a healthcare provider or call 9-1-1.**

