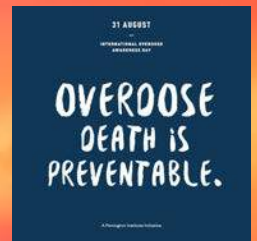


MÉTIS NATION BRITISH COLUMBIA

August 20, 2021

1. Truth and Reconciliation Day - September 30th
2. Metis Counselling Connect - All ages
3. MNBC outreach - International Overdose Awareness Day - August 31st
4. Travellers and Tourists urged to stay out of Interior B.C.
5. Covid-19 Update
6. B.C. Vaccine Roll out



ISSUE 73



MÉTIS NATION
BRITISH COLUMBIA

Truth and Reconciliation Day

The province says most schools and some workplaces in B.C. will be closed for a day in September to mark a new national holiday meant to commemorate the history of Canada's residential school system.

The new statutory holiday was announced by the federal government back in June, and this week, the provincial government explained how it would be observed on the West Coast. Sept. 30 will now be known as Truth and Reconciliation Day.

September 30th, a day to remember

The Ministry of Indigenous Relations and Reconciliation has advised employers in the provincial public sector to honour the day. As a result, many public services will remain open but may have reduced hours or fewer staff members working. Most schools and post-secondary institutions will be closed, as will some healthcare sector workplaces and Crown corporations.



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MÉTIS COUNSELLING CONNECTION



Citizens of all ages identifying as Métis can apply to be provided up to 10 counselling sessions with counsellors, social workers, psychologists, psychiatrist 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

**To apply to the program,
login and apply through
MNBC's COVID-19
Program Portal
or contact
mentalhealth@mnbc.ca
at www.mnbc.ca**



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MNBC Outreach



**International Overdose
Awareness Day**

AUGUST 31st

International Overdose Awareness Day is an opportunity to remember the thousands of people who have died by overdose, and to acknowledge the grief experienced by our communities, families, and friends who have lost loved ones.

**On August 31st, MNBC's Harm Reduction
Outreach team will be offering information
and supplies at the following locations:**

**9:30-11:30 AM 13401 108 Ave,
Surrey**

2:00-4:00 PM Vancouver's DTES

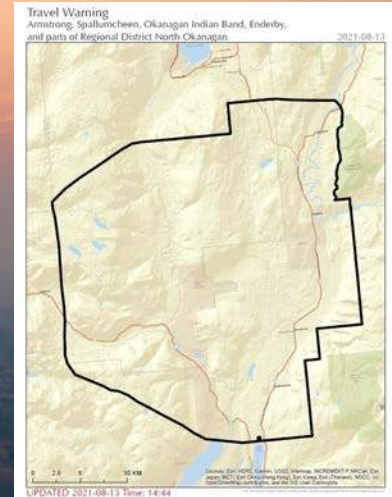


Have you heard about Lifeguard app?

MNBC has partnered with the Lifeguard App to create a Métis specific version - free on apple & android devices. This life-saving app is designed to combat the opioid epidemic. Over 90% of all overdoses occur when folks are alone - instead, try to use in a safe place with a trusted person nearby. Using Lifeguard App should always be your last option.

#END OVERDOSE

Travellers and Tourists urged to stay out of Interior B.C.



B.C. wildfires: Province asks public not to visit parts of Interior in weekend travel warning | CTV News



"We are taking this proactive step because the safety of people and communities is paramount," said Farnworth.

Given the wildfires, MNBC asks citizens to please reconsider any non-essential travel you may have planned.

Community resources are currently strained as they support the evacuees of the affected areas.

Instead, consider visiting an area of the province that the wildfires have not impacted. Given the wildfire danger, ash and smoky conditions in communities and on highways in B.C., try to refrain from non-essential travel in these areas.

Emergency Management BC says that accommodations are reaching capacity in many communities and encourages anyone who has camping accommodations to consider returning home or rebooking to allow space for evacuees. In addition, emergency Management BC asked people to begin planning where they'd go if they're ordered to evacuate and encouraged them to check with their insurance companies to see if their costs while on evacuation are covered.

"If possible, the best option would be to arrange to stay with family or friends, so commercial accommodations have the capacity for evacuees who have no other option," the emergency agency said in a news release.

These areas include:

- Armstrong
- Spallumcheen
- The Okanagan Indian Band
- Enderby
- Parts of the Regional District of North Okanagan

Need to evacuate due to #BCwildfires? · Leave the area immediately · Register with Emergency Support Services at <http://ess.gov.bc.ca> · Go to your designated ESS reception centre if you need support · Follow channels for your area for updates

EmergencyInfoBC.gov.bc.ca | your source for emergency response and recovery information (gov.bc.ca)



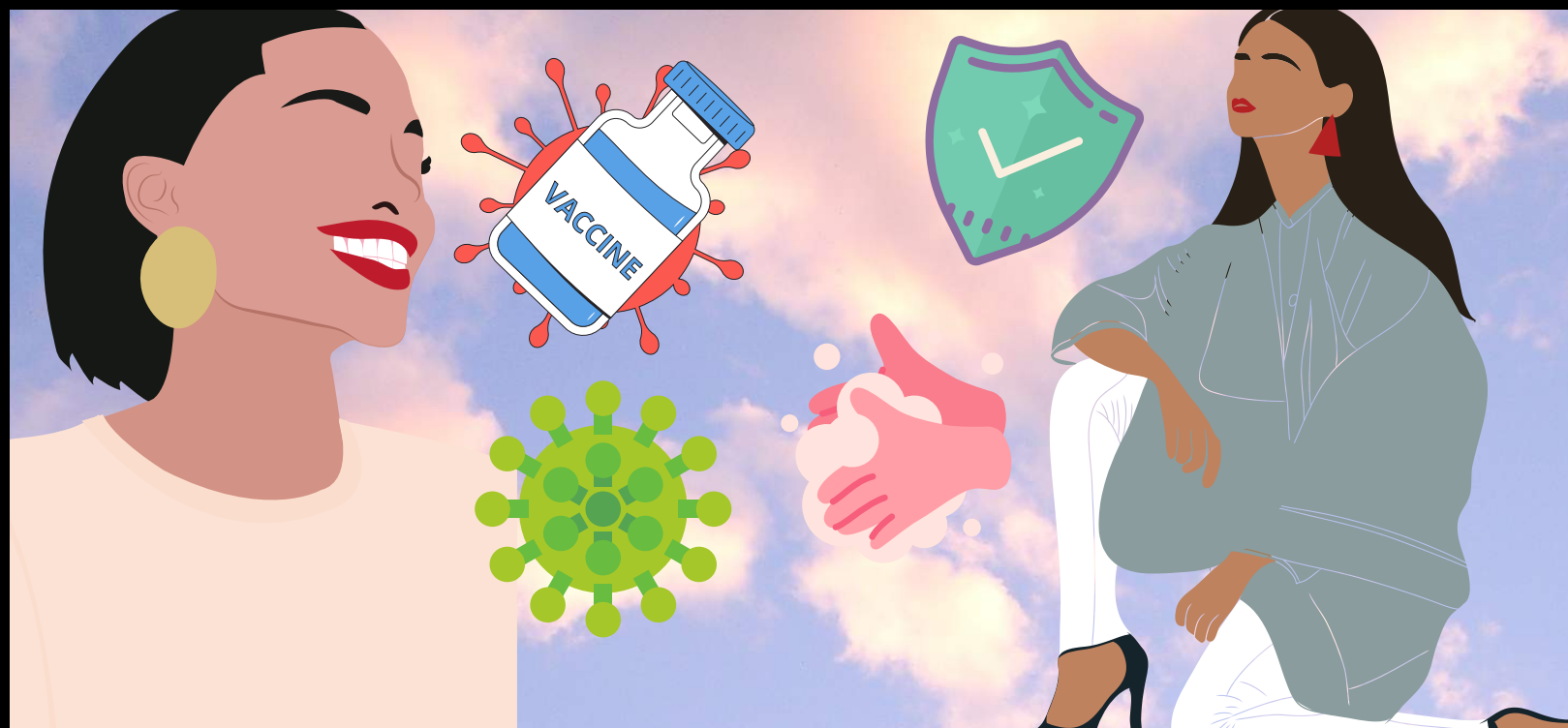
Failing to adhere to fire bans and restrictions can lead to serious fines and penalties



Help keep our forests safe



Put cigarette butts into a sealed water bottle instead of out your vehicle window



Covid-19 Update

There are 5,982 active cases of COVID-19 in the province and 150,377 people who tested positive have recovered. Of the active cases, 121 individuals are in hospital and 56 are in intensive care. The remaining people are recovering at home in self-isolation.

The new/active cases include:

- 219 new cases in Fraser Health
 - Total active cases: 1,112
- 123 new cases in Vancouver Coastal Health
 - Total active cases: 908
- 278 new cases in Interior Health
 - Total active cases: 3,368
- 27 new cases in Northern Health
 - Total active cases: 239
- 42 new cases in Island Health
 - Total active cases: 346
- no new cases of people who reside outside of Canada
 - Total active cases: nine

In the past 24 hours, two new deaths have been reported, for an overall total of 1,784. The new deaths include:

- Interior Health: one
- Northern Health: one



As of Thursday, Aug. 19, 2021, 82.9% (3,842,302) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine, and 74.0% (3,431,103) received their second dose.

In addition, 83.7% (3,619,755) of all eligible adults in B.C. have received their first dose, and 75.3% (3,257,934) received their second dose. B.C. is reporting 689 new cases of COVID-19, for a total of 158,256 cases in the province.

The Delta variant is more contagious

The Delta variant is highly contagious, more than 2x as contagious as previous variants.

Fully vaccinated people with Delta variant breakthrough infections can spread the virus to others. However, vaccinated people appear to be infectious for a shorter period: Previous variants typically produced less virus in the body of infected fully vaccinated people (breakthrough infections) than in unvaccinated people. In contrast, the Delta variant seems to produce the same high amount of virus in unvaccinated and fully vaccinated people. However, like other variants, the amount of virus produced by Delta breakthrough infections in fully vaccinated people also goes down faster than in unvaccinated people. This means fully vaccinated people are likely infectious for less time than unvaccinated people. for more information, please visit: [Delta Variant: What We Know About the Science](#) | [CDC](#)

COVID-19 IS ON THE RISE IN YOUR COMMUNITY. GET VACCINATED.

Vaccines are safe and effective against COVID-19 variants. 94% of recent cases were amongst those not fully vaccinated. Getting vaccinated with both doses is critical to help protect yourself, your loved ones, and your community. Let's get this done.



Visit a nearby
vaccine clinic



No appointment
needed



First or
second dose

To find your nearest vaccine clinic,
visit gov.bc.ca/vaxforbc



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