

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 86 | UP-TO-DATE INFORMATION AS OF FEBRUARY 25TH, 2022



"It is important to remember that while our cases are coming down, COVID-19 is still actively circulating."

- Dr. Bonnie Henry

[Click here to register for your COVID-19 vaccine](#)

[Click here to use this COVID-19 Self-Assessment Tool if feeling unwell](#)

If you or someone you know is in need of assistance, please email health@mnbca.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

MÉTIS 24HR CRISIS LINE
1-833-MÉTIS-BC
(1-833-638-4722)

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Where We Are Today



55% of eligible kids 5-11 have received their first dose of the COVID-19 vaccine.

90.5% of British Columbians 12+ received their second dose of the COVID-19 vaccine.

52.7% of British Columbians 12+ received a booster or third dose.

803 COVID-19 positive people are in hospital.

"When you live in a small community and you have a lot of elders, you know that at any time an outbreak could happen and you could lose a lot of people. We live so far away from hospitals. It's a lot harder in northern and remote communities to do simple things. We lived in fear."

"When I heard the vaccines were coming to our communities, I'm gonna say I took the largest sigh of relief I could have ever taken in my life. It's almost like, I don't even know how to explain, almost like euphoria. So the vaccines were just—they were perfect. Now that my in-laws are vaccinated and a lot of the elders in the community are vaccinated, it just took a load off of us. Like, you could even feel it."

- Feddie Louie is the Director of the Tahltan Emergency Operations Centre



PHO UPDATES



1 BC is shifting to sustainable, long-term COVID-19 management strategies. With more people vaccinated and boosted, restrictive measures may ease. There will be continual surveillance and monitoring of COVID-19. Immunization campaigns to continue, including boosters.

Easing of GATHERINGS AND EVENTS Order.

2 Incremental easing of restrictions and orders will start in mid-February. The remaining COVID-19 public health measures will be reviewed in March and April.

3 Novavax's Nuvaxovid COVID-19 vaccine will soon be available in B.C. If interested, call 1-833-838-2323 to be added to the waitlist.

4 **Free rapid tests for people 70+. Pharmacy distribution of testing kits.**

Please check the BC Pharmacy Association website [here](#) for a list of pharmacies that are dispensing tests. Please do NOT show up to the pharmacy if you are symptomatic.

5 **Additional COVID-19 treatments available – Sotrovimab and Paxlovid.** A new online assessment tool and virtual service has launched for people to see if they could receive and benefit from COVID-19 anti-viral treatments. Find out if treatments are available to you [here](#).

Starting on Feb 16, 11:59 p.m.



Indoor personal gatherings – return to normal



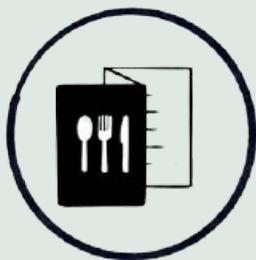
Indoor and outdoor organized gatherings -full capacity, dancing allowed



Indoor seated events – full capacity



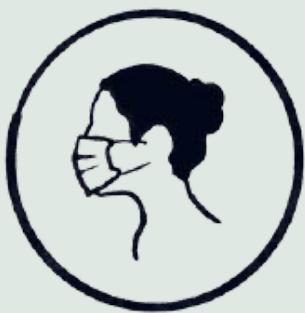
Fitness centres, adult sports, dance, swimming -full capacity , no tournament restrictions



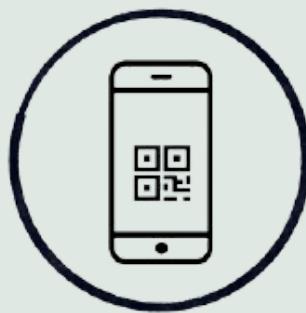
Restaurants, bars and nightclubs - full capacity, no table limits, mingling and dancing allowed

More information [here](#)

Protective measures that will continue



Masks in indoor public spaces



BC Vaccine Card



COVID-19 Safety Plans



COVID-19 IN BC

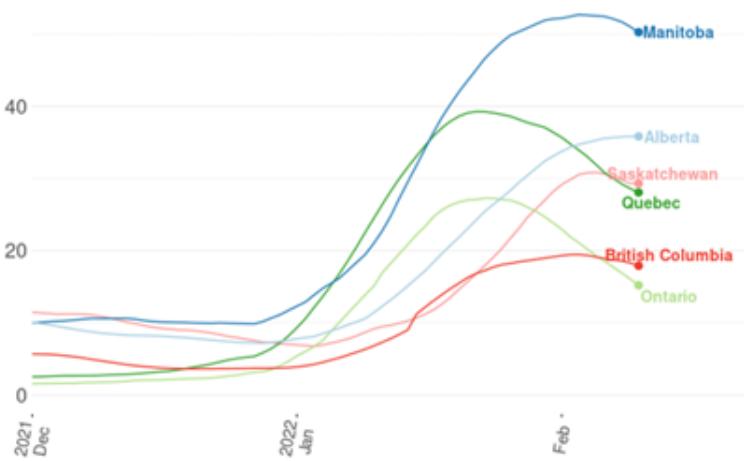
Free rapid tests for people 70+

- Present your BC services Card at the pharmacy
- Limit to one kit (5 tests) per person within a 28-day period
- You may pick up a kit for a family member/ another person
 - you need to provide their name, date of birth and have their BC services card with you.

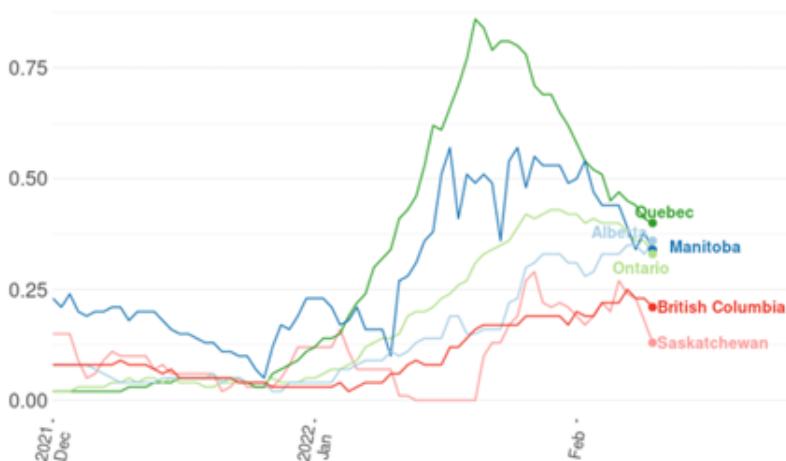
BC IS ONE OF THE MOST VACCINATED JURISDICTIONS IN THE WORLD

ESTIMATED >90% HAVE EITHER BEEN VACCINATED OR PROBABLY INFECTED.

New daily hospitalization census per 100K population (7-day moving average)

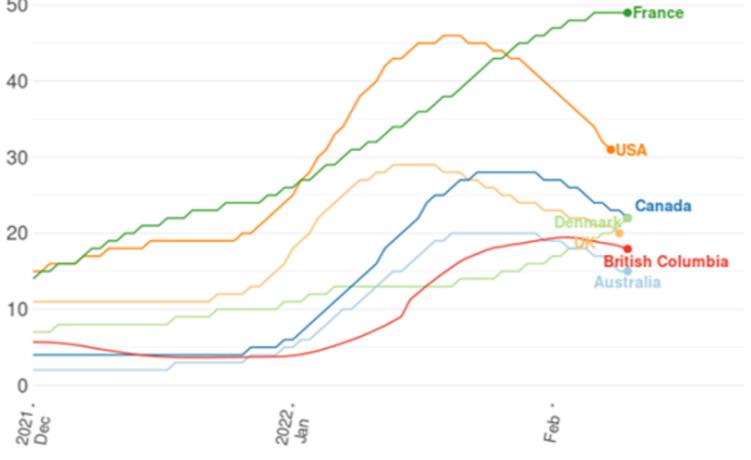


New daily deaths per 100K population (7-day moving average)

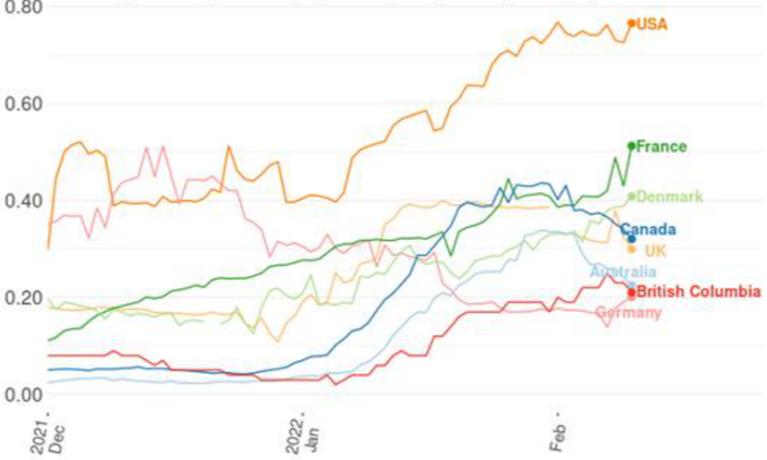


THIS PROTECTION IS EFFECTIVE AND IS SHOWN IN THE LOWER NUMBERS OF COVID-19 CASES AND DEATHS IN BC COMPARED TO OTHER PROVINCES AND AROUND THE WORLD.

New daily hospitalization census per 100K population (7-day moving average)



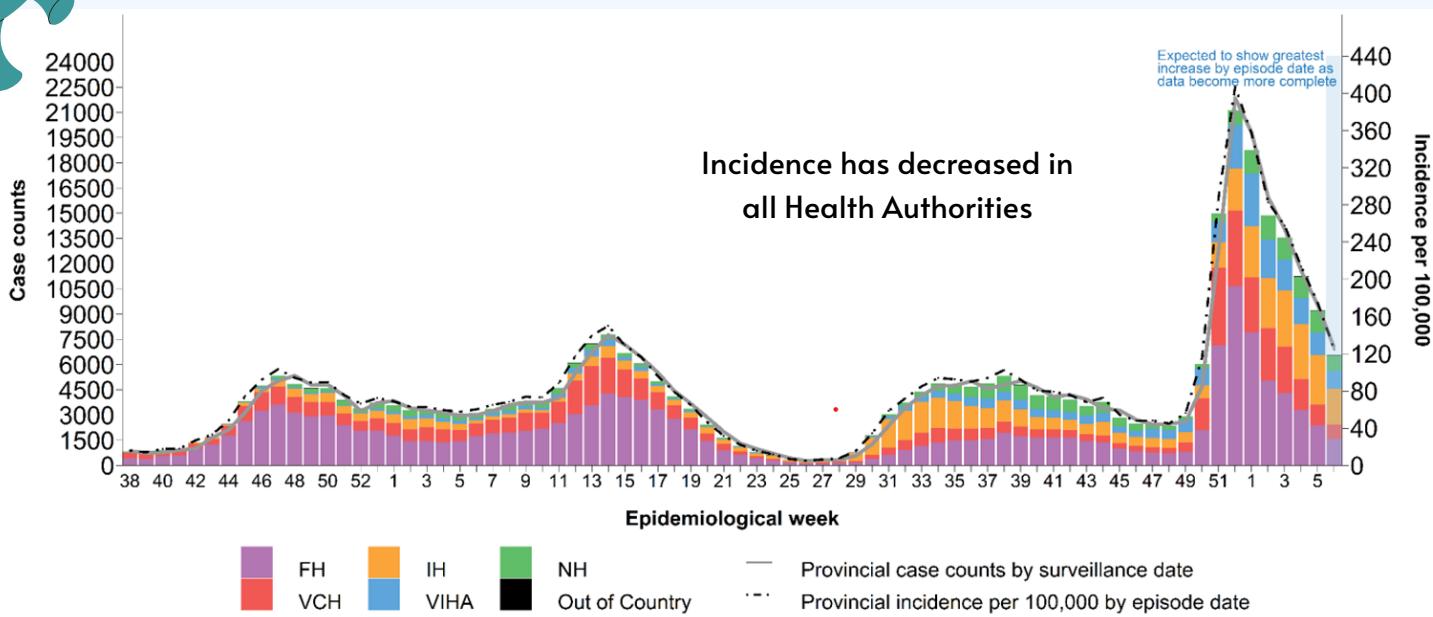
New daily deaths per 100K population (7-day moving average)



BCCDC COVID-19 SURVEILLANCE

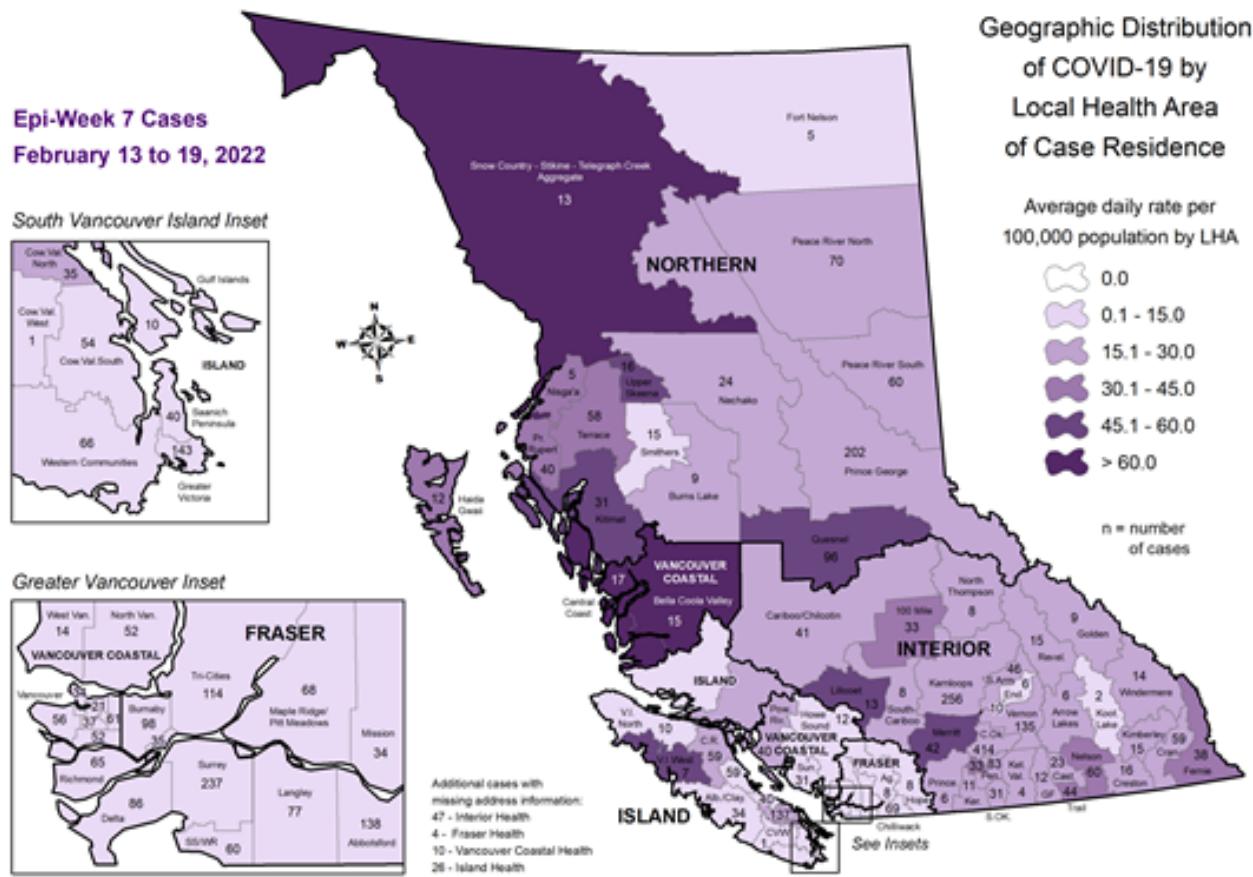
UP TO 12 February 2022

COVID-19 case counts and epidemic curve from Sept 13, 2020 to Feb 12, 2022



COVID-19 cases for the most recent 7-day period (Sunday to Saturday)

Source: BCCDC



For an up to date version of this map click [here](#)

Do you need a COVID-19 test?

If you are clinically extremely vulnerable, immunocompromised, over age 70, or pregnant - you should get tested immediately if you suspect you have COVID-19.



SYMPTOMS

- Fever (above 38° C)
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

WHAT TO DO

1 or more of these symptoms:
Get tested and stay home.

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

If you have **1 symptom**:
Stay home until you feel better.

2 or more of these symptoms:
Stay home and wait 24 hours to see if you feel better.
Get tested if not better after 24 hours.

If you are a **close contact*** of someone who has COVID-19 and have any of the symptoms listed above:

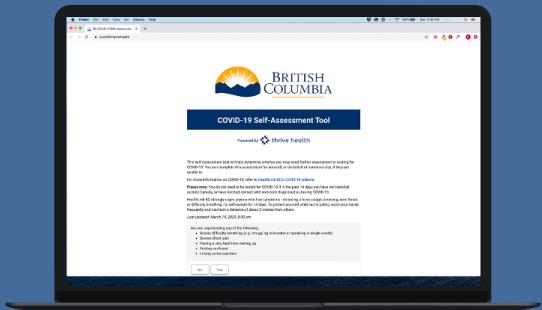
Get tested and stay home.

If you are **fully vaccinated at lower risk** and have **mild symptoms** you don't need a test. Stay home and stay away from others and manage your symptoms.

Download the Support App & Self-Assessment Tool



Access the Self-Assessment Tool online



click on the images and icons to go to link

You need to:

- 1 Check if you may benefit from treatment
- 2 Self-isolate
- 3 Manage your symptoms
- 4 Report your result

Treatment for COVID-19

There are some treatments available for people who have tested positive for COVID-19 and who are at higher risk of serious illness and needing hospitalization.

If you test positive for COVID-19, check to see if you may benefit from treatment.

Visit gov.bc.ca/covidtreatments or call 1-888-268-4319

Self-isolate

Self-isolation means keeping away from others to help stop the spread of COVID-19.

To learn more, visit: bccdc.ca/covid19selfisolation

**People younger than 18 years and
fully vaccinated people 18 years and older**

5 days



- You have isolated for at least **5 days**
- Your fever is gone without medication
- Your symptoms have improved

**People 18 years and older
who are not fully vaccinated**

10 days



- You have isolated for at least **10 days**
- Your fever is gone without medication
- Your symptoms have improved

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Continue to isolate for longer if you have a fever or are not feeling better. When you end isolation, you are unlikely to pass on COVID-19. However, it can take longer to recover from the illness. Most people feel better within two weeks. Some people with more severe symptoms can take 12 weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

If you have returned from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. For more information, visit travel.gc.ca/travel-covid

COVID-19

What to do after testing positive



BC Centre for Disease Control
Provincial Health Services Authority

Manage your symptoms

Most people can safely manage their symptoms at home by drinking plenty of fluids, resting, and using a humidifier (if you have access to one) or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8-1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 9-1-1 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused



Report your test result

It is important for public health to know your health history, where you may have been during your infectious period, such as where you work or live. The information you provide will help public health prioritize people who may benefit from public health follow up, and/or treatment for COVID-19.

Report your results at:

reportcovidresults.bccdc.ca



Vaccination after COVID-19

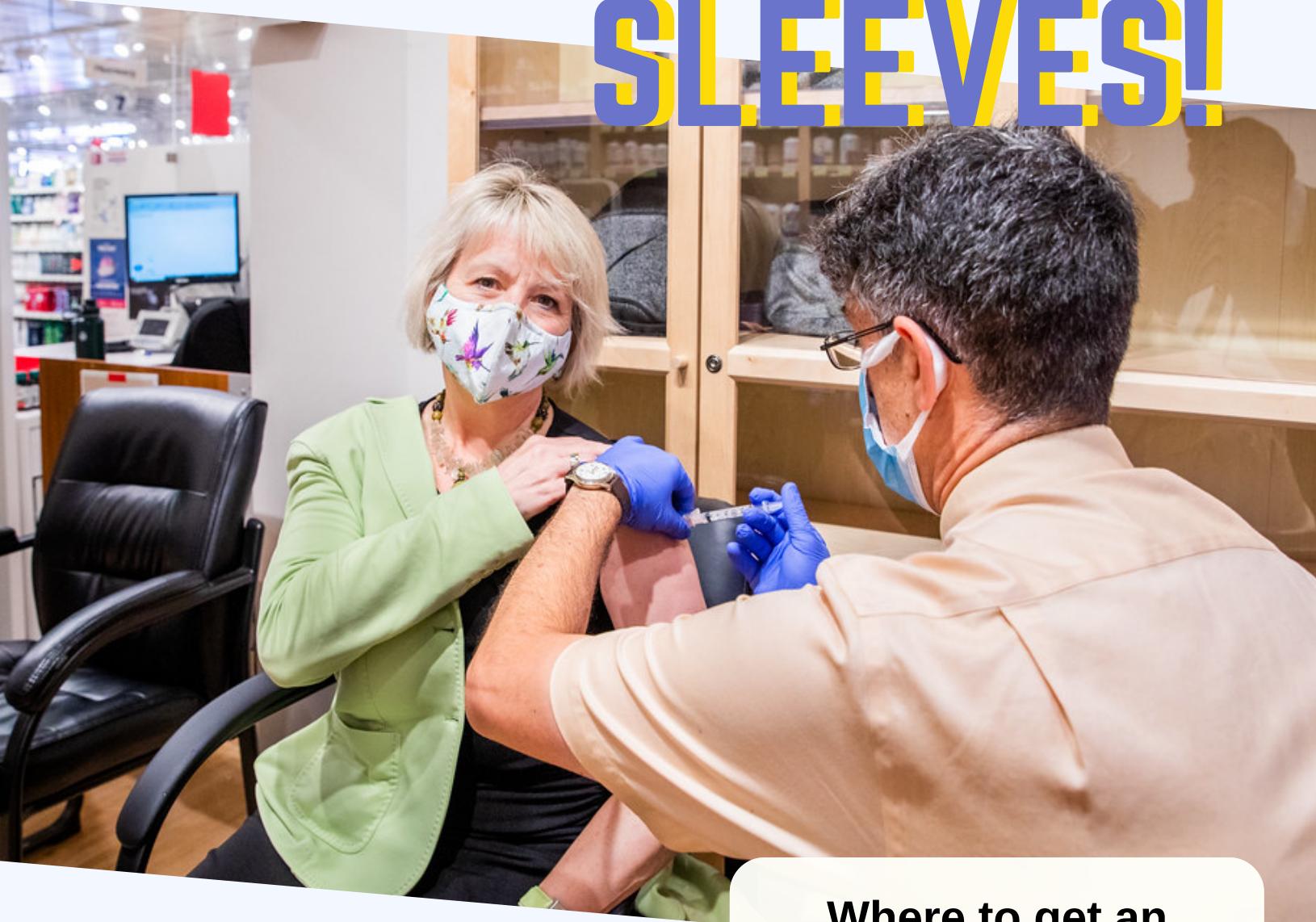
If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation.

Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

Learn more about vaccination:
bccdc.ca/covid19vaccine



ROLL UP YOUR SLEEVES!



**THIS YEAR IN B.C.,
INFLUENZA VACCINE IS FREE
FOR EVERYONE SIX MONTHS
AND OLDER.**

VACCINATION is especially important for people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly, and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

Read more [here](#).

Where to get an influenza vaccine?

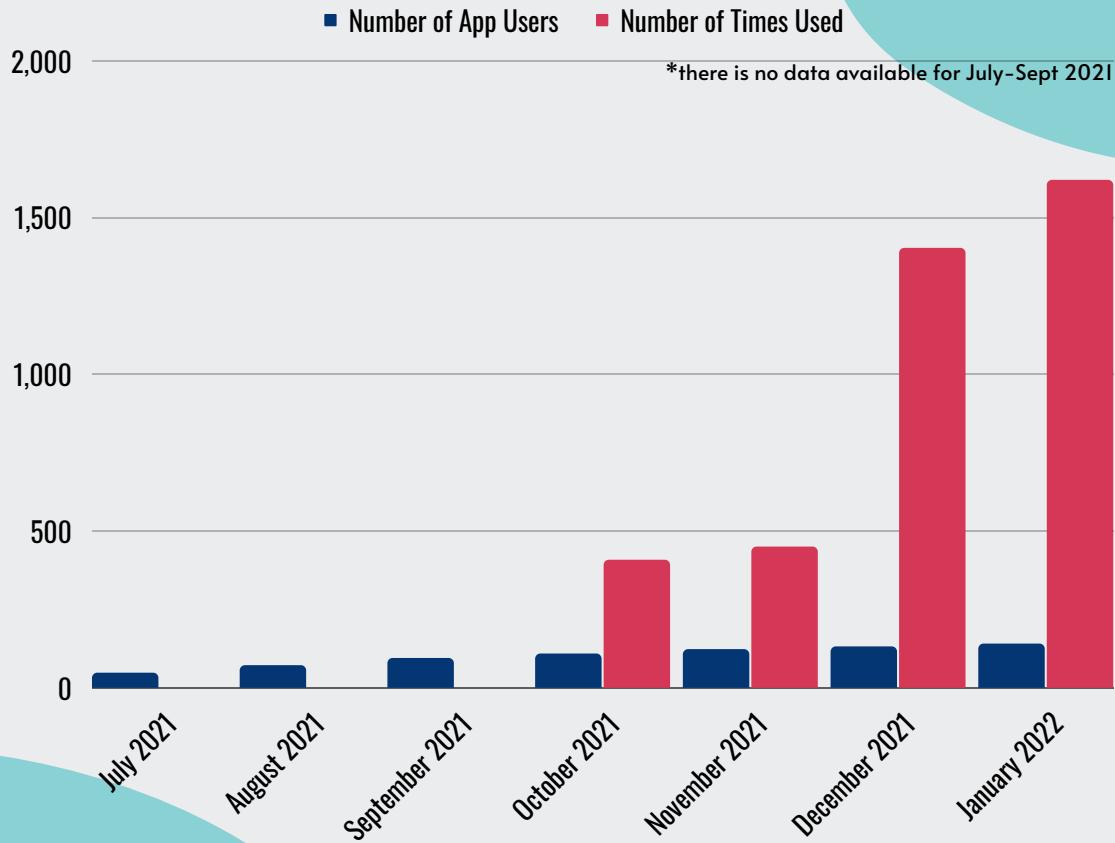
- Public health units
- Pharmacies
- Doctors' offices
- Travel clinics

Check the Influenza (flu) clinic locator [here](#).

Update on the Lifeguard App

MNBC partnered with the Lifeguard App in July 2021.

Since launching the app, the Metis version has seen the following usage:



The Lifeguard App enables users to interrupt an accidental overdose anonymously and efficiently by sending a prioritized alert to the proper paramedic services. The app also connects users with relevant support services, such as a Crisis Line and Suicide Prevention Line.

Stay One Step Ahead of the Overdose Crisis.



The **Lifeguard App** is an easy and effective way to prevent a fatal overdose. Simply activate the app before the consumption of substances. The app will confirm the user's location and begin a one-minute countdown for the user to consume the drug. If the user is unable to consciously stop the timer before its expiry (indicating the user is in distress), the app sends an encrypted text-to-voice call directly to emergency responders with critical details, such as the user's location, the drug taken, and the corresponding time. Once paramedics are dispatched, all personal call details and privacy information is automatically deleted from the app and database.



LIFEGUARD
DIGITAL HEALTH



MÉTIS NATION
BRITISH COLUMBIA

Learn more about how we're combatting the overdose crisis at LifeguardDH.com



MINISTRY OF MENTAL HEALTH AND ADDICTIONS

Adult substance use system of care

Health - Indigenous voices
- Cultural Safety & Humility

Town Hall Session

VIA ZOOM

MMHA and all partners are committed to an ongoing dialogue with Indigenous people to develop a provincial policy framework on the adult substance use system of care. While some work has been done to support this framework, the spotlight sessions will continue to illuminate Indigenous voices and experiences of the system of care. The conversations and feedback gathered in these sessions will directly contribute to this policy framework by helping to identify opportunities to supporting cultural safety and cultural humility for Indigenous People who engage with the substance use system of care. We know that Indigenous experiences across the system of care are distinct, unique, and not homogenous, and that each person who engages with the system of care has a diverse and personal journey. However – the brief spotlight may capture and support some shared experiences. Your voice is critical.

Who should attend?

**Monday
Feb 28**

9:30AM – 12PM

OR

**Tuesday
Mar 1**

5:30PM – 8PM

Métis people with lived and/or living experiences with substance use. This includes people who use or have previously used substances and those who have accessed services to address harms or concerns related to substance use. We are also looking to hear from both Indigenous and non-Indigenous people who are currently involved in delivering substance use services, either through Indigenous-focused organizations or through other service agencies.

If you are interested in attending, contact: Katherine.Mackenzie@gov.bc.ca

Everyone is moving forward at their own pace

As we carefully ease some restrictions, people and businesses will be going at their own pace, for their own reasons. Be respectful and kind as you consider others' situations and comfort levels.



Keep up your layers of protection and wear your mask in indoor public spaces. Get vaccinated, get your children vaccinated, and book your booster appointment as soon as you are invited.



Be considerate of others

Thank You for Doing Your Part



Get vaccinated



Follow guidelines and requirements



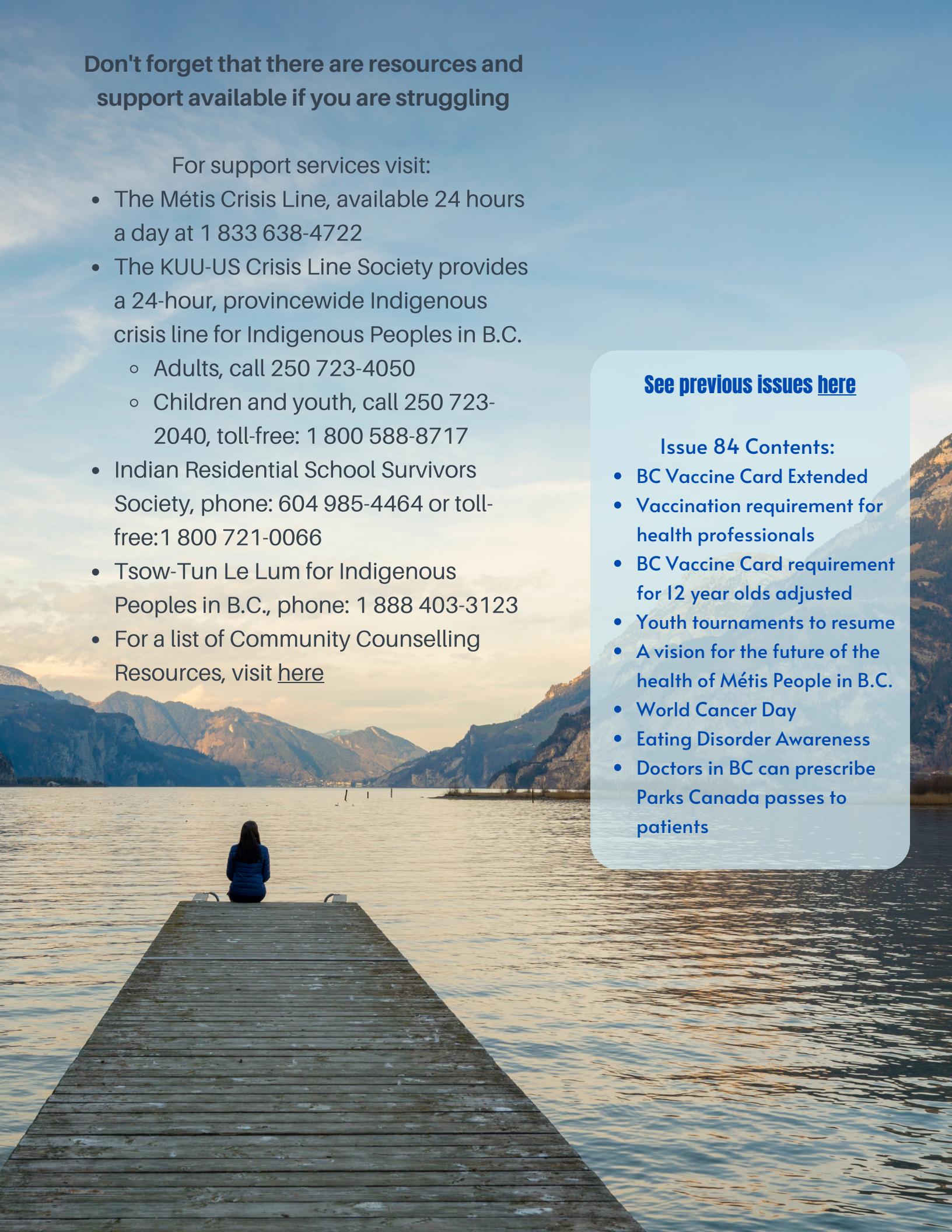
Wash your hands



Stay home if sick



Respect people's comfort levels



Don't forget that there are resources and support available if you are struggling

For support services visit:

- The Métis Crisis Line, available 24 hours a day at 1 833 638-4722
- The KUU-US Crisis Line Society provides a 24-hour, provincewide Indigenous crisis line for Indigenous Peoples in B.C.
 - Adults, call 250 723-4050
 - Children and youth, call 250 723-2040, toll-free: 1 800 588-8717
- Indian Residential School Survivors Society, phone: 604 985-4464 or toll-free: 1 800 721-0066
- Tsow-Tun Le Lum for Indigenous Peoples in B.C., phone: 1 888 403-3123
- For a list of Community Counselling Resources, visit [here](#)

[See previous issues here](#)

Issue 84 Contents:

- BC Vaccine Card Extended
- Vaccination requirement for health professionals
- BC Vaccine Card requirement for 12 year olds adjusted
- Youth tournaments to resume
- A vision for the future of the health of Métis People in B.C.
- World Cancer Day
- Eating Disorder Awareness
- Doctors in BC can prescribe Parks Canada passes to patients

marsii thank you

TO ALL THE HEALTH CARE
WORKERS FOR YOUR
DEDICATION AND SERVICE

