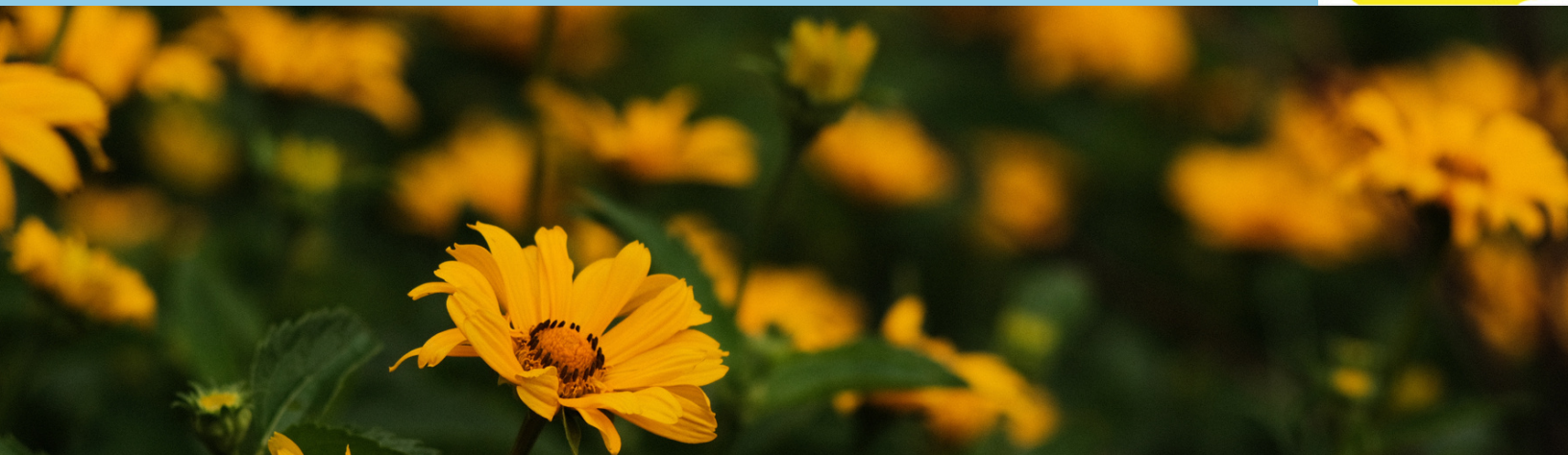


MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 87 | UP-TO-DATE INFORMATION AS OF MARCH 10TH, 2022



"It is important for us to now, with all of the uncertainty that we're facing to reach out and connect and support each other as we've been through this storm together."

- 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@mnbc.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)

INSIDE ISSUE 87

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PHO UPDATES



BC's progress.

- BC delivered over 11 million doses of vaccines.
- All health authorities are scheduling and completing postponed surgeries.
- Compared to other provinces, BC has had a lower and slower peak. Hospital admissions have decreased by 34% in the last month to less than 100 new admissions each day.
- To date, 4.4 million rapid tests distributed to schools across to province, 2.1 post secondary institutions and 5.3 million tests sent to pharmacies.



Easing of restrictions (see page 2)

Please see the most updated restrictions here. The remaining COVID-19 public health measures will be reviewed in March and April. Be mindful of other people's comfort levels. Masking, distancing, small gatherings, and hand washing are still important layers of protection. Take care and ease into activities.



Novavax COVID-19 vaccine.

Approved for use for people 18+. It is safe to mix and match. Read more [here](#). If interested, call 1-833-838-2323 to be added to the waitlist.

Changes to restrictions effective March 11



**Mask requirements
lifted**



**Overnight child and
youth camp
restrictions lifted**



**Faith gathering
restrictions lifted**

Face coverings order: Face coverings will be optional for people in all indoor public settings. Masks are encouraged on public transit and BC Ferries but are no longer required under public health order. **People may want to continue wearing a mask based on personal choice.**

Individual businesses and organizations can choose to continue to require mask wearing on their premises.

Gatherings and events for faith gatherings: The requirement of faith communities to restrict attendance based on vaccination status is no longer required.

Indoor common area mask requirements for employees as part of the Workplace Safety Order will no longer be required. Employers may choose to continue to require wearing masks for operational reasons or in certain settings.

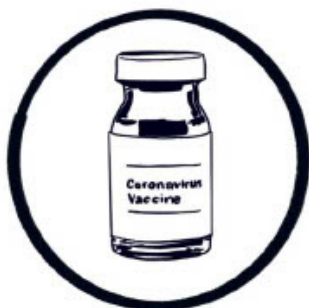
Overnight camps for children and youth order requirements: COVID-19 safety plans are no longer required to be submitted to a medical health officer for overnight camps.



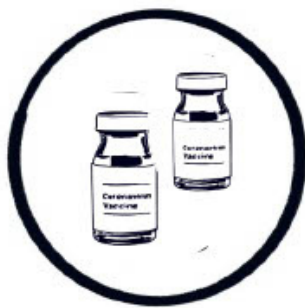
**Long-term care
visitation restored**

By **March 18**, the number of visitors to **long-term care facilities** will no longer be restricted as long as visitors are fully vaccinated and screened. Some facilities will be able to implement these changes earlier. Visitors should check with their local care home.

Where We Are Today



55.7% of eligible kids 5-11 have received their first dose of the COVID-19 vaccine.



90.8% of British Columbians 12+ received their second dose of the COVID-19 vaccine.

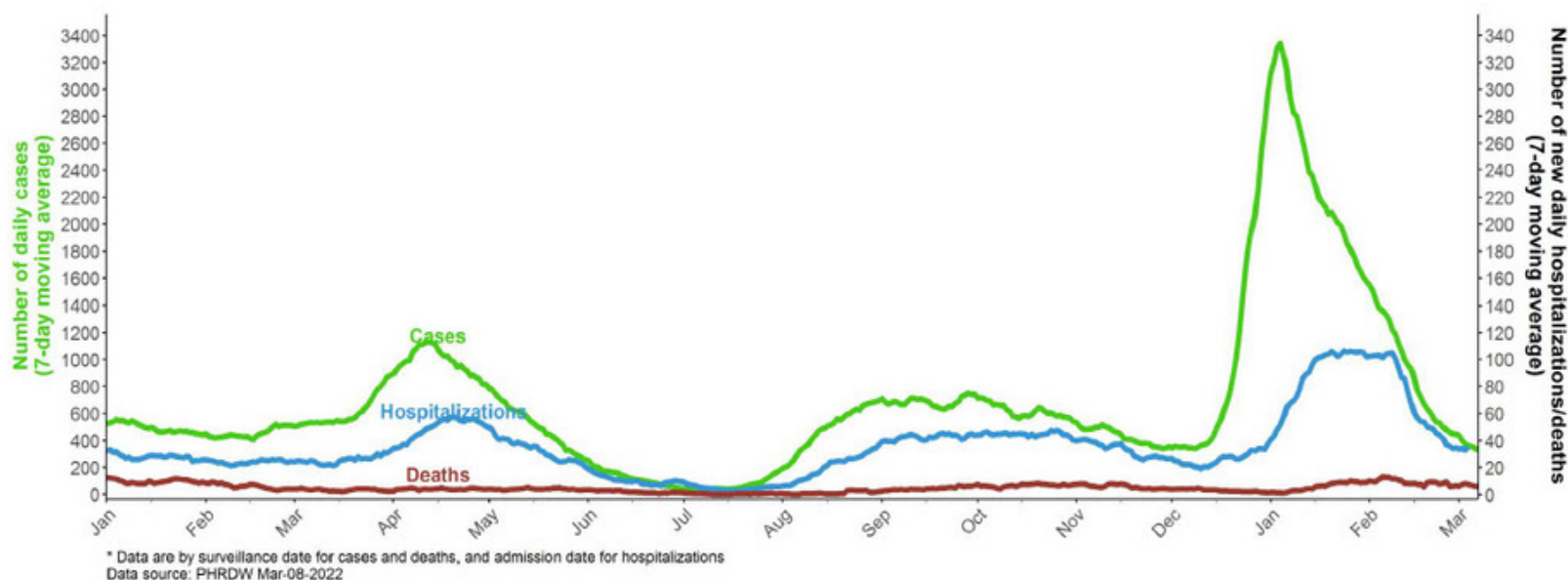


56.3% of British Columbians 12+ received a booster or third dose.



405 COVID-19 positive people are in hospital.

Cases, Hospitalizations and Deaths, Jan. 1, 2021 – Mar. 7, 2022



Cases, hospitalizations, and number of people in critical care have decreased. COVID-19 in wastewater is decreasing as well.

Future Updates

Childcare and K-12



Childcare
guidelines
revised



K-12 school
guidelines revised
(effective on return
from Spring Break)

- Masks will no longer be required in all settings in schools, once children and staff return from Spring Break.
- Students and staff are supported to continue to use masks and other layers of protection based on their own comfort and risk factors.

Effective Friday, April 8, 2022 at 12:01am



BC Vaccine Card
no longer required

Individual businesses and organizations can choose to continue to require the BC Vaccine Card proof on their premises.



Businesses transition
from COVID-19 safety
plan to communicable
disease plan

Workplaces that are Federally regulated will need to continue to follow Federal health orders and guidelines around workplaces.



Post-secondary
residence vaccine
requirement lifted

While there are positive changes now, we have to be ready to bring some tools back if necessary depending on the situation as it changes.



Free rapid tests for people 50+

- 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.

Please check [HERE](#) for a list of pharmacies that are dispensing tests.

Please do NOT show up to the pharmacy if you are symptomatic.

Tested negative for COVID-19 but still feeling sick?



Interior Health

New locations for COVID-19 vaccine clinics in the Interior. Over the coming weeks, Interior Health COVID-19 vaccine appointments will move from mass immunization clinics to pharmacies and Interior Health health centres. Please register on www.getvaccinated.gov.bc.ca or call 1-833-838-2323.

Regulated Health Professionals Order



Current order requires regulated health professionals to report vaccination status by March 31.

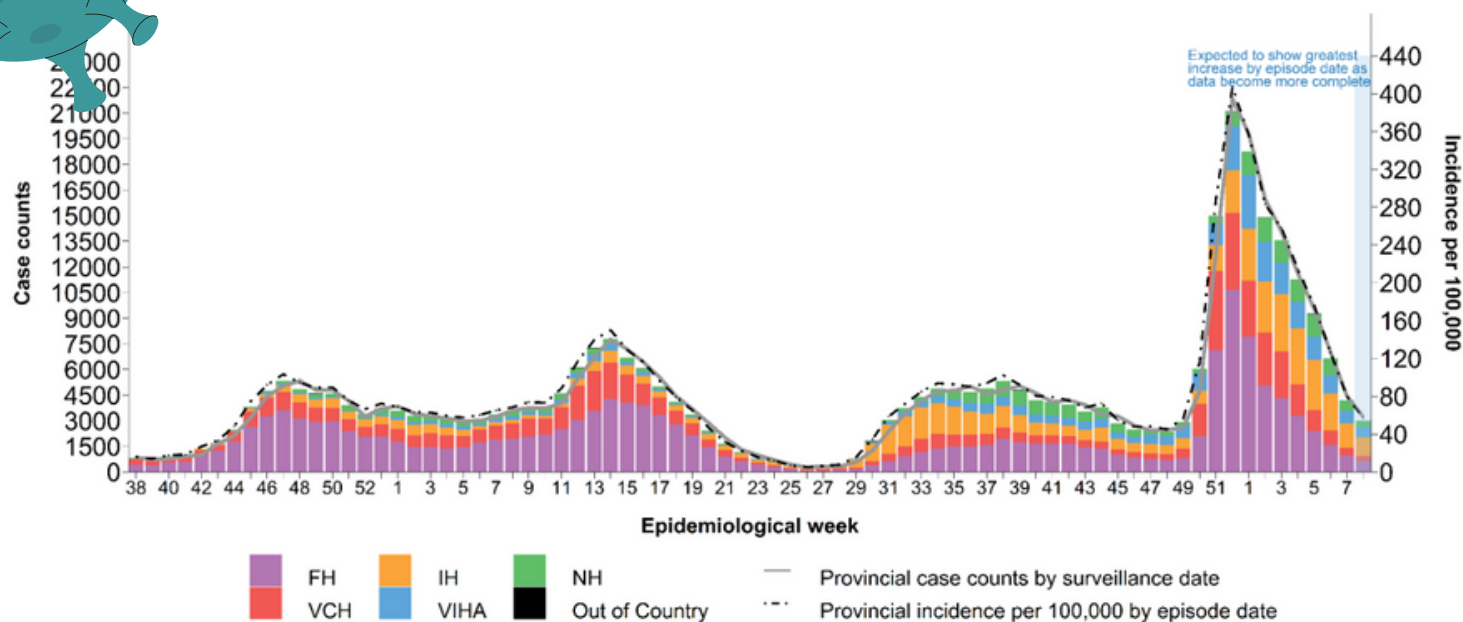
Read more [here](#)

BCCDC COVID-19 SURVEILLANCE

UP To
26 February 2022

Hospital admissions and deaths are declining; provincial COVID-19 incidence continues to decrease.

COVID-19 case counts and epidemic curve from Sept 13, 2020 to Feb 26, 2022

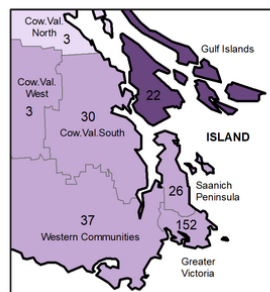


Source: [BCCDC](#)

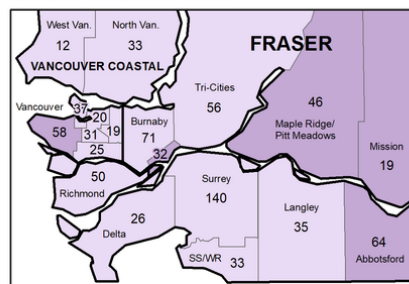
COVID-19 cases for the most recent 7-day period (Sunday to Saturday)

Epi-Week 9 Cases
Feb 27 to Mar 5, 2022

South Vancouver Island Inset



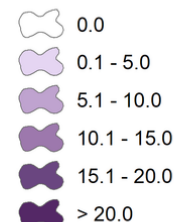
Greater Vancouver Inset



Additional cases with missing address information:
 25 - Interior Health
 3 - Fraser Health
 22 - Vancouver Coastal Health
 18 - Island Health

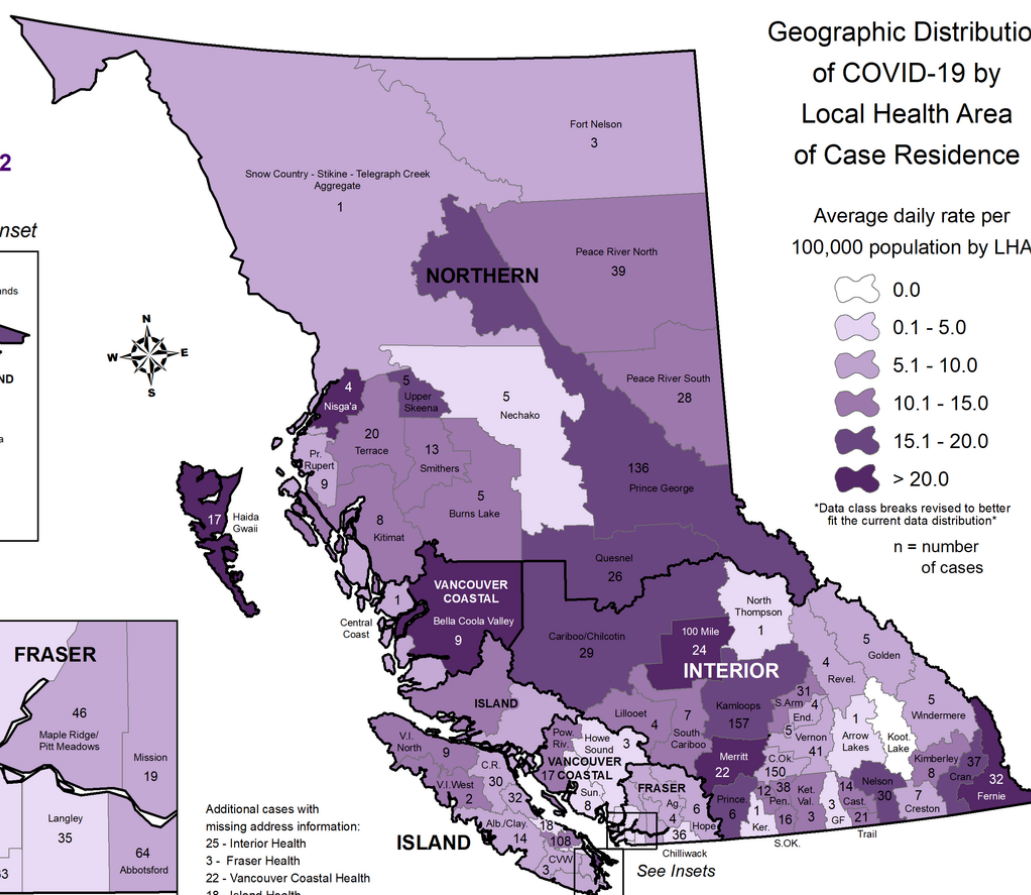
Geographic Distribution
of COVID-19 by
Local Health Area
of Case Residence

Average daily rate per
100,000 population by LHA



Data class breaks revised to better fit the current data distribution

n = number of cases



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

WHAT TO DO

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

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

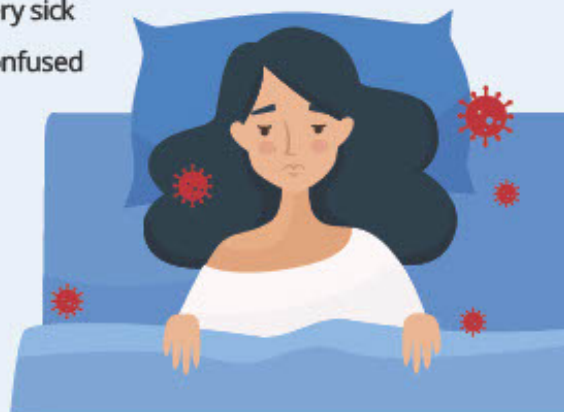
Manage your symptoms

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](#).

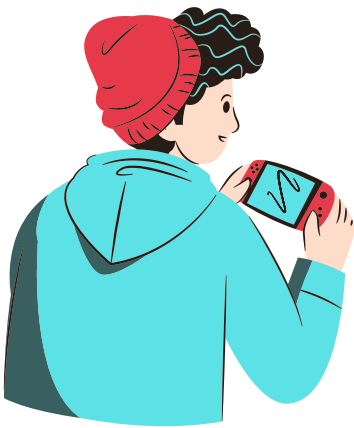
**Where to get an
influenza vaccine?**

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

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

REGISTRATION NOW OPEN: LIVING LIFE TO THE FULL FOR MÉTIS YOUTH ∞

**FREE EIGHT-WEEK GROUP BASED MENTAL HEALTH
PROMOTION COURSE FOR MÉTIS YOUTH AGES 13
TO 18**



**Eight weeks. 90 minutes per week. Delivered by
certified Métis facilitators in an online group setting.
Provides simple, practical skills for coping with
stress, problem solving, boosting your mood, and
busting bad thoughts. Adapted from the adult
course, the course is designed for youth ages 13-18.**



**MNBC's Ministry of Mental Health and
Addictions is excited to be offering one FREE
cohort of the Canadian Mental Health
Association's program, Living Life to the Full for
Métis youth ages 13 to 18. These sessions will
be running once per week on Saturdays at
10AM until 11:30AM, from April 2nd to May
21st.**

**REQUEST TO
REGISTER AT:**

**[HTTPS://WWW.SURVEYMONKEY.
COM/R/MNBCSPRINGYOUTHLLTFF](https://www.surveymonkey.com/r/MNBCSPRINGYOUTHLLTFF)**



Canadian Mental
Health Association
British Columbia

Association canadienne
pour la santé mentale
Colombie-Britannique

**LIVING LIFE
TO THE FULL**
resilience & connection in uncertainty



MÉTIS NATION
BRITISH COLUMBIA

Embrace Aging



Embrace Aging is a month long series of events to celebrate and raise awareness about positive aging in the Okanagan valley. The sessions are for everyone – young and old alike, and focus on a variety of topics related to healthy aging and ways to enhance quality of life among seniors.



Check [here](#) for a list of events happening!



INTERNATIONAL WOMEN'S DAY

March 8

Today and every day we celebrate, honour and lift up Métis women both past and present for their work in creating the strong, vibrant communities, families and cultural ties that so many of us hold dearly today. Because of our beloved knowledge keepers, Elders, mothers, grandmothers, aunties, kokoms, teachers and healers, we are strong today.



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



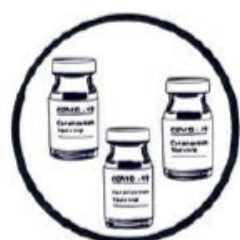
Monitor symptoms and get tested



Wash your hands



Stay home if sick



Get vaccinated and boosted including kids



Respect people's comfort levels

A person with long dark hair, wearing a blue jacket, is sitting on the end of a long wooden pier that extends into a calm lake. The water reflects the sky and the surrounding mountains. In the background, there are large, rugged mountains under a sky with soft, wispy clouds. The overall scene is peaceful and scenic.

See previous issues [here](#)

Issue 86 Contents:

- COVID-19 Recap
- PHO Updates
- Events and Gatherings Eased
- Free rapid tests for 70+
- How is BC doing compared to other places
- BCCDC COVID-19 Surveillance
- Do you need a COVID-19 test?
- What to do after testing positive
- Influenza vaccine
- Lifeguard App Update
- Métis Adult Substance Use System of Care - Town Hall Spotlight Session

Marsii, Thank you

TO ALL THE HEALTH CARE
WORKERS FOR YOUR
DEDICATION AND SERVICE

*"Today marks Canada's National Day of
Observance, a time to honour those who have
passed away as a result of COVID-19 and to share
our deep gratitude for all health-care and other
frontline workers who have courageously and
compassionately been on the front lines
throughout the COVID-19 pandemic."*

**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](#)
- here2talk.ca