

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 88 | UP-TO-DATE INFORMATION AS OF MARCH 24TH, 2022



"Take care as restrictions ease [...] Take care of thinking about all of those who deliver our care, and make surgeries possible. Take care and support residents in long term care and keep our hospitals doing all the remarkable things that they do. Take care of ourselves and each other to ease the workload on them whenever we can. That's the work we need to do now."

- Min. Dix

**[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](mailto: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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# BC HEALTH UPDATES

UPDATES UP TO MARCH 24, 2022

01

## **Long-Term Care Facilities & Assisted Living visitor guidance.**

All visitors to long-term care, assisted living, and acute care facilities will need to show proof that they are fully vaccinated with two doses of COVID-19 vaccine. All visitors will be screened and require completion of a rapid antigen test. For full details visit [HERE](#).

02

## **While public mask wearing is a personal choice now, you must continue to wear a mask in all health care settings, like vaccine clinics and hospitals.**

03

## **Health Canada authorizes use of the Moderna Spikevax COVID-19 vaccine in children 6 to 11 years of age.**

Read more [here](#).

04

## **Interior Health is temporarily adjusting inpatient services at Boundary District Hospital in Grand Forks to maintain safe patient care.**

Read more [here](#).

05

## **Rapid antigen testing kits are free for people 18+.**

You are allowed 1 kit every 28 days at your [local pharmacy](#).

# Upcoming Updates

## Childcare and K-12



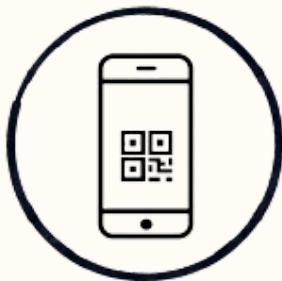
Childcare  
guidelines  
revised



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.*

# New Substance Use Care Services

Fraser Health Rapid Access to Addiction Care (RAAC) clinic locations in Chilliwack, Mission, New Westminster, and Surrey.



These clinics offer drop in services for people who use substances. No appointment needed. The clinics will include addiction medicine assessments for any substance use issue, including alcohol.

## Eligibility

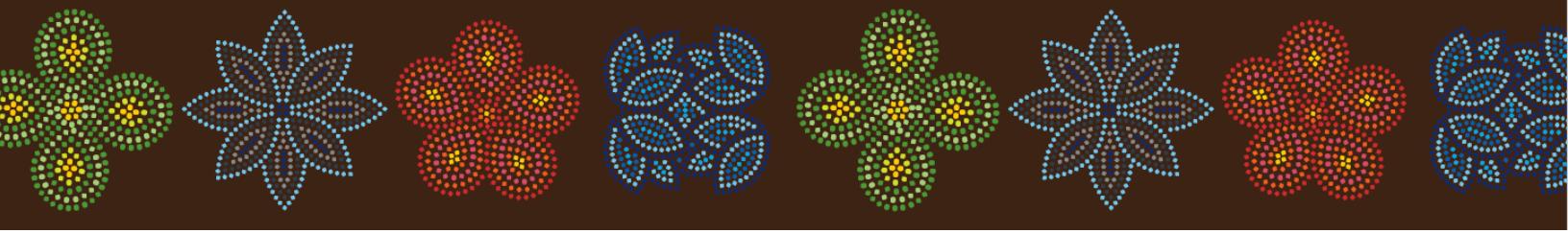
Open to any individual who identifies concerns with their substance use.

For more information see [HERE](#)



Integrated Treatment Teams are now available in Kamloops, North Okanagan, Penticton, West Kelowna, and Cranbrook. These teams offer new, flexible and discreet option for those interested in treatment for substance use in their community.

To learn more, please visit this [link](#)



## Each COVID-19 vaccine dose increases your protection against severe illness

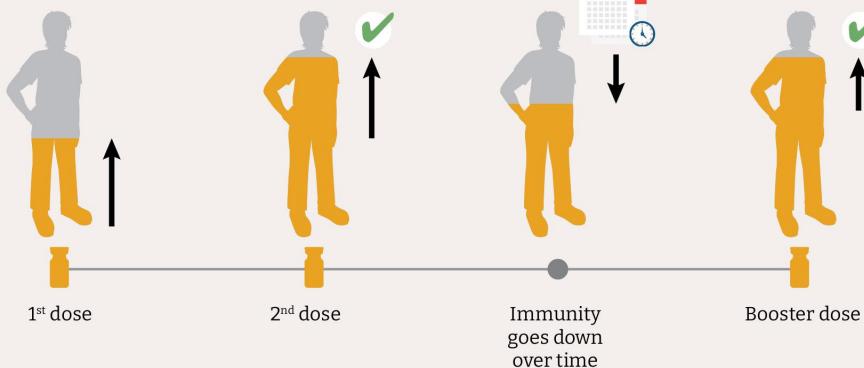


Each time you get a COVID-19 vaccine, it boosts your immunity and increases your protection.

Over time, your immunity will go down. Boosters bring your protection back up again.



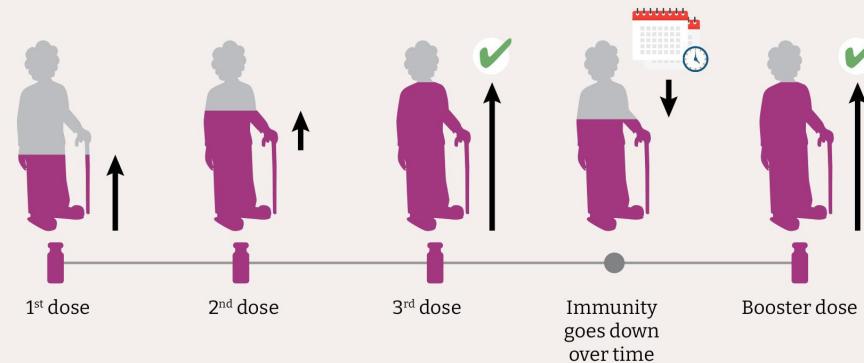
Max



Everyone's health is unique and some may need more doses to reach a high level of protection (like Max's Grandma).



Grandma

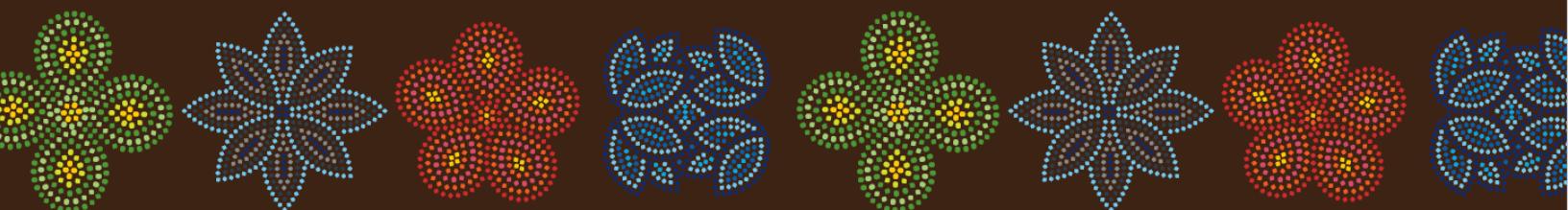


The greater your immunity, the more your body is able to fight COVID-19.

This means you are less likely to have a very serious case or need to go to the hospital.

For more info on COVID-19, visit [www.bccdc.ca](http://www.bccdc.ca)

Questions? Call Healthlink BC at  8-1-1

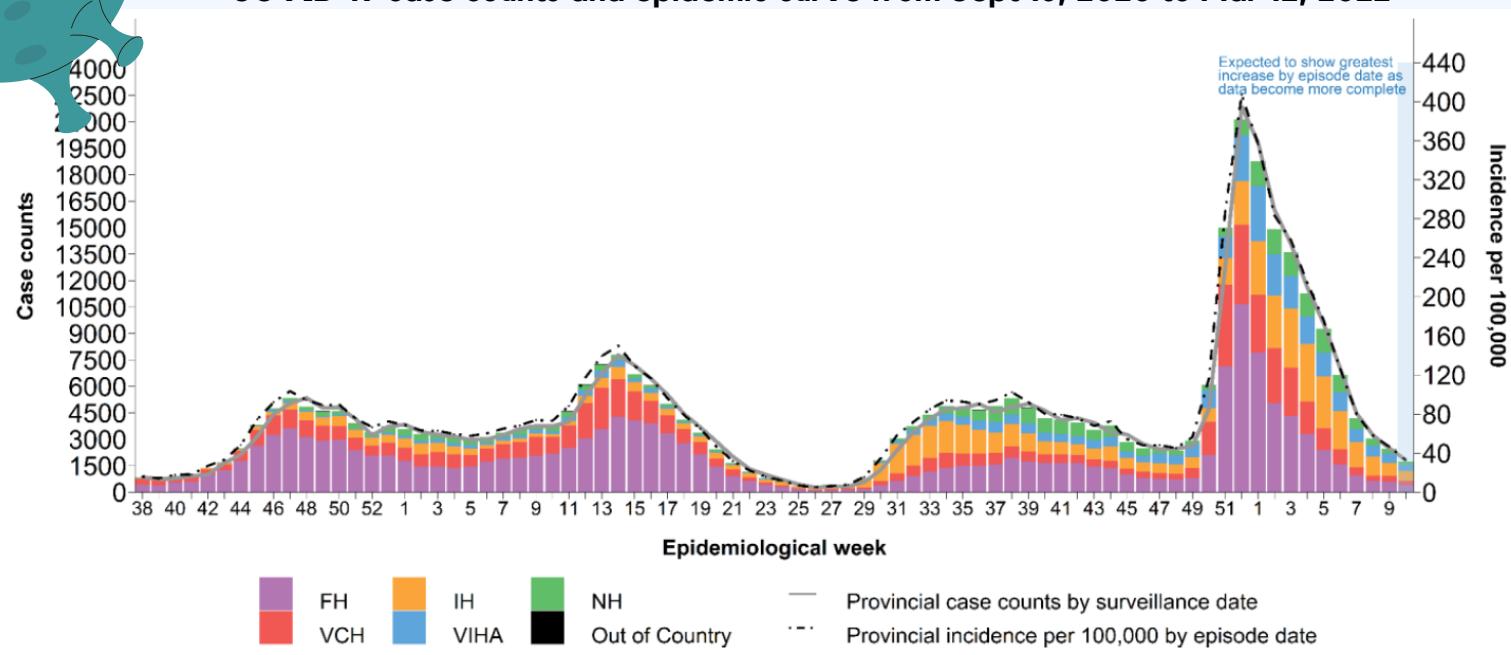


# BCCDC COVID-19 SURVEILLANCE

## UP TO 12 March 2022

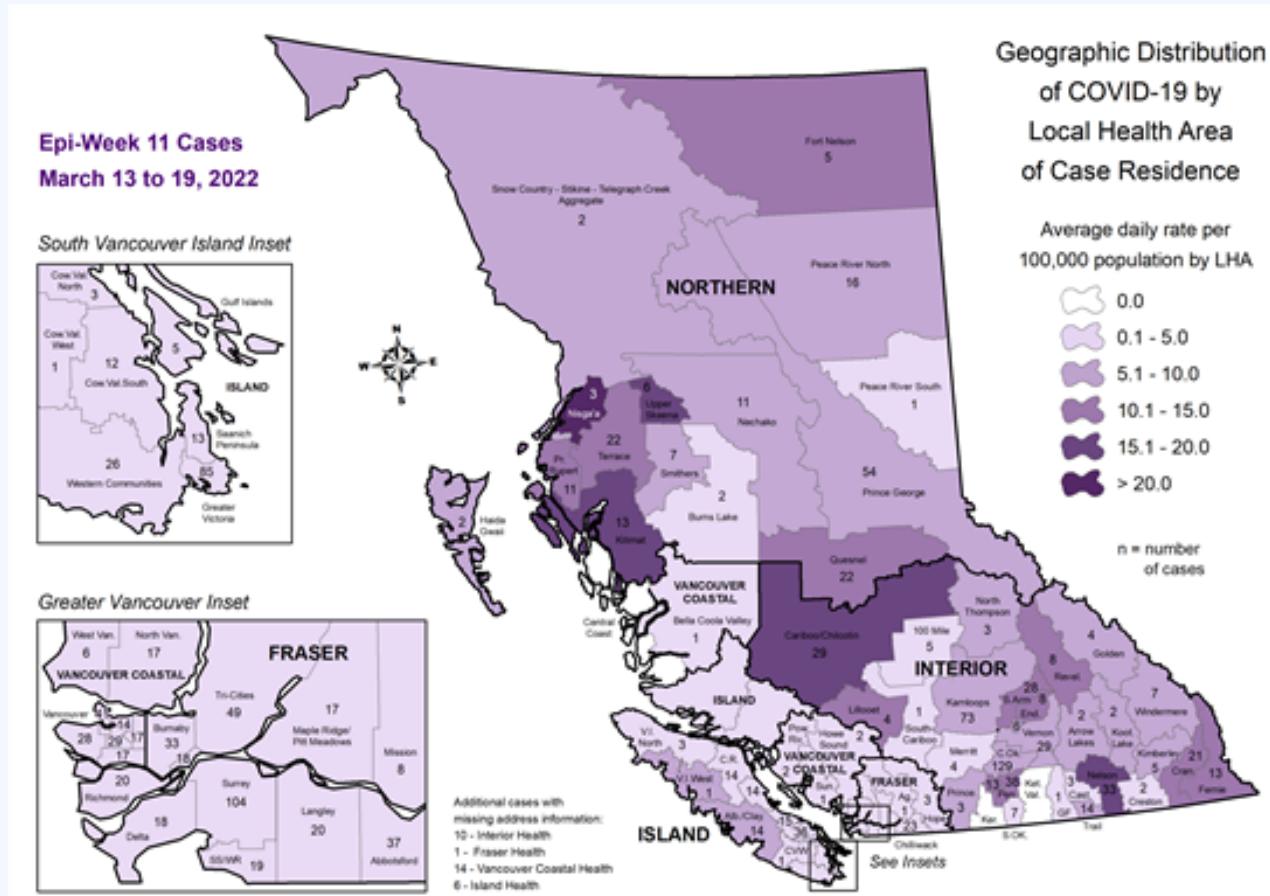
Hospital admissions and deaths are declining; provincial COVID-19 incidence continues to decrease.

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



Source: BCCDC

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



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

# Performing a Rapid Antigen Test at Home



BC Centre for Disease Control

Provincial Health Services Authority

“How do you perform a rapid antigen test correctly? ”

See answer in the post.



Watch this short video below to learn how to perform a nasal swab at home.

A video thumbnail showing a man performing a nasal swab. The thumbnail includes a play button and a diagram of a swab with a scale from 0 to 1 inch. The text on the thumbnail reads: 'Guide to at-home nasal swab: COVID-19 Rap...' and 'Watch on YouTube'. Below the thumbnail, a caption says: 'Insert the soft cotton end of the swab into one nostril for about 1 inch or 2.5cm.'

See [here](#) for guides for different test devices.

# COVID-19

## What to do after testing positive



BC Centre for Disease Control  
Provincial Health Services Authority

### 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](http://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](http://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](http://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](http://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](http://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/MNBCSPRINGYOUTHLLTF](https://www.surveymonkey.com/r/MNBCSPRINGYOUTHLLTF)**



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**



# Jigfit & Powow Impact

With  
Madelaine McCallum

**Powwow Impact:**  
Tuesday's - March 8, 15, 22, 29,  
April 5 & 12 @ 6pm

**Registration Link:**  
[Click HERE](#)

**JigFit:**  
Thursday's - March 10, 17, 24, 31  
April 7 & 14 @ 6pm

**Registration Link:**  
[Click HERE](#)



Learn the steps, sequenced through choreography in fun, upbeat workouts that will feature both traditional and contemporary music.



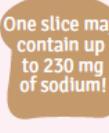
# KIDNEY HEALTH MONTH

March 2022



1 in 10 British Columbians are living with kidney disease and many don't know it

## Take the #KidneyHealthChallenge!

Stress Reduction Sunday	Munchies Monday	Hydration Tuesday	Watch Out! Wednesday	Risk Factor Thursday	Kidney Fact Friday	Lifestyle Saturday
 1 Shut mobile devices down 1 hr prior to bed for better rest	 2 Add greens to smoothies	 3 Keep hydrated on-the-go	 4 One slice may contain up to 230 mg of sodium! Check your bread labels	 5 High blood pressure is a risk factor—have yours checked!	 6 Kidneys have a higher blood flow than the brain—exercise to keep the blood flowing	 7 Walk somewhere you would normally drive to
 8 Laugh! It can burn 4 lbs/year!	 9 Replace a serving of red meat with beans or fish	 10 Flavour your water with fruits and veggies	 11 Watch for added sugar in "healthy" snacks	 12 Know your family health history	 13 Kidneys filter your entire blood supply every 30 mins—learn how OTC pills may affect them	 14 Sing to release stress
 15 Breathe deep	 16 Get more veggies in—eat a meat-free meal	 17 Eat more hydrating foods	 18 Read labels to look for hidden fats	 19 Quit smoking for better health	 20 The body can work with one kidney. Register as an organ donor	 21 Stretch daily for better posture and stress relief
 22 Spend time with a pet or out in nature	 23 Fill half of your dinner plate with veggies daily	 24 Drink water with every snack and meal	 25 Ditch diet sodas—they're linked to reduced kidney function	 26 Find out if your ethnicity is high-risk Asian, Aboriginal, African or South Asian	 27 The kidneys filter 2 quarts of urine a day—stay hydrated to help them out!	 28 Swap your TV time for gym/active time
 29 Give someone a hug—it reduces blood pressure	 30 1 tbsp each: dry mustard paprika garlic powder onion powder 1.5 tsp: black pepper 1 tsp each: basil thyme Make salt-free seasoning	 31 Drink water before your morning coffee/tea	<p>*Fluid and diet tips are not intended for kidney patients. If you have diagnosed kidney disease, please talk to your care team for advice.</p>			



**Keep them safe;  
get them vaccinated**

## Benefits of COVID-19 Booster Doses

Increase  
the immune  
response



Increase protection  
against infection  
and severe disease

# 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



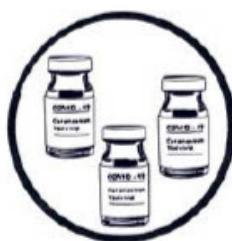
Monitor symptoms and get tested



Wash your hands



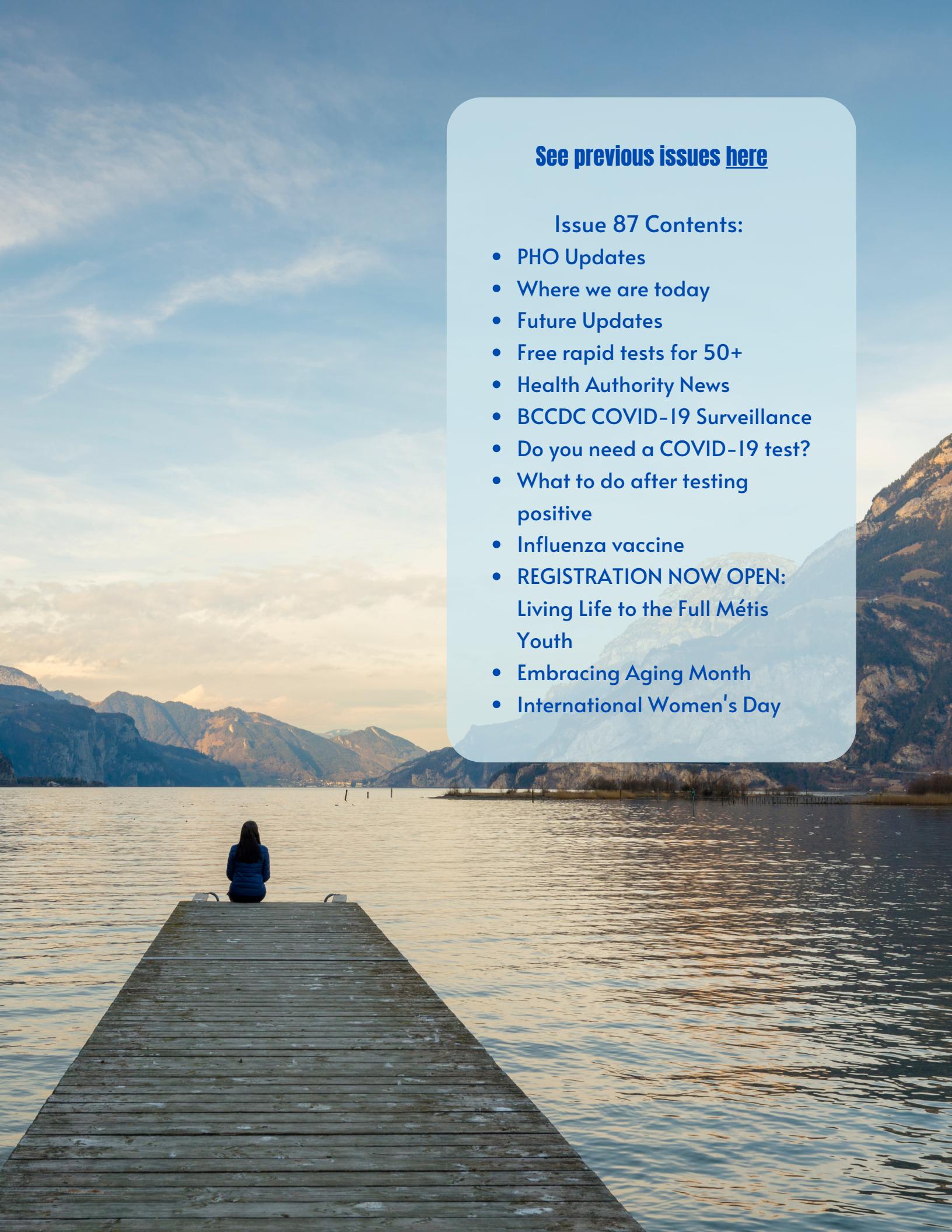
Stay home if sick



Get vaccinated and boosted including kids



Respect people's comfort levels

A photograph of a woman sitting on a long wooden dock extending into a large lake. She is facing away from the camera, looking out at the calm water and the surrounding majestic mountains under a clear blue sky. The dock is made of weathered wood and leads towards a small, distant island in the lake.

**See previous issues [here](#)**

### Issue 87 Contents:

- PHO Updates
- Where we are today
- Future Updates
- Free rapid tests for 50+
- Health Authority News
- BCCDC COVID-19 Surveillance
- Do you need a COVID-19 test?
- What to do after testing positive
- Influenza vaccine
- **REGISTRATION NOW OPEN: Living Life to the Full Métis Youth**
- Embracing Aging Month
- International Women's Day

# Marsii, Thank you

TO ALL THE HEALTH CARE  
WORKERS FOR YOUR  
DEDICATION AND SERVICE



**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](#)