

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 89 | UP-TO-DATE INFORMATION AS OF APRIL 7TH, 2022



“Today, as we continue our progress managing COVID-19, we are easing restrictions and, at the same time, taking important steps to boost our immunity and keep people safe”

- 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](mailto: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 89

### UPDATES & INFORMATION

- 2 BC Health Updates
- 6 Each COVID-19 vaccine dose increases your protection against severe illness
- 7 Regional News
- 10 BCCDC COVID-19 Surveillance
- 11 Performing a Rapid Antigen Test at Home
- 12 Tested positive?
- 14 Fact or Fiction? Smoking in community
- 15 World Health Day 2022

### PROGRAMS & EVENTS

- 16 Call Out: Métis Healthcare Provider Spotlight
- 17 JigFit & Powow Impact Returns
- 18 Top Tips for Supporting Your Friends and Caring for your Own Mental Health
- 19 Free Spring Outdoor Learning Virtual Workshop Series

# WHERE WE ARE TODAY



**56%** of eligible kids 5-11 have received their first dose of the COVID-19 vaccine.



**91%** of British Columbians 18+ received their second dose of the COVID-19 vaccine.



**59%** of British Columbians 18+ received a booster or third dose.



**321** COVID-19 positive people were hospitalized last week.

**Celebrate spring**  
Get boosted today.





# Changes to restrictions effective on Friday, April 8, 2022, at 12:01 a.m.



**BC Vaccine Card  
requirements lifted**



**Transition from  
COVID-19 Safety  
Plans to  
communicable  
disease plans**



**Vaccination  
requirements for  
post-secondary students  
in residence lifted**

- **Individual businesses and event organizers can choose to continue requiring proof of vaccination for entry**
- **Federal proof of vaccination is still required for federally regulated travel, like air travel**

# BC HEALTH UPDATES

UPDATES UP TO APRIL 7, 2022

01

## Spring Booster Vaccine Program

The Province has begun rolling out a spring booster vaccine program for **seniors in long-term care and assisted living facilities**.

**Community-dwelling seniors over the age of 70 , Indigenous people over the age of 55, and people who are clinically extremely vulnerable (CEV)** will also begin receiving their invitations for their spring booster dose – a new booster dose for eligible seniors who received their third shot six months ago or more.

02

## Rapid Antigen Tests

Currently, rapid antigen tests, in kits of five tests, are available to people aged 18 years and older through community pharmacies. As of Monday, April 11, 2022, citizens can pick up rapid tests without needing to show their B.C. personal health number.

03

## COVID-19 in our communities

- Cases have levelled off at a relatively low level.
- The wastewater surveillance has also seen a steady decrease, and now levelling off. But there is a slight uptick as BC opens up and as people travel more.
- **People over age 70, and particularly people over age 80 are more likely to have severe illness and end up in hospital.**
- Based on seroprevalence studies (checking people's blood to see if there are antibodies against SARS-CoV-2) since March 2020, we see that with the Omicron wave, there seems to be a high level of potential immunity in our community right now.

04

## Omicron BA.2

- 75% of our cases are from the Omicron BA.2 variant
- It's more infectious, and can spread more easily.
- It doesn't seem to cause more severe illness, particularly in people who have been immunized.

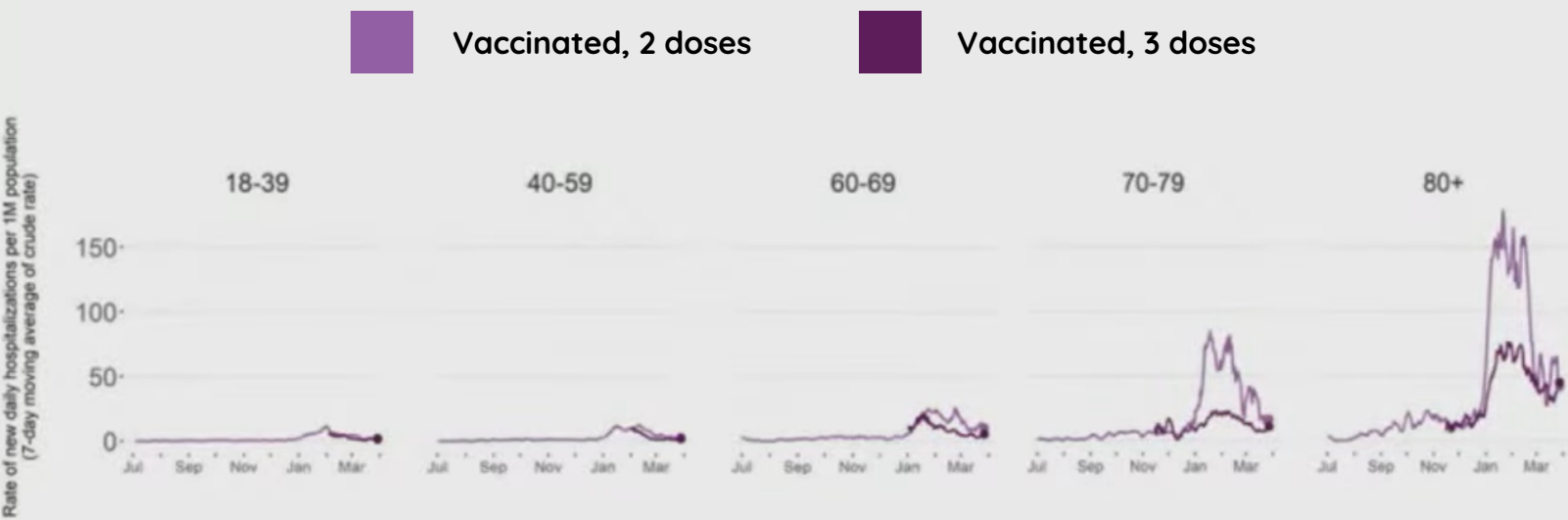
05

## Regulated Health Professionals Order

The changes in use of the BC vaccine card and this order have no bearing on the requirements that we continue to have for all healthcare professionals in our public healthcare system to be vaccinated.

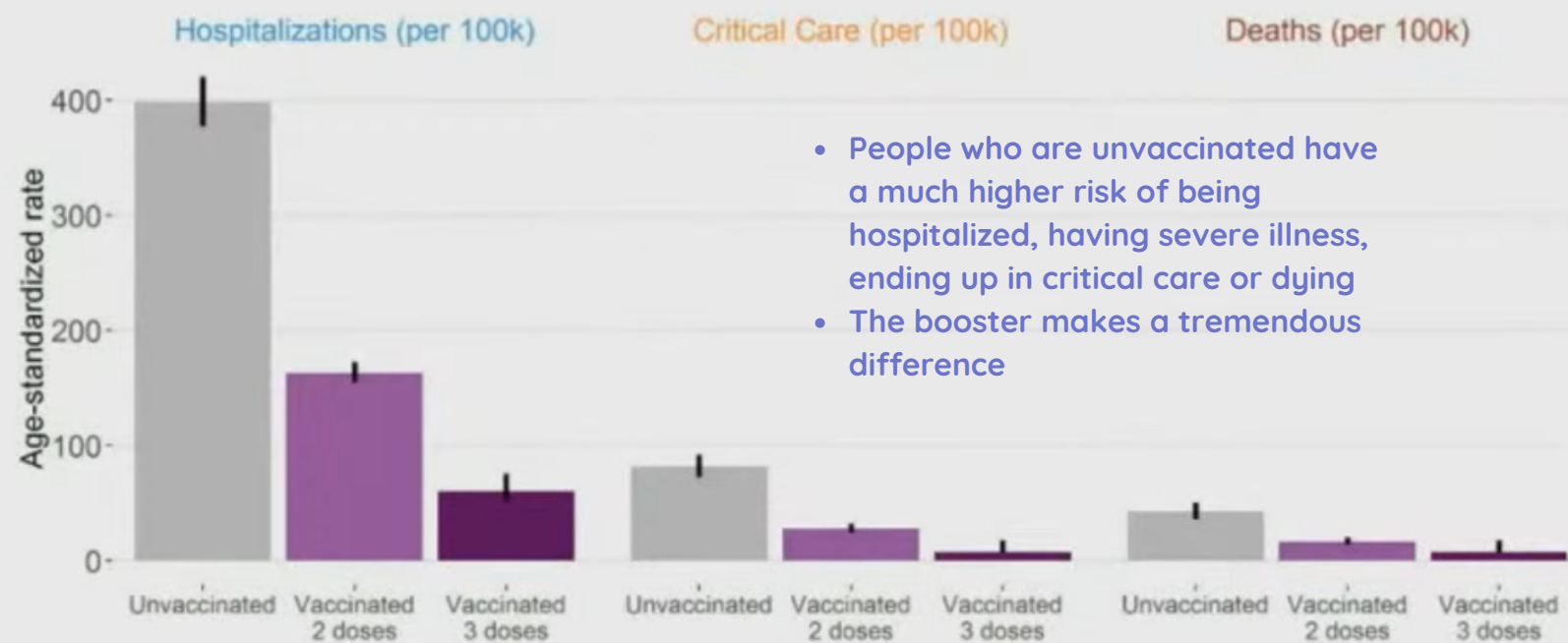


## Daily Hospitalization Rates Per 1M Population, by Age and Vaccination Status, BC, Jul 1, 2021 – Mar 28, 2022



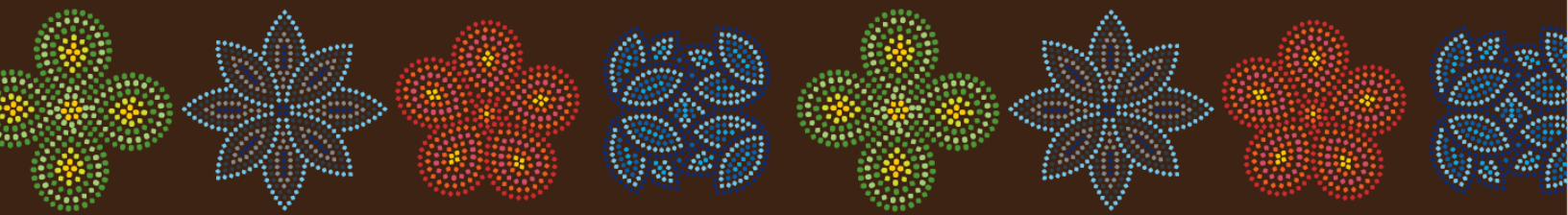
COVID-19 differentially impacts people over age 70 and particularly people over age 80.

## Age-standardized Hospitalization, Critical Care, and Death Rates During the Omicron Wave in BC, Jan – Mar 2022



- People who are unvaccinated have a much higher risk of being hospitalized, having severe illness, ending up in critical care or dying
- The booster makes a tremendous difference

Data include admissions and deaths from Jan 07, 2022-Mar 20, 2022

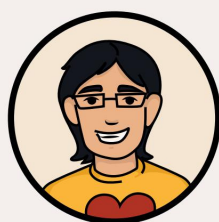


## Each COVID-19 vaccine dose increases your protection against severe illness

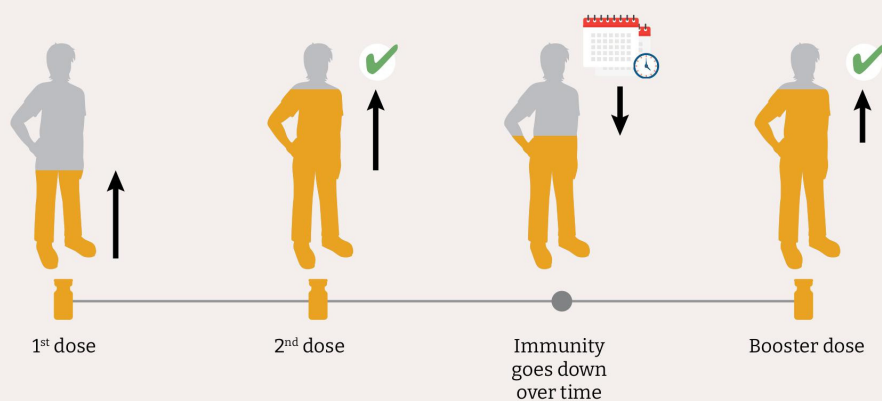


Each time you get a COVID-19 vaccine, it boosts your immunity and increases your protection.

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



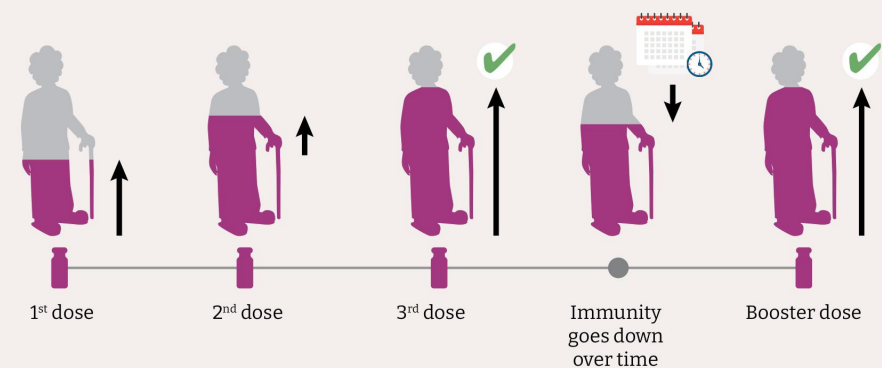
**Max**



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



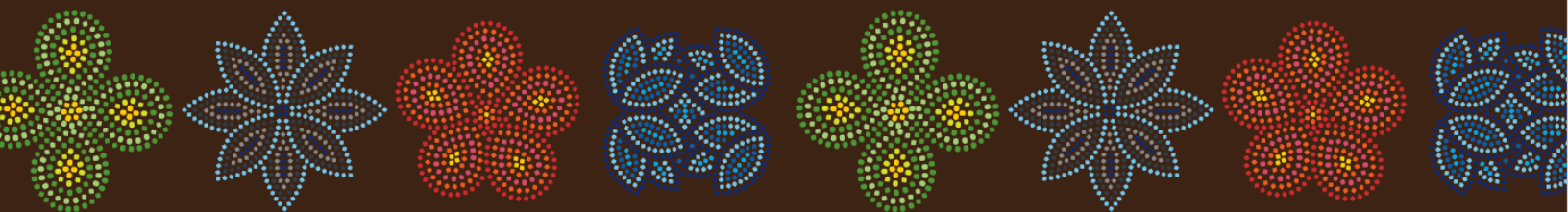
**Grandma**



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





# Regional News



  
island health

## Learn to: Cope with Stress

**Ages 18-30**

The YMCA-YWCA is providing support groups to help young people learn to cope with stress & anxiety.

**To register, visit:**  
[vancouverislandy.com](http://vancouverislandy.com)

Y Mind is a free 7-week program that supports people ages 18-30 who are experiencing symptoms of anxiety. Participants learn healthy coping skills through mindfulness & ACT (Acceptance and Commitment Therapy).



  
island health

## In British Columbia, more than 10% of households experience food insecurity

---

*Learn about local food resources & food security programs*

**[HERE](#)**

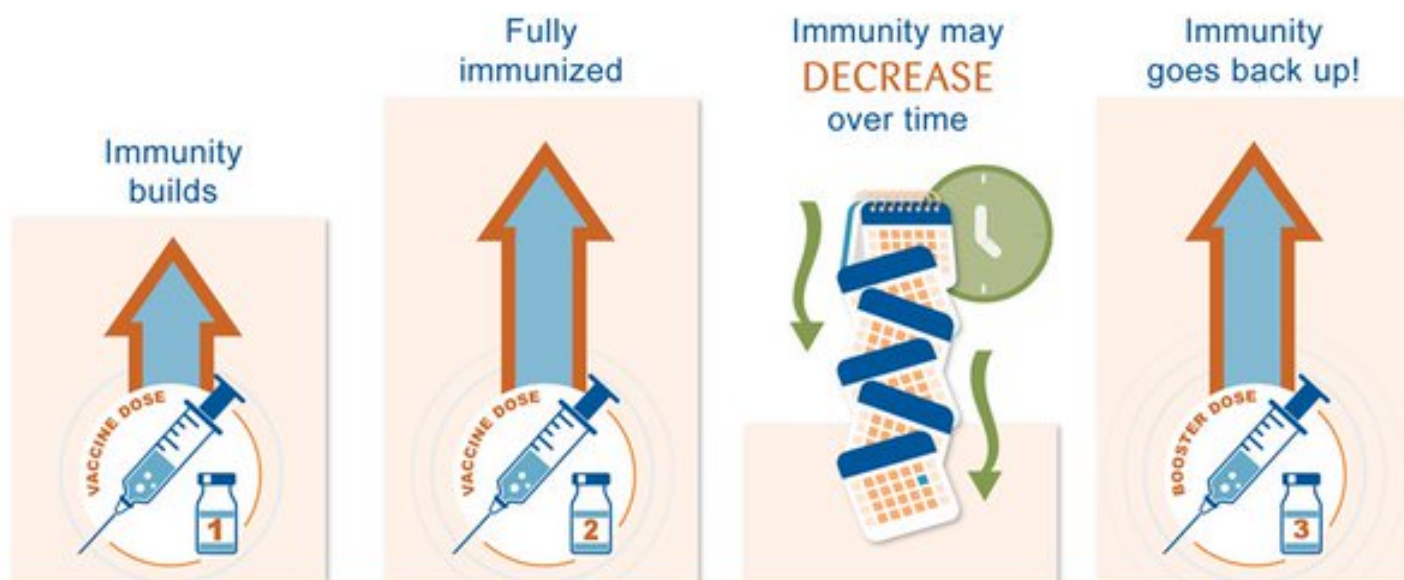
Learn more about emergency food services and community supports in Vancouver, Richmond, and North Shore: [HERE](#)

# Regional News



<https://youtu.be/WFOqzyiGbvo>

Check out  
Northern Health's  
COVID-19 toolkit  
to protecting  
yourself



A booster dose helps you maintain and lengthen your protection against COVID-19.



# Regional News



## AFTER CONSOLIDATION OF SERVICES



I SAW MY CARE COORDINATOR AND THEY HELPED ME CONNECT TO A PSYCHIATRIST

THE MENTAL HEALTH AND SUBSTANCE USE SERVICES AT 235 LANSDOWNE WILL OFFER A FULL RANGE OF TREATMENT AND SUPPORT SERVICES ALL AT ONE LOCATION

I WAS ABLE TO SEE A DOCTOR



EMOTIONAL CARE & COUNSELLING



SUBSTANCE USE SUPPORT & TREATMENT



PHYSICAL & MEDICAL CARE



THEY ADDRESSED ALL OF MY NEEDS



I STOPPED BY TO SEE THE OVERDOSE PREVENTION STAFF AND WAS ABLE TO SEE A COUNSELLOR TOO



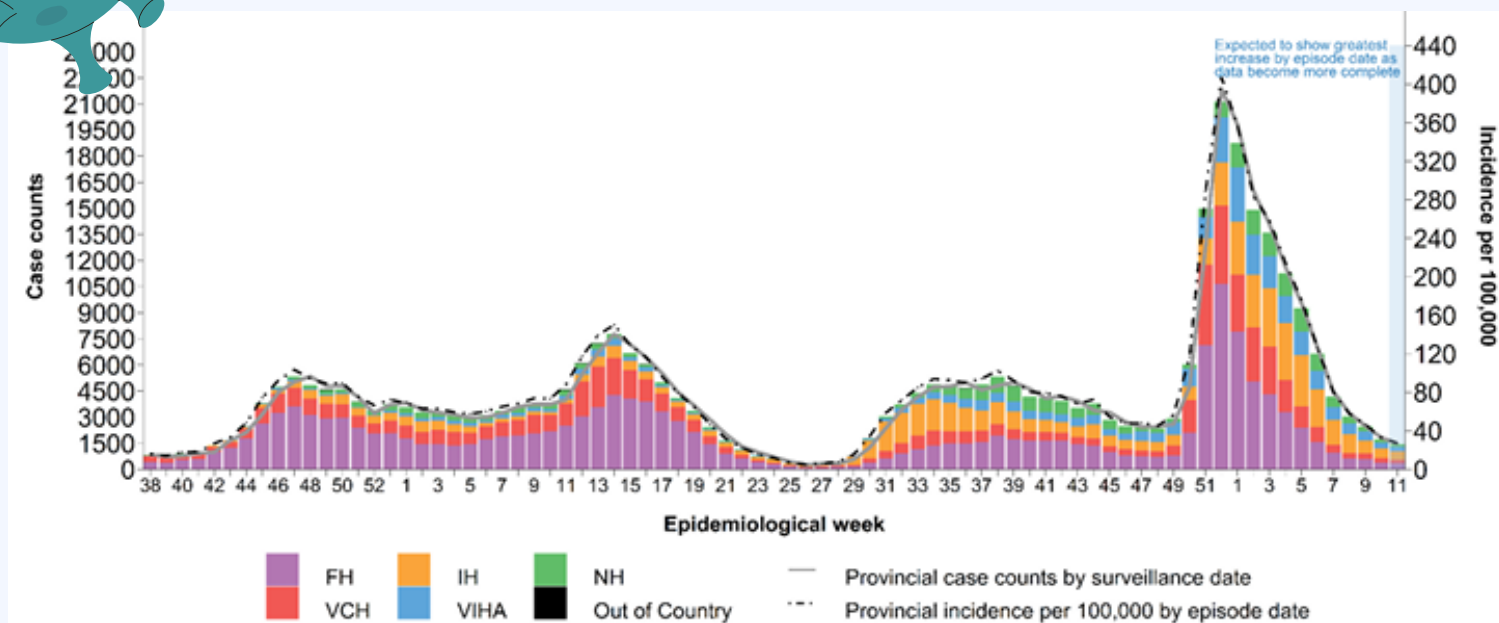
Interior Health

# BCCDC COVID-19 SURVEILLANCE

UP TO  
19 March 2022

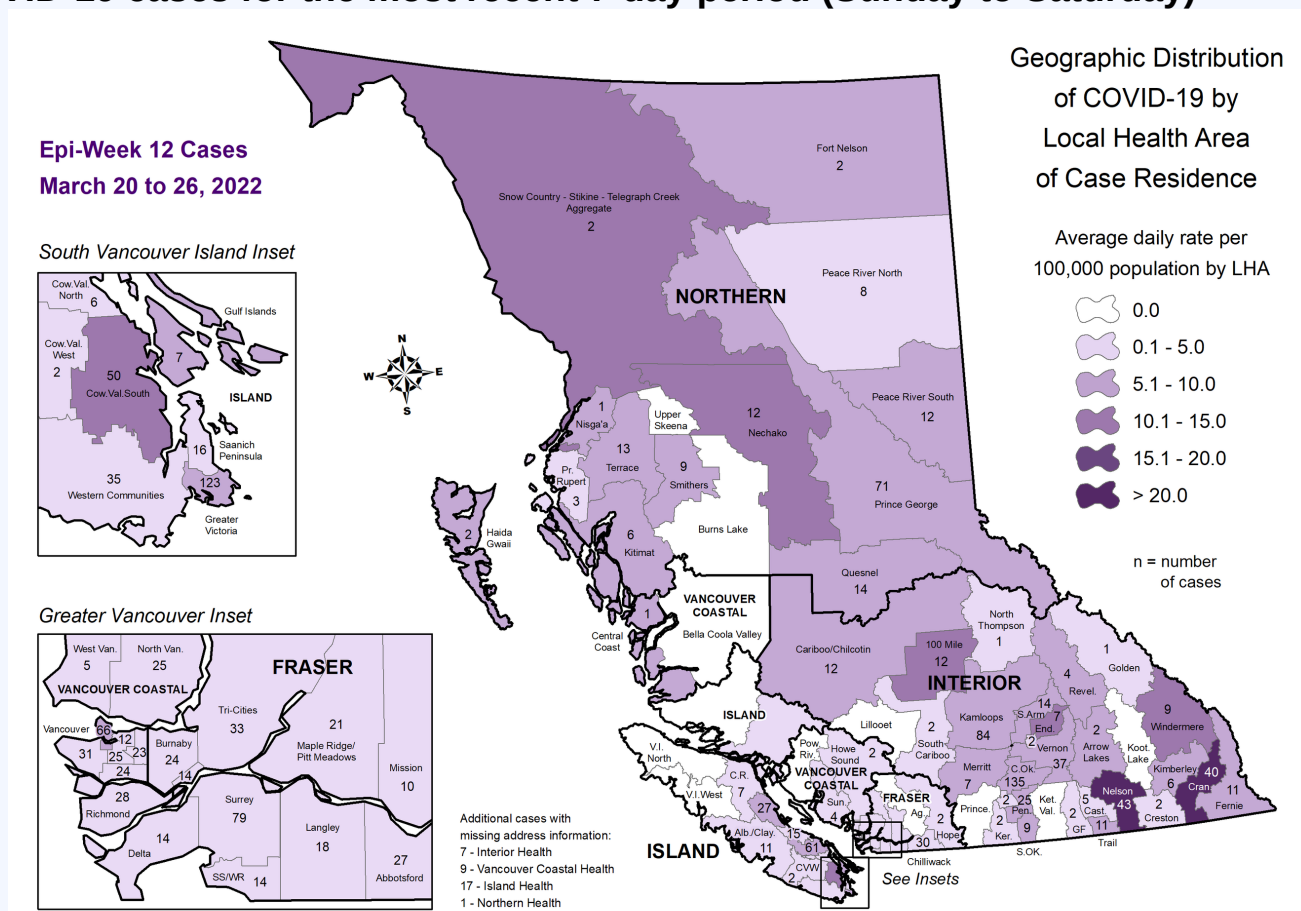
*Hospital admissions decreasing and deaths are stable; provincial COVID-19 incidence continues to decrease.*

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



“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.



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

## 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](https://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](https://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](https://travel.gc.ca/travel-covid)



# COVID-19

## What to do after testing positive



BC Centre for Disease Control  
Provincial Health Services Authority

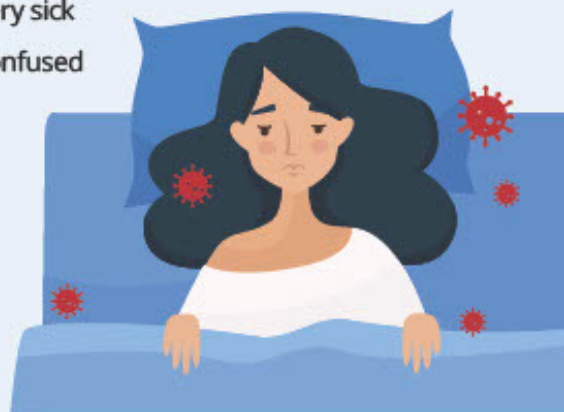
### Manage your symptoms

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](https://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](https://bccdc.ca/covid19vaccine)



Feb. 22, 2022



# FACT OR FICTION?

Métis community members have the same percentage of smokers as the general population in British Columbia.

## FICTION:

Métis community members smoke twice as much tobacco as the general population in British Columbia. With Métis smoking, 33% and the general population is 15%.

For more information on tobacco, vaping, and chronic cannabis use cessation and harm reduction contact [main@mnbc.ca](mailto:main@mnbc.ca) or call 250-241-4589



**MÉTIS NATION**  
BRITISH COLUMBIA



# Our Planet Our Health



World Health  
Organization

## Clean our air, water & food

### #HealthierTomorrow

#### CONSUMPTION & SHOPPING

Buy less plastic.  
Use recyclable  
grocery bags.

#### ENERGY

Change to a  
renewable energy  
provider; turn off  
the light when not  
needed

#### NUTRITION

Buy groceries  
from local  
producers and  
avoid highly  
processed food

#### TRANSPORT

Walk or bike,  
use public  
transport

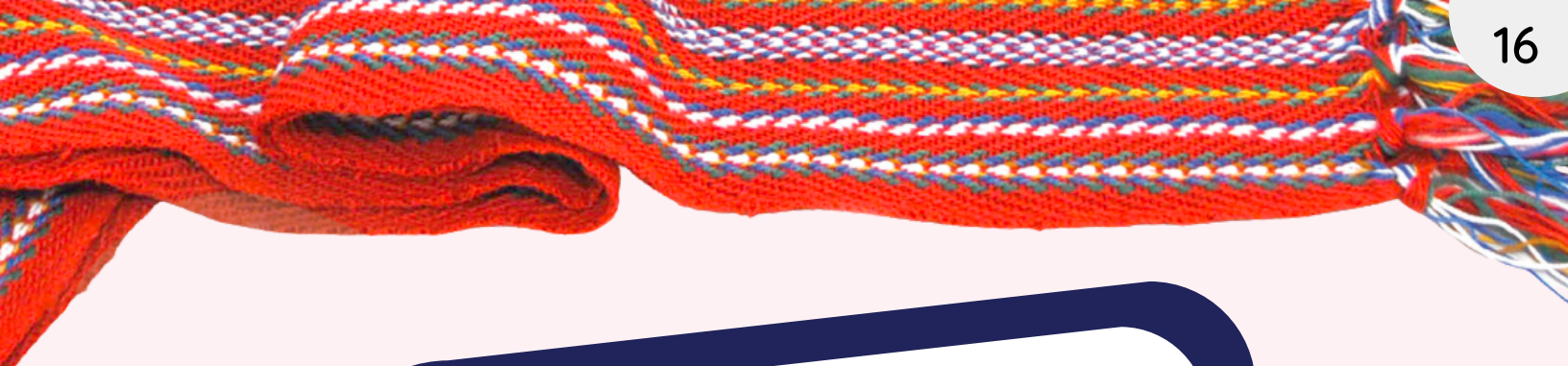
#### HEALTHY LIFESTYLES

Quit smoking

A stylized illustration of a woman with dark skin and long, flowing hair, holding a globe. The globe is covered in various colorful patterns and symbols, including a star, a water drop, a leaf, a recycling symbol, a bicycle, a person, a cross, and a house. The background is a light blue sky with a large, stylized sun or moon. The woman is wearing a colorful, patterned garment. The overall style is artistic and vibrant.

**World Health Day 2022**  
**7 April 2022**





# **MÉTIS** **HEALTHCARE** **PROVIDER** **SPOTLIGHT**



## **THE INITIATIVE**

**WE WANT TO HIGHLIGHT MÉTIS HEALTHCARE PROVIDERS ACROSS THE PROVINCE, AND SHARE HOW YOU HAVE HELPED YOUR LOCAL COMMUNITIES THROUGH THE PANDEMIC. WE HOPE TO CONNECT CITIZENS WITH PROVIDERS, AND BUILD COMMUNITY.**

**VISIT [HERE](#) FOR THE FORM!**





# 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

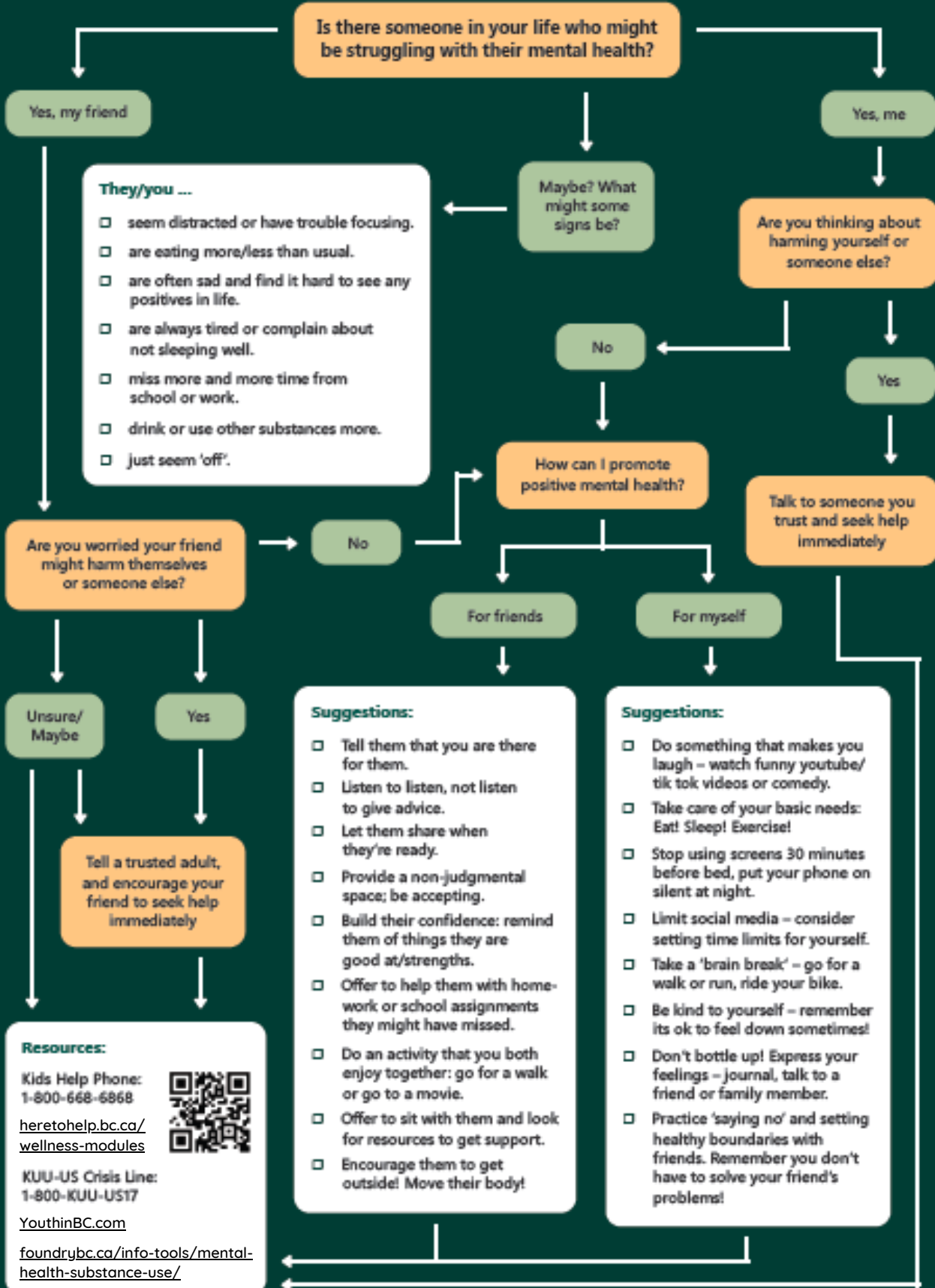
**Registration Link:**

**Click [HERE](#)**

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

# MENTAL HEALTH:

TOP TIPS FOR SUPPORTING YOUR FRIENDS AND CARING FOR YOUR OWN MENTAL HEALTH BY McCREARY'S YAC





# FREE Spring Outdoor Learning Virtual Workshop Series is starting soon!

These 60 min virtual workshops bring together some of the top names and organizations in outdoor learning!

4 PM PT  
7 PM ET  
Thursdays  
Apr - Jun 2022

## Outdoor Learning 2022 Spring Virtual Workshop Series!



**14 April 2022**

Mapmaking with Children: Sense of Place Education for the Elementary Years



**21 April 2022**

Looking Closely: Supporting K-7 Emergent Inquiry Outdoors



**28 April 2022**

The School Garden Curriculum: Discovering Science, Ecology & Whole-Systems Thinking



**12 May 2022**

Walking Forward: Indigenous Perspectives in Learning from Place



**26 May 2022**

FoodCycler for Schools: Activating School Communities to Reduce Food Waste



**9 June 2022**

Indigenous Resources for Educators and Learners



**REGISTER AT**

<http://outdoorlearningstore.com/workshops/>



# 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



Get vaccinated and boosted including kids



Monitor symptoms and stay home if sick



Wash your hands



Wear a mask, if you choose



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 body of water. The sun is setting, casting a warm, golden glow across the sky and reflecting on the water's surface. In the background, there are rugged mountains under a sky with soft, wispy clouds. The overall mood is peaceful and contemplative.

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

**Issue 88 Contents:**

- BC Health Updates
- Upcoming Health Updates
- New Substance Use Care Services
- Each COVID-19 vaccine dose increases your protection against severe illness
- BCCDC COVID-19 Surveillance
- Performing a Rapid Antigen Test at Home
- What to do after testing positive
- Influenza vaccine
- REGISTRATION NOW OPEN: Living Life to the Full Métis Youth
- JigFit & Powow Impact Returns
- Kidney Health Month Challenge



# *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](https://here2talk.ca)