

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 91 | UP-TO-DATE INFORMATION AS OF JUNE 1ST, 2022



“Substance use is a public health issue, not a criminal one”

Sheila Malcolmson, B.C.’s Minister of Mental Health and Addictions.

[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)

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Each COVID-19  
vaccine dose  
boosts your  
immunity and  
increases your  
protection  
against  
severe illness



# BC HEALTH UPDATES

UPDATES UP TO JUNE 1, 2022

01

## Funding for people living with disabilities

The Access Registered Disability Savings Plan (RDSP) partnership between the BC Aboriginal Network on Disability Society (BCANDS), Disability Alliance BC (DABC) and Plan Institute, can provide eligible people with disabilities with the information and support they need to access the RDSP. Learn more [here](#)

02

## BCCDC COVID-19 Update

- Incidence decreased in all Health Authorities
- The number of people in hospital with a positive COVID-19 test decreased. 60+ year-olds had the highest hospitalization.
- 60+ year-olds had the highest number of deaths for those that tested positive for COVID-19.

03

## COVID Model Projections | BC COVID-19 Modelling Group

- Second Omicron wave (BA.2) is showing signs of having peaked or is near its peak in BC and across Canada.
- Cases among the 70+ age group are now declining, but not significantly

04

## Decriminalization of drug possession to reduce stigma

As a step toward reducing the shame, fear and stigma associated with substance use, the Federal Minister of Mental Health and Addictions and Associate Minister of Health announced the granting of a three-year exemption under the Controlled Drugs and Substances Act (CDSA) to remove criminal penalties for people who possess a small amount of certain illicit substances for personal use. The exemption will be in effect from Jan. 31, 2023, to Jan. 31, 2026, throughout British Columbia.

[Read here →](#)

# COVID-19 vaccines for children 5-11 years old



Published March 2022

More than **1.6 million** children ages 5-11 have received the COVID-19 vaccine in Canada.

More children are getting vaccinated every day.



This information can help you make the best decision for you and your child.

## COVID-19 vaccine for children

**Anyone 5 years or older can get the COVID-19 vaccine for free in BC.**

- The Pfizer-BioNTech vaccine is approved for children ages 5-11.
- The Moderna vaccine is approved for children ages 6-11.
- Children get a smaller dose than adults. This is similar to some other vaccines for younger children.
- Health Canada carefully reviewed the vaccine data to make sure they are safe and effective.

## How vaccines work

**The vaccines teach our immune system how to recognize and fight the COVID-19 virus.**

- 1 The vaccine gives instructions to our cells on how to build a harmless part of the virus.
- 2 Our immune system knows that this part doesn't belong and makes antibodies.
- 3 If we are exposed to the virus, our body now has the tools to fight it without getting very sick.

## COVID-19 in children

**Most children who get COVID-19 have mild symptoms.** They may have a fever and cough, or have no symptoms. However, some children can get very sick.



### Serious illness due to COVID-19

**Over 100 children in B.C. have been hospitalized with COVID-19.**

(BCCDC data as of Feb 2022)

Children can get severe lung infection and heart issues like myocarditis from COVID-19. Deaths from COVID-19 in children ages 5-11 are very rare.

The chance of getting very sick is higher for children who are not fully vaccinated or have certain medical conditions.

### Long term effects of COVID-19

**Some children's symptoms can last weeks or months after COVID-19.**

Long term symptoms can include headaches, tiredness and difficulty concentrating.

Multisystem inflammatory syndrome in children (MIS-C) is a rare but serious condition that can occur weeks after COVID-19.

- Different organs can become inflamed.
- Most children require hospital care but get better with treatment.



# COVID-19 vaccines for children 5-11 years old



Published March 2022

## Benefits of vaccination

### Avoid getting very sick

Vaccines help protect children from serious illness due to COVID-19.

Even if they already had COVID-19, the vaccine can provide a stronger and longer lasting immune response.



**1.8x**

**Unvaccinated children ages 5-11 were 1.8 times more likely to be hospitalized than children who were vaccinated with at least one dose of Pfizer.**

(BCCDC data from Dec 15, 2021 to Feb 12, 2022)

### Safer Interactions

Vaccines can make it less likely that children will miss out on important activities, like school, sports and social events.



## Vaccine safety

Large amounts of safety data is tracked as millions of children get vaccinated.

### Common side effects

Children may have mild side effects after the vaccine that can last 1-3 days, including:



**Sore arm**



**Fatigue or tiredness**



**Body ache**

These are normal and show that their immune system is working.

### Rare serious events

**Serious safety events like allergic reactions or myocarditis are extremely rare.**

Children who had a serious event received treatment and recovered quickly.

Children are at far greater risk of hospitalization if they get COVID-19, than from any rare effects of the vaccine.

Vaccine safety monitoring is ongoing.

### Have more questions?

Talk to a doctor, nurse or pharmacist or call 8-1-1.

### Get your child vaccinated

Register at [gov.bc.ca/vaccineforkids](https://gov.bc.ca/vaccineforkids)  
Or call 1-833-838-2323

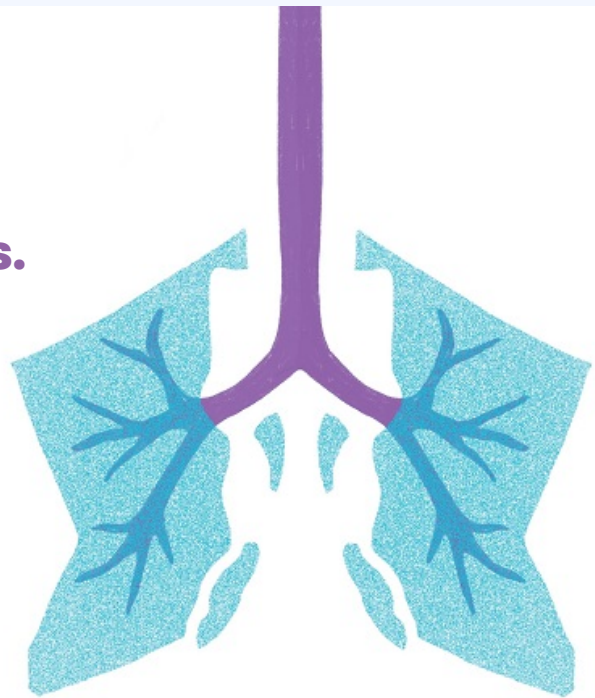
### Learn more

[bccdc.ca/covid19vaccinechildren](https://bccdc.ca/covid19vaccinechildren)

# BC Cancer launches lung screening program

**Early detection saves lives.**

Lung screening is now available in **British Columbia**



Lung screening is best suited for those who are at high risk for lung cancer and who are not experiencing symptoms. Eligible participants may include those who are:

- between 55 and 74;
- currently smoking or have previously smoked; and
- have a smoking history of 20 years or more.

Key benefits of a provincewide screening program:

- equitable access for eligible British Columbians;
- early detection resulting in improved survival rates; and
- consistent, high-level screening and prevention delivered via a centralized program.

**Patients who meet the above criteria are encouraged to call the Lung Screening Program at 1 877-717-5864 to complete a consultation and risk assessment to determine eligibility.**



# Regional News - Fraser Health

## Pregnant?

Get prenatal education right to your phone.

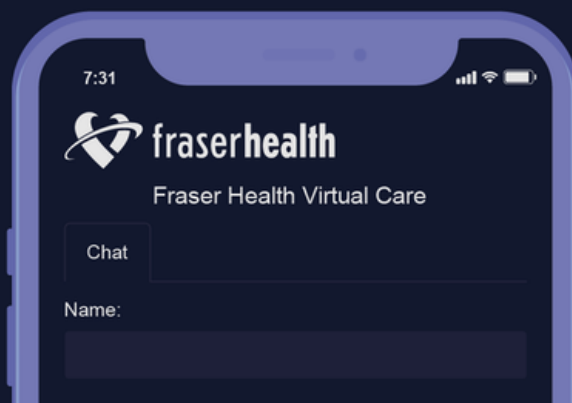
Text "FRASER" to 12323 to sign up.



## Health concern?

Contact our Virtual Care Team  
[fraserhealth.ca/virtualcare](https://fraserhealth.ca/virtualcare)

10 a.m. to 10 p.m. Seven-days-a-week



<http://ow.ly/XPIF50J6L0K>

## Feeling overwhelmed?

You don't have to face it alone

Fraser Health Crisis Line  
1-877-820-7244



# Regional News - Island Health

We are working to improve acute **mental health** services in Victoria.



Take the Acute Mental Health Services Survey [here](#)

**B** Have they lost balance?

**E** Have they lost vision?

**F** Does their face look uneven?

**A** Can they lift their arms?

**S** Is their speech slurred?

**T** Time to call 911.

## Stroke Awareness Month

B.E. F.A.S.T learn the signs of a stroke

Balance  
Eyes  
Face  
Arms  
Speech  
Time



## COMMUNITY WELLNESS GRANT PROGRAM

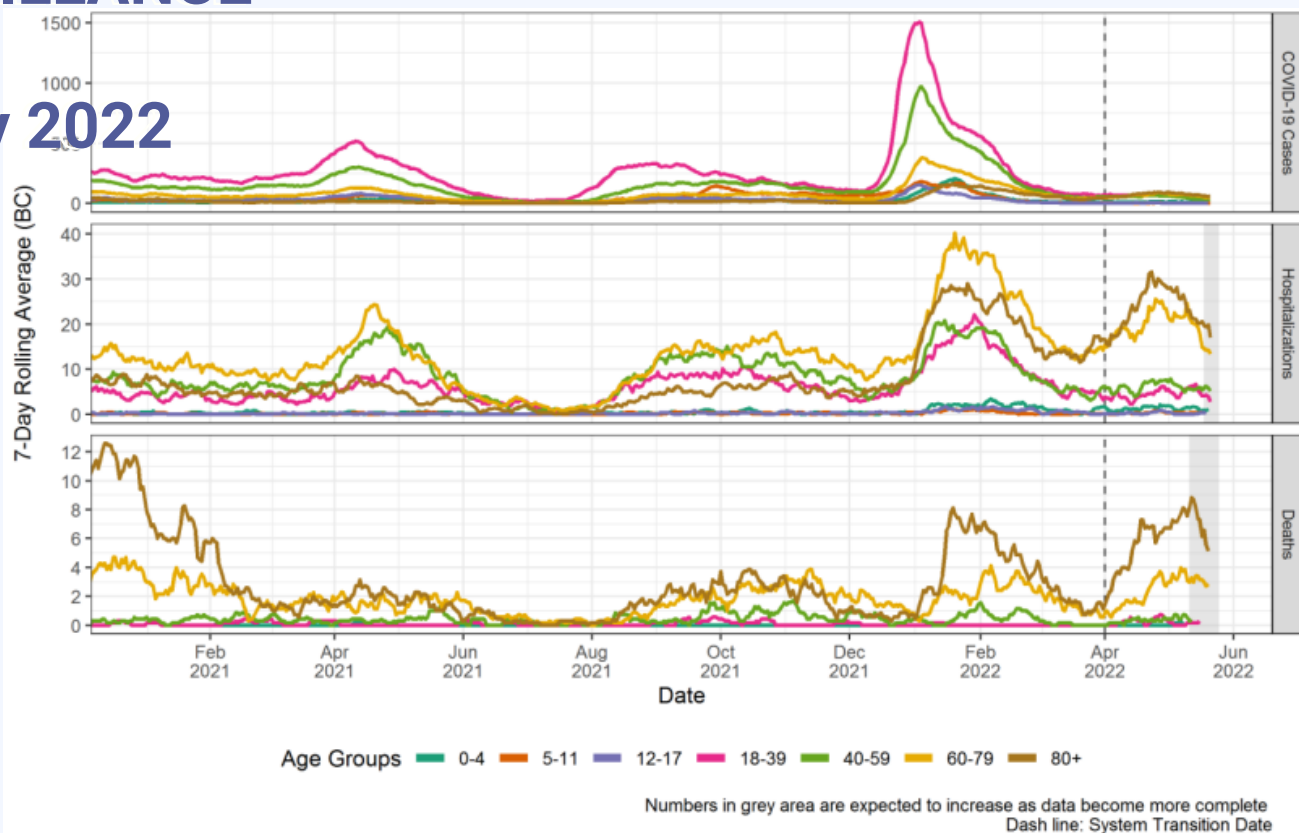
*Communities on Vancouver Island will benefit from up to \$800,000 in grants*

**APPLY BY FRIDAY, JUNE 24 AT 4 P.M.**

For more information on how to apply for a Community Wellness Grant and for updates on some of their previous grant recipients, please visit <http://communitygrants.islandhealth.ca/>.



## 7 Day Average Count of COVID19 Cases, Hospitalizations, and Deaths by Age Groups

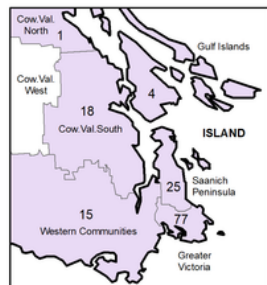


Source: BCCDC

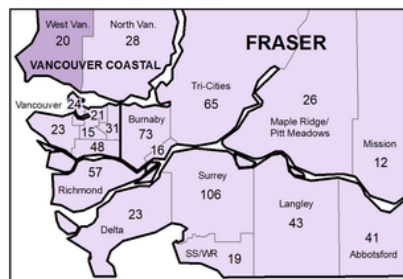
## COVID-19 cases for the most recent 7-day period (Sunday to Saturday)

### Epi-Week 20 Cases May 15 to 21, 2022

#### South Vancouver Island Inset



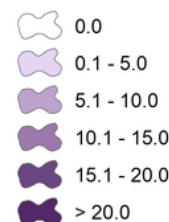
#### Greater Vancouver Inset



Additional cases with missing address information:  
1 - Fraser Health  
11 - Vancouver Coastal Health  
3 - Island Health  
3 - Northern Health

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

Average daily rate per 100,000 population by LHA



n = number of cases

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

# If you have COVID-19 symptoms



Sam gets a fever and runny nose. Sam thinks it might be COVID-19 and gets tested.



Sam tests positive and self-isolates for the number of days recommended by public health. Sam stays in their own room as much as possible.



Sam wears a mask when near others and taking care of the kids.



Grandma is older and has other health issues. Grandma is extra careful to stay away from Sam.



Sam checks with Grandma and kids every day to see if they have symptoms. Everyone cleans their hands often.



Sam's isolation time ends. Sam's fever is gone and symptoms have improved. Sam can go meet family and friends again.

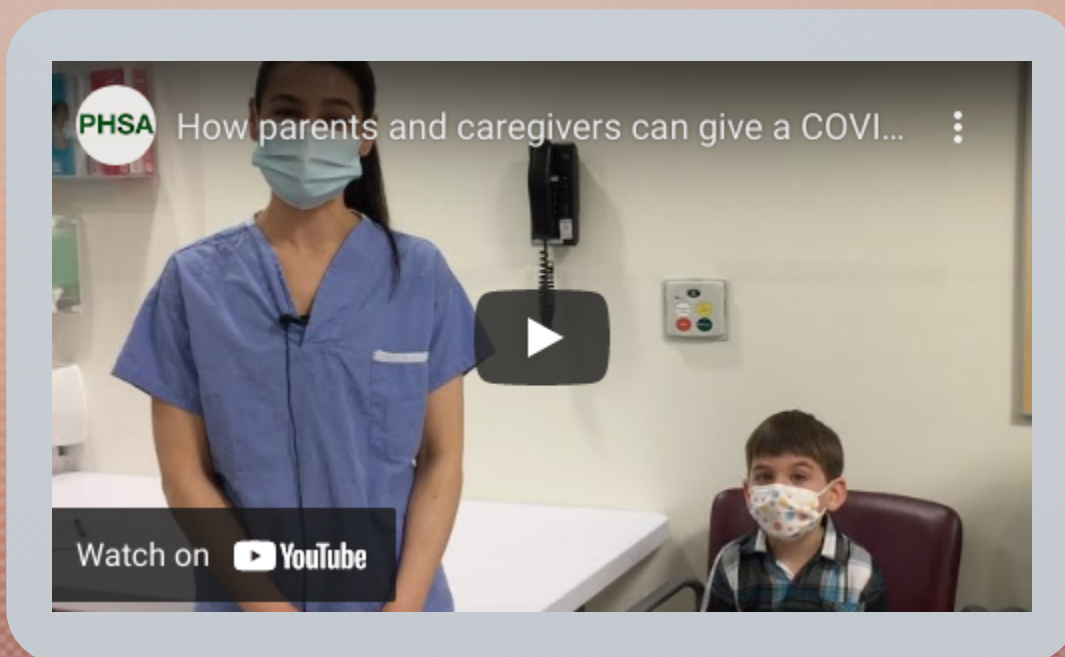


Sam makes sure their family's vaccines and boosters are up-to-date. They still might get COVID-19, but vaccines will help protect them from getting seriously sick.



# Performing a Rapid Antigen Test at Home

Watch this short [video](#) below to learn how to perform a rapid antigen test for your child.



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

## Tested Positive?

### You need to:

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

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

Report your test results here:  
[reportcovidresults.bccdc.ca](https://reportcovidresults.bccdc.ca)

See full guide on what to do after testing positive [here](#).



**BC Healthy Communities is excited to announce the new Age-friendly Communities Grant Program is now accepting applications.**



*In an age-friendly community, older adults are supported to age-in-place, living active, socially engaged, independent lives. The BC Age-friendly Communities Program provides funding, resources and capacity-building supports to help Indigenous and local governments, as well as other partners to achieve this vision. The program, originally designed in 2005 by the B.C. Ministry of Health and partners, has been updated collaboratively with and is now delivered by BC Healthy Communities (BCHC).*

**Age-friendly Community Recognition**

Communities can apply for age-friendly recognition through the B.C. Ministry of Health. There are 4 criteria to becoming recognized as an age-friendly community:

1. Establish an Age-friendly Communities Committee or Group
2. Pass a Council/District Board or Band Council Resolution
3. Conduct an Age-friendly Assessment
4. Develop and Publish an Action Plan

**Age-friendly Funding & Support**

All local and Indigenous B.C. governments working to build age-friendly communities through equitable policies, programs, and services have access to age-friendly communities funding and support to help make it happen. The program is open for applications across two funding streams: **Planning (Stream 1) up to \$25,000, and Projects (Stream 2) up to \$15,000. Both grant streams include in-kind, customized capacity-building supports provided by BCHC staff.**

Interested in applying for age-friendly community recognition? Email [AgefriendlyBC@gov.bc.ca](mailto:AgefriendlyBC@gov.bc.ca) or visit the [Province's Age-friendly BC – Getting Recognized](#) page.

**Learn more**

Contact the Age-friendly Communities Lead, Sarah, at [sarah@bchealthycommunities.ca](mailto:sarah@bchealthycommunities.ca).

**DEADLINE TO APPLY IS JULY 5, 2022.**



# KIDNEY NEEDED



Sheila Myshrall is a 50 year old Métis resident of Terrace, BC, who has been battling Membranous Nephritis Kidney Disease since 1986.

Since late 2021, her kidney functions have dropped immensely and she has been added to the BC Kidney recipient list.

**She is now in need of a kidney transplant.**

Anyone 18+ who is considering to become a kidney donor is welcome to call Vancouver General Hospital at 1-855-875-5182 and mention Sheila's name to see if you are a viable match.

# Good Samaritan Drug Overdose Act

The Good Samaritan Drug Overdose Act became law in Canada in 2017. It legally protects people from simple drug possession to those calling 9-1-1 or anyone at the scene of an overdose. Read more [here](#).

Street drugs contain more and more synthetic opioids and other substances like benzodiazepines. Using Naloxone may not be enough to reverse an overdose.

It is crucial then, to call 9-1-1 as the first step in responding to an overdose.

[HOW TO RESPOND TO AN  
OPIOID OVERDOSE GUIDE |  
FRASER HEALTH](#)

[GET A NALOXONE KIT HERE](#)

[INTERIOR HEALTH TEXT ALERT  
FOR TOXIC DRUGS](#)

[HOW WE CAN REDUCE STIGMA  
AND SAVE LIVES BY SHOWING  
COMPASSION TO PEOPLE WITH  
ADDICTIONS |  
@WEALLPLAYAROLELANGLEY](#)

**Suspect an  
Overdose?  
Stay and**

**CALL 911**

**Canada's new  
Good Samaritan law  
can protect you.**

Learn more at [Canada.ca/Opioids](https://Canada.ca/Opioids)  
Together we can **#StopOverdoses**

Government of Canada / Gouvernement du Canada

**Canada**

## Where to get help



- [Lifeguard App](#)
- Métis Crisis Line  
1-833-638-4722
- [Toward the Heart](#)





# MAY 31 IS WORLD NO TOBACCO DAY

The World Health Organization announced that the 2022 global campaign for World No Tobacco Day is

## TOBACCO: THREAT TO OUR ENVIRONMENT

The campaign is aimed to raise awareness among the public on the environmental impact of tobacco – from cultivation, production, distribution and waste. It will give tobacco users one extra reason to quit.

**3.5 MILLION HECTARES** of land are destroyed for tobacco growing each year

**1/3** of all forest fires are thought to be started by cigarettes

## IT IS TIME TO SAY NO TO TOBACCO

### ENTER OUR LOGO AND SLOGAN CONTEST!

Join us and help promote World No Tobacco Day.

**PRIZE \$100**

"THE MÉTIS TRADING POST"  
GIFT CERTIFICATE

First and Second place in the Adult and Youth categories will receive a \$100 gift certificate for MNBC's online store "the Métis Trading Post". Winning submissions will be used in our tobacco, vaping and cannabis cessation program for the next year. Contest deadline is May 31. Winners will be announced June 6.

# QUITTING SMOKING IS NOT IMPOSSIBLE!

I smoked on and off all my life since I was a teenager.

This last time I was smoking cigarettes for 13 years. I met my addictions counselor, Lloyd, through the MNBC. He helped me see that my smoking habit was triggered by anger and boredom. Once I cut back on the smoking, I was less angry, and I was finally able to quit completely. I used the 4 Ds to quit. This was something I did not know existed. Over a weeklong period, I was able to cut down from several cigarettes a day to none.

It has been months now and I have not started up smoking again. I am stronger and healthier and have no desire to have that addiction control my life ever again. I contribute this miraculous change to the one-on-one counselling, the Smokerlyzer results and the sense of power and achievement that my counselor inspired in me.

I am now gone back to school and have regained control of my life by controlling my addictions. I have also quit smoking marijuana using the tools and skills I have learned.

I am very grateful for this program

Sincerely, AA



***The path to freedom from smoking, vaping or chronic cannabis use can be a difficult journey. MNBC smoking/vaping reduction program is here to help support you every step of the way. A healthy nation is a strong nation. We are here to help.***



**MÉTIS NATION**  
BRITISH COLUMBIA

Tobacco/Vaping Reduction Counselling

Phone: 250-241-4589

Email: lmain@mnbc.ca



TOBACCO/VAPING CESSATION



Quitting addiction  
is a journey





**CIGARETTE BUTTS  
ARE THE #1 SOURCE OF  
GARBAGE ON  
SHORELINES IN BC**

**WORLD NO TOBACCO DAY**  
*Protect The Environment*



# Climate Resiliency & Planning



Visit [here](#) to see how to prepare an emergency kit.



Interior Health

Climate change is increasingly affecting climate-related hazards in British Columbia. These include extreme heat, wildfire smoke, flooding, low temperatures etc.

Visit Interior Health's [guide](#) to plan for these common climate change hazards.

[Heat Alert & Response Planning Toolkit](#)



The [Climate Atlas of Canada](#) combines climate science, mapping, and storytelling together with Indigenous Knowledges and community-based research and video to inspire awareness and action.





# STAYING HEALTHY *in the* HEAT

## Why is heat a HEALTH CONCERN?

Extreme heat involves high temperatures and can pose health risks. Over the next 30 years, the number of extremely hot days in a year is expected to more than double in some parts of Canada.

### HEAT EXHAUSTION



What are the  
**SIGNS AND  
SYMPTOMS**  
of heat illness?

Skin rash

Muscle  
cramps

Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst

Dark urine and  
decreased urination

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

### HEAT STROKE

High body  
temperatureConfusion  
and lack of  
coordinationDizziness/  
FaintingNo sweating,  
but very hot,  
red skin

Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.



## FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

## FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

## FACT 3 CHRONIC ILLNESS/ SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



## FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.



Who is  
**MOST AT  
RISK?**

## SAFETY TIPS



### TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

### TIP 2 KNOW THE SIGNS OF HEAT

### TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

### TIP 4 DRINK LIQUIDS; WATER IS BEST.

### TIP 5 STAY COOL

*How to stay cool?*



Wear loose-fitting, light-coloured clothing made of breathable fabric



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



## FOR MORE INFORMATION OR ADDITIONAL RESOURCES



Visit the Extreme Heat webpage:  
[www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html](http://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html)



Visit the Health Canada heat health publications webpage:  
[www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/climate-change-health.html](http://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/climate-change-health.html)



Speak with your physician or personal care provider

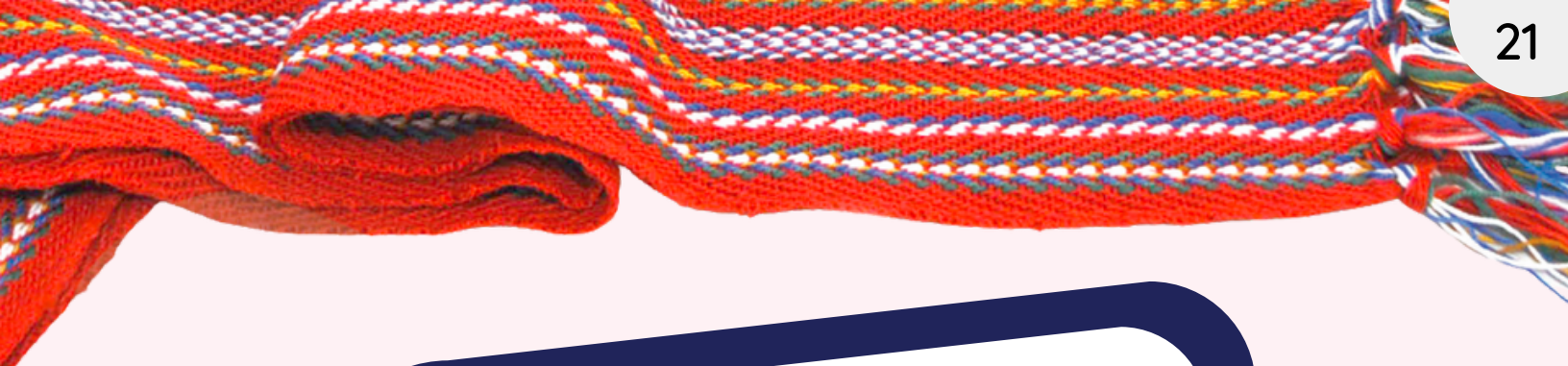


Contact your local public health authority

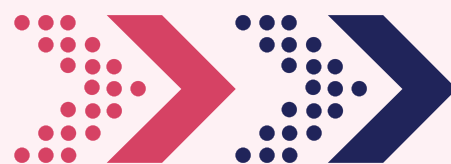


**FOR MORE  
INFORMATION**





# **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!**



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

**Issue 90 Contents:**

- BC Health Updates
- Spring Boosters for Seniors
- Regional News
- BCCDC COVID-19 Surveillance
- If you have COVID-19 Symptoms
- Rapid Antigen Test at Home
- National Awareness Day for Murdered and Missing Indigenous Women, Girls and 2SLGBTQQIA+ people
- Mental Health Week
- 6th Year since Declaration of Drug Poisoning Crisis
- World No Tobacco Day
- Non-Medical Cannabis Consumption Space Engagement
- Supportive Care Assessment
- Mental Health Resources
- Call Out: Métis Healthcare Provider Spotlight
- JigFit & Powow Impact Returns
- Free Spring Outdoor Learning Virtual Workshop Series



# *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](#)
- The Wellness Together Canada [portal](#)