

3 NATIONS COVID-19 UPDATE – 20 October 2021

The information contained in this report is based on recent updates and current information available at the time the report was finalized. It is not inclusive of all actions or measures taken to date by health officials federally, provincially, or locally.

COVID-19 CASE COUNTS

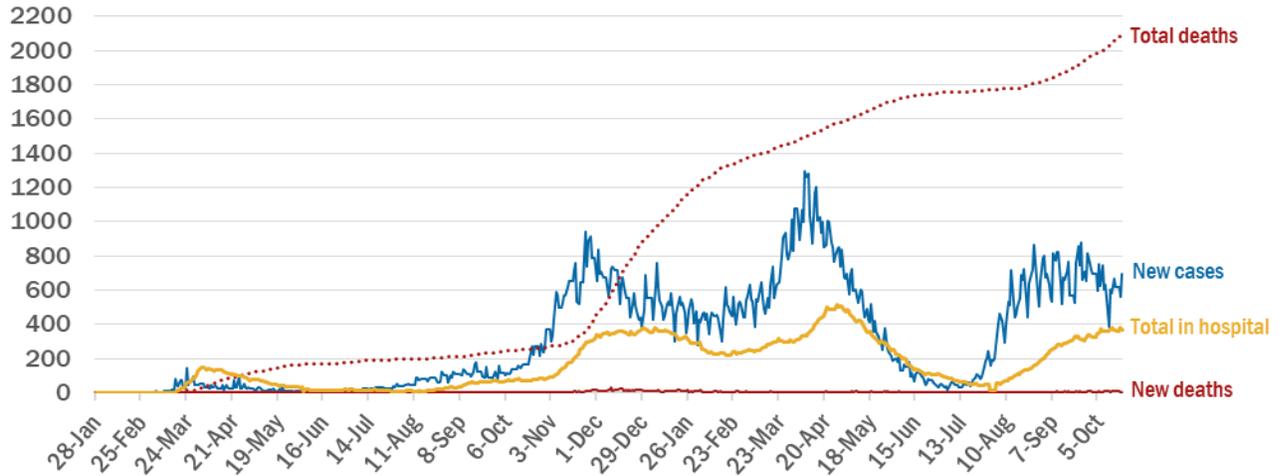
STATUS OF CASES IN BC¹	As of Oct 19	As of Oct 20	Change
Total confirmed cases in BC	198,838	199,534	696
Total active cases in BC	4,913	4,888	-25
Currently in intensive care	146	139	-7
Currently hospitalized	382	370	-12
Total hospitalized to date	10,718	10,740	22
Total deaths in BC	2,086	2,092	6
Total recovered in BC	191,476	192,189	713
CONFIRMED CASES BY BC REGION¹	As of Oct 19	As of Oct 20	Change
Vancouver Coastal Health	42,735	42,811	76
Fraser Health	102,055	102,307	252
Island Health	9,985	10,044	59
Interior Health	29,682	29,800	118
Northern Health	14,084	14,275	191
Out of Canada	297	297	0
STATUS OF CASES IN YUKON²	As of Oct 19	As of Oct 20	Change
Total confirmed cases	867	873	6
Total active cases	64	69	5
Total deaths	10	10	0
Total recovered	805	809	4
STATUS OF FN RESERVE CASES³	As of Oct 18	As of Oct 19	Change
Total confirmed cases	44,818	45,012	194
Total active cases	1,662	1,643	-19
Total hospitalized	2,039	2,054	15
Total deaths	457	461	4
Total recovered	42,699	42,908	209
Total confirmed cases in BC	4,963	4,983	20

¹ BCCDC COVID-19 Dashboard

² <https://yukon.ca/en/case-counts-covid-19>

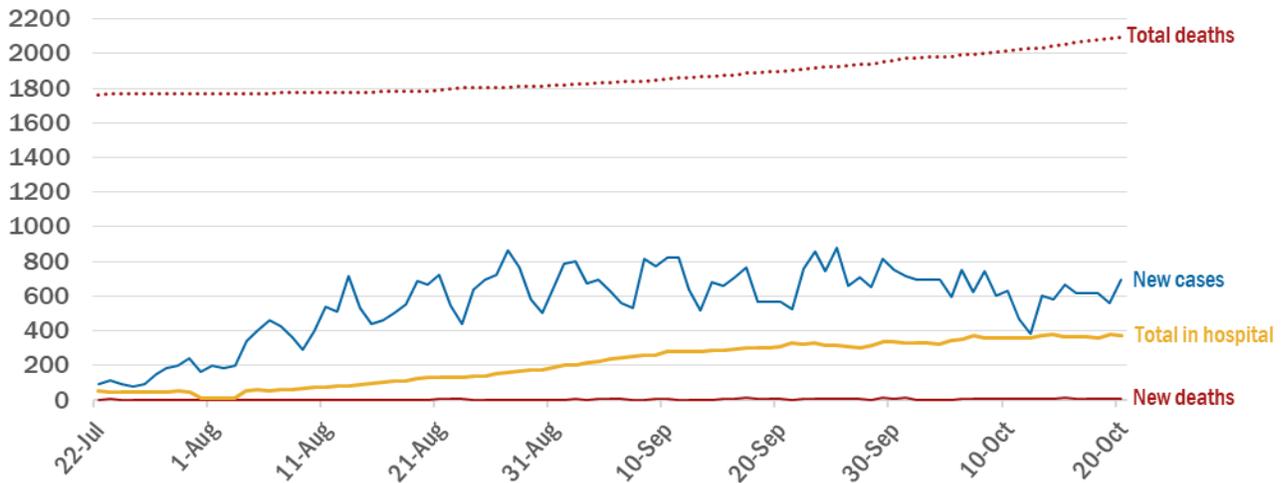
³ <https://www.sac-isc.gc.ca/eng/1598625105013/1598625167707>

COVID-19 CASES AND DEATHS IN BC

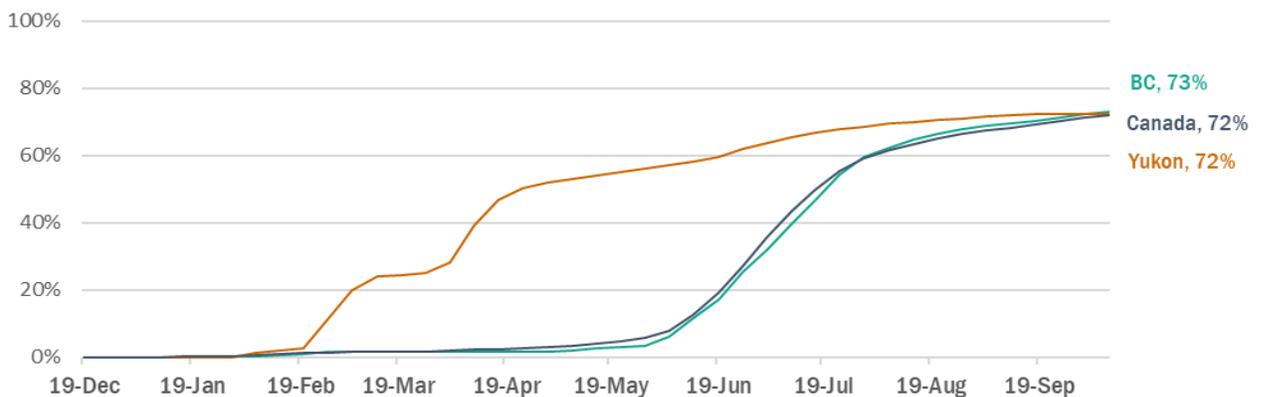


Note: Counts have been averaged where one number was reported for multi-day periods.

COVID-19 CASES AND DEATHS IN BC – PAST THREE MONTHS



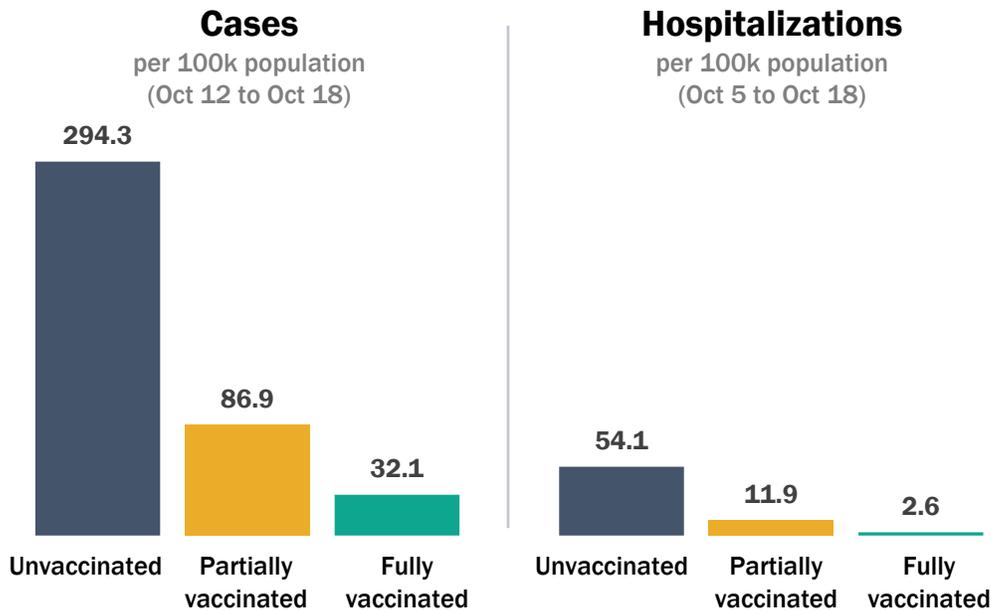
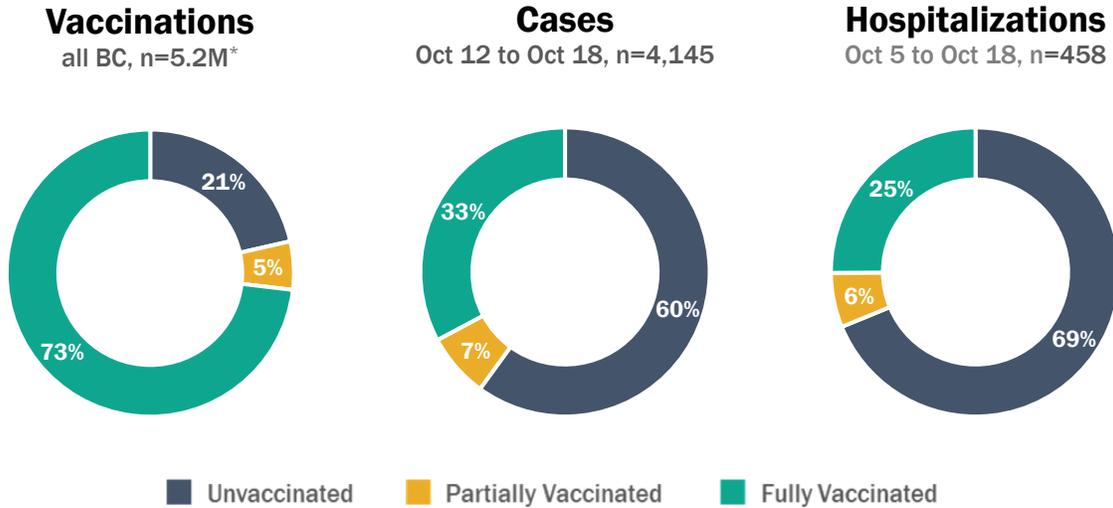
CUMULATIVE % OF PEOPLE FULLY VACCINATED WITH A COVID-19 VACCINE⁴



⁴ <https://health-infobase.canada.ca/covid-19/vaccination-coverage/>

COVID-19 INFECTIONS IN B.C. BY VACCINATION STATUS

- From October 12 to October 18, 2021, people not fully vaccinated accounted for 67.2% of cases, and from October 5 to October 18, 2021, they accounted for 74.9% of hospitalizations.^{5,6}



⁵ <https://news.gov.bc.ca/releases/>

⁶ Note: As more people get vaccinated and there are fewer unvaccinated people, the percent of cases among vaccinated people is expected to increase.

* <https://health-infobase.canada.ca/covid-19/vaccination-coverage/>

SIGNIFICANT UPDATES IN THE YUKON TERRITORY

- Today, Yukon's acting Chief Medical Officer of Health Dr. Catherine Elliott provided the following update on COVID-19 in the territory.⁷
 - An outbreak has been declared in one unit at the Whistle Bend Place long-term care home following the identification of one case in the facility.
 - The current situation is contained and routine outbreak management procedures are in place, including screening and testing protocols.
 - Visitor access to the affected unit is restricted for a minimum of 28 days following exposure.
 - For the new cases since noon on Monday, October 18:
 - Fifteen are Yukon residents
 - Seven are from out of territory but diagnosed in the Yukon
 - A rapid response team is being deployed to Lower Post later today with testing to begin Thursday, October 21.
 - The testing team will be at the Health Centre in Lower Post until Saturday, October 23.
 - Clinic hours are from 10 a.m. to 6 p.m.
 - The team is being deployed to respond to an increase in cases in this community in support of the Northern Health authority in B.C.

SIGNIFICANT UPDATES IN BRITISH COLUMBIA

- Today, the First Nations Health Authority (FNHA) shared the perspective of a Tl'azt'en Man who is urging Indigenous People to get vaccinated after the loss of a family member to COVID-19.⁸
 - "As First Nations people, I kind of get it, due to systemic racism in the health care system, residential schools, and forced sterilizations, Indigenous people are wary of Western medicine and governments telling them what to do."
 - "Personal outreach is needed to understand vaccine hesitancy among Indigenous people, especially urban youth who are susceptible to vaccine misinformation."
 - "In speaking with his own family about their vaccine hesitancy, he learned that their reasons are grounded in mistrust of Western medicine, conspiracy theories and misunderstandings about how the vaccine might be dangerous for them."
 - "We're all responsible now to make sure we go out there, we talk with our family members. And I'm telling you, as uncomfortable as these discussions are, it's nowhere near as uncomfortable as being hooked up to machines in an isolated room and not being able to have the love and comfort of your family and community."

⁷ <https://yukon.ca/en/news/october-20-2021-covid-19-case-update>

⁸ <https://www.fnha.ca/about/news-and-events/news/tlazten-man-urges-indigenous-people-to-get-vaccinated-after-loss-of-family-member>

- Today, FNHA also released an article comparing the side effects of COVID-19 vaccines and contracting COVID-19 itself.⁹ Highlights include the following.
 - Imagine feeling mildly ill for a day or two. Now imagine becoming so sick that you require extended time on a ventilator and risk permanent damage to vital organs like your lungs and heart.
 - If you had the choice between those two illnesses, which would you pick?
 - The choice is clear: when it comes to the risks of a COVID-19 infection versus the risks of potential side effects - there is no comparison.
 - Both the immediate and long-term impacts to health and wellness from contracting COVID-19 far exceed the possibility and the impact of minor side effects from one of the vaccines.
 - Many studies show that we humans are really bad at assessing statistics and relative risk. Scary stories about someone's vaccination experience – whether true or not – tend to have an emotional impact on us that's stronger than reassuring statistics about vaccine safety.
 - If you've had COVID-19, you are at increased risk of stroke, lung damage, Alzheimer's disease, Parkinson's disease, heart failure, or seizures.
 - You may also have to deal with blood clots, temporary paralysis, kidney damage, or psychological issues from the trauma of being on a ventilator.
 - Those who have contracted COVID-19 risk permanent damage to the heart.
 - This damage has been found even in people who had mild COVID-19 symptoms.
 - Pneumonia associated with COVID-19 infections can cause long-lasting damage to the lungs, including scar tissue and breathing problems.
 - This means that even mild respiratory infections can cause persistent shortness of breath and trouble breathing, often for months.
 - The multi-organ damage and inflammation that can come from a COVID-19 infection is no joke. There is a real risk of long-term, life-altering damage to the body.
 - Overall, the possible side effects of the COVID-19 vaccines are mild.
 - Common ones are the same as those you might experience with your flu shot or other regular immunizations.
 - They can include soreness, redness, swelling or itching at the site of injection.
 - You may also feel tiredness, headache, muscle pain, mild fever or joint pain.
 - Though less common, nausea, sore throat, diarrhea, vomiting, or dizziness may occur.
 - These side effects are generally mild and don't usually last for more than a few days.
 - Some people - especially after the second dose - may experience stronger side effects - but still nothing compared to the effects of a COVID-19 infection.
 - Allergic reactions to the COVID-19 vaccines are relatively rare.

⁹ <https://www.fnha.ca/about/news-and-events/news/covid-19-risk-versus-the-vaccines-side-effects-theres-no-comparison>

- If one does occur, the symptoms can include hives, swelling of the face, tongue, or throat, and difficulty breathing.
- However, the medical staff who administer vaccines are trained to respond to an allergic reaction and have medications on hand to do so.
 - This is why you are asked to wait at the clinic for 15 minutes after your vaccination.
- Other reactions are possible but very rare. For example, fewer than one person per million will experience inflammation of the heart, called myocarditis or pericarditis.
 - Cases are usually mild and resolve on their own or are easily treated.
 - It's important to realize that researchers say COVID-19 is more likely to cause this condition than the vaccines.
- Being fully vaccinated is by far the best step you can take to protect yourself against COVID-19. There are options for getting vaccinated:
 - If you live in a First Nations community, check with your local health centre to see if there will be any community vaccine clinics.
 - You can register online for an appointment at:
<https://www2.gov.bc.ca/getvaccinated.html>
 - You can also register by phone at 1-833-838-2323 from 7 a.m. to 7 p.m. every day, with reduced hours on statutory holidays. Dial 711 if you are hearing-impaired.
- If you have questions about the COVID-19 vaccines and do not have access to a primary care provider, call First Nations Virtual Doctor of the Day at 1-855-344-3800. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.

SIGNIFICANT UPDATES FROM THE GOVERNMENT OF CANADA

- No significant updates from the Government of Canada.

This summary was compiled by [CCEM Strategies Ltd.](#) at the request of the 3 Nations Society.