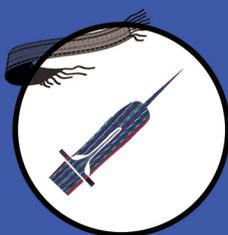


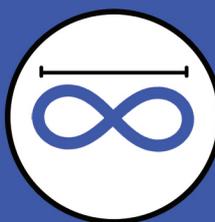
Métis COVID Resource Manual



Get your
booster shot



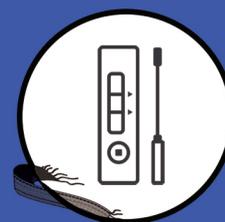
Wear a mask



Maintain
physical distance



Stay home
when sick



Feeling sick
get a rapid test



Shining Mountains Living Community Services

www.smlcs.ca

[f /shiningmountains.lcs](https://www.facebook.com/shiningmountains.lcs)



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Acknowledgements

SMLCS would like to acknowledge the COVID-19 Resource Steering Committee members for their guidance, oversight, and assistance with this project.

Introduction

In March 2020, the novel *Coronavirus-2019* (COVID-19) was declared a global pandemic by the World Health Organization (WHO). Pandemics can last anywhere from 12-36 months showing us the COVID-19 pandemic will be present for some time.

This manual includes resources and considerations for the continued response to COVID-19. Included in this manual is a description of what COVID-19 is, information to maintain safety, information about the COVID-19 vaccines, including booster shots, and up to date provincial protocols and guidelines.

SMLCS has and will continue to adapt approaches to best support the Metis Community. All the programs and services will continue following government, public health, and CSC guidelines. As those guidelines change, SMLCS will adapt our responses and we thank you for your patience and understanding (2).

Please note that some of the activities found in this resource book are current, but the pandemic has had many changes. To keep up with all the latest information, the reader is strongly encouraged to continue to seek further information from trusted sources. If you have concerns, questions, or have allergies please speak to a healthcare provider for further information and clarification.

Make your environment safer

The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity.

Outbreaks have been reported in places where people gather, often in crowded indoor settings.

To make your environment as safe as possible:

- Avoid the 3Cs: spaces that are closed, crowded or involve close contact.
- Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.
- If you can't avoid crowded or indoor settings, take these precautions:
 - Open a window to increase the amount of natural ventilation when indoors.
 - Wear a mask.

Book your Vaccine/Booster Appointment

Alberta COVID Hotline

What Is COVID-19 and the Main Variants in Alberta

COVID-19

COVID-19 is a virus that affects your respiratory system causing illness to the lungs and/or other areas of your respiratory system. COVID-19 spreads by droplets from an infected person when they breathe, cough, sneeze, or talk near you and droplets enter your nose, throat, or eyes.

COVID-19: About the Virus.

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment. However, some will become seriously ill and require medical attention.

You can be infected by breathing in the virus if you are near someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth. The virus spreads more easily indoors and in crowded settings.

To return to safely control this pandemic. It is important that we all do our part, by ensuring safety preventative measures.

What are the Main Variants?

Viruses naturally mutate over time and lead to new versions or variants. Variants include different lineages and sub lineages that share similar genetic mutations.

Five COVID-19 Variants of Concern have been detected: Alpha, Beta, Gamma, Delta and Omicron.

Key Points Regarding Omicron

- Omicron is the most commonly detected variant in Alberta
- Public health and researchers are studying Omicron closely.
- Omicron has been found to spread more easily between people than previous Covid-19 variants
- People can spread Omicron to others even if they have been vaccinated, especially when they are symptomatic.
- Omicron appears to cause less serious outcomes than other COVID-19 variants among people who have received at least 2 doses of a COVID-19 vaccine.

- Current vaccines provide good protection against severe illness and hospitalizations for Delta and Omicron
- A third vaccine dose may help provide more protection from Omicron
- Breakthrough infections can occur in people who are fully vaccinated
- People who have had COVID-19 can get sick again from new variants.
- Getting vaccinated is important even if you have already had COVID-19.
- Monitoring and research on the new COVID-19 variants is ongoing. This page will be updated regularly as more is known.

COVID-19 Symptoms

Some of the main COVID-19 symptoms include:

- ⇒ Cough
- ⇒ Fever or chills
- ⇒ New loss of taste or smell
- ⇒ Fatigue or weakness
- ⇒ Muscle or body aches
- ⇒ Shortness of breath/Difficulty breathing
- ⇒ Headache
- ⇒ Diarrhea, vomiting, abdominal pain
- ⇒ Loss of appetite

After exposure, symptoms may develop within 14 days. It is also important to note that while the symptoms are similar to a common cold, the COVID-19 virus is a potentially severe illness, particularly for people with underlying medical conditions and older adults (2).

COVID-19 symptoms can range from mild to severe. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.

Go to an emergency department if you

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused

Normal body temperature

Most people have an average body temperature of about 37°C (98.6°F), measured orally (a thermometer is placed under the tongue). Your temperature may be as low as 36.3°C (97.4°F) in the morning or as high as 37.6°C (99.6°F) in the late afternoon. Your temperature may go up when you exercise, wear too many clothes, take a hot bath, or are exposed to hot weather.

Fever temperatures

A fever is a high body temperature. A temperature of up to 38.9°C (102°F) can be helpful because it helps the body fight infection. Most healthy children and adults can tolerate a fever as high as 39.4°C (103°F) to 40°C (104°F) for short periods of time without problems. Children tend to have higher fevers.

<https://www.healthlinkbc.ca/illnesses-conditions/infectious-diseases/fever-or-chills-age-12-and-older>

Omicron Symptoms

The top five symptoms of Omicron

- ⇒ a runny nose
- ⇒ headache
- ⇒ fatigue
- ⇒ sneezing
- ⇒ sore throat

Unlike other strains of the virus, symptoms of fever, cough and loss of smell were not as common.

The Omicron variant is a new known VoC as of December 2021 has surpassed the Delta variant.

- Omicron has been found to spread more easily between people than previous COVID-19 variants.
- People can spread Omicron to others even if they have been vaccinated, especially when they are symptomatic.
- Omicron appears to cause less serious outcomes than other COVID-19 variants among people who have received at least 2 doses of a COVID-19 vaccine.
- Current vaccines provide good protection against severe illness and hospitalizations for Delta and Omicron
 - A third vaccine dose may help provide extra protection from Omicron
 - Breakthrough infections can occur in people who are fully vaccinated
- People who have had COVID-19 can get sick again from new variants.
 - Getting vaccinated is important even if you have already had COVID-19.

<https://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/variants>

Prevention

Getting Vaccinated

Many people have different reasons they choose to get vaccinated. The table below shows some of the reasons your fellow Metis Brothers, Sisters, and SMLCS staff chose to get vaccinated.

Reasons for Getting Vaccinated

Reason for Vaccination
<p>Got vaccinated to protect their community from COVID-19</p> <ul style="list-style-type: none"> - To keep everyone else safe. - To protect specific people such as family, friends, coworkers, Elders, and immune compromised people. - To contribute to ending the pandemic and stop community spread.
<p>Got vaccinated to protect themselves from COVID-19</p> <ul style="list-style-type: none"> - To stay safe from and prevent COVID-19 themselves. - To protect themselves from severe reactions to COVID-19 as a result of underlying health issues.
<p>Got vaccinated because of public health vaccine mandates</p> <ul style="list-style-type: none"> - To follow public health mandates. - To access social activities.
<p>Got vaccinated to promote safety and health (non-specific)</p> <ul style="list-style-type: none"> - To be safe. - To promote health.
<p>Got vaccinated to please others or ease concerns of others</p> <ul style="list-style-type: none"> - Was persuaded by others. - Because others were getting vaccinated.
<p>Other</p> <ul style="list-style-type: none"> - Felt like the right choice. - Because it was accessible and convenient. - Because others accompanied them to ease fears.

Get Your Vaccine(s) and/or Booster Shots

In Alberta, everyone who is 5 years or older will have the opportunity to have a booster dose of the COVID-19 vaccine. Booster doses will be first offered to people who are at most risk. You need to have had both of your initial vaccine doses and have 6 months in between your second vaccine and your booster shot.

The benefit of a booster dose is that it helps to maintain and lengthen protection against COVID-19. By having a booster dose, you are helping to protect yourself and your community from COVID-19.

- A booster dose is an additional shot of vaccine that helps you maintain and lengthen your protection against severe outcomes of COVID-19. When you get a booster dose, you're helping protect you and the people around you from COVID-19. You will receive either the Moderna or Pfizer (mRNA) vaccine. These vaccines are interchangeable.

Compared with people who are fully vaccinated, unvaccinated people are:

- About 8 times more likely to have COVID-19.
- About 32 times more likely to be hospitalized because of COVID-19.
- About 20 times more likely to die from COVID-19. (9)

Ask staff to help you book your vaccination and booster shots.
All Indigenous people are eligible for their Vaccines and
booster shots.



Other Ways to Keep Myself Safe

There are many ways we can keep ourselves, our families, and our communities safe and healthy. A highly effective way to maintain safety is through receiving the COVID-19 vaccine. Additionally, even if we have been vaccinated (partially, fully, and booster shots), there are still health measures and protocols we can follow to help keep each other safe.

The basics still stand true as follows: IF you are feeling sick with a cough, fever, or sore throat, stay home, inform SMLCS staff on shift and you may be directed to contact 811. You can also do the self-assessment tool online at <https://bc.thrive.health/covid19/en>. If you have difficulty breathing, call 911.

Other steps include:

- Wear a mask in indoor public spaces
- Handwash frequently with soap for as long as it takes to sing your ABC's. twice, or to equal 20 seconds.
- Use sanitizer often.
- Practice social distancing, at least 6 feet/2 meters from others.
- Wash your masks and have several masks to be able to alternate.
- Avoid touching MEN (**M**-outh, **E**-yes, **N**-ose).
- Cleaning your home with household cleaning and disinfectant products .
- Visiting others outdoors or in small groups

Ways to Keep others Safe:

What are some preventative measures for COVID-19?

Preventive measures include physical or social distancing, quarantining, ventilation of indoor spaces, covering coughs and sneezes, hand washing, and keeping unwashed hands away from the face. The use of face masks or coverings has been recommended in public settings to minimise the risk of transmissions. If you feel sick, please stay home. Prevention begins with each of us individually.

Wearing a N95 or KN95 Masks

Since the spread of Omicron, cloth masks are no longer recommended. All Staff, Brothers and Sisters should double up on their masks or wear a KN95 mask or N95 mask. Masks help reduce transmission of COVID-19 when they fit comfortably over the mouth and nose with no gaps around the face.



Physical Distancing

Since the beginning of COVID-19 one of the precautions that has been encouraged is to physical distance. People are asked to keep 2 metres or 6 feet away from one another. Practicing this in combination with wearing a mask and sanitizing & washing hands regularly help reduce the spread of respiratory illnesses like COVID-19.



Maintain
physical distance

Washing Your Hands

Another precaution is washing your hands often and practicing good hand hygiene. Washing your hands regularly will help reduce the chances of spreading germs like COVID-19. You need to wash your hands with soap and hot water for at least 20 seconds (or sing your ABC's twice) for it to be most effective. Soap actively destroys the surface of the virus and reduces how much is left on your skin. Alcohol-based hand rubs/Sanitizers can be used to disinfect your hands when soap and water are unavailable.

Practicing Safe Cough and Hygiene

When you need to cough it is good practice to cough into your elbow rather than your hand. This helps isolate your germs to that area and you don't risk touching

things after with your hands and spreading germs. Avoid touching MEN (**M**-outh, **E**-yes, **N**-ose). Disinfect your room and house regularly to eliminate germs. Wash your laundry regularly to help eliminate germs that you may be carrying around. Good hygiene and cleanliness will help with preventing carrying and passing the virus.

Stay home if you have any symptoms:

- ⇒ Cough
- ⇒ Fever or chills
- ⇒ New loss of taste or smell
- ⇒ Fatigue or weakness
- ⇒ Muscle or body aches
- ⇒ Shortness of breath/Difficulty breathing
- ⇒ Headache
- ⇒ Diarrhea, vomiting, abdominal pain
- ⇒ Loss of appetite

Rapid Tests

Rapid antigen tests are a test that you can perform yourself at home to find out if you have COVID-19. The results for this test are ready in less than 20 minutes.



Feeling sick
get a rapid test

Performing a rapid test involves collecting a sample from each nostril using a swab. You do not place the swab all the way in the sinus cavity you only place it a few centimeters inside your nose; this should **not** hurt. Currently SMLCS has BTNX COVID-19 Rapid Antigen Tests. If you need to have a test provided we will give instructions but here is an outline below.

Video resource link:

Resources

For further information about rapid testing and next steps, use the QR code or visit: bccdc.ca/covid19rapidtesting



BC Centre for Disease Control
Provincial Health Services Authority

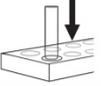
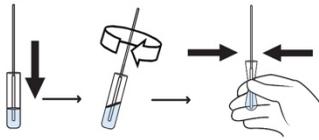
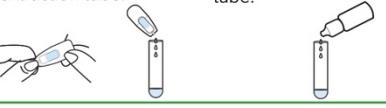
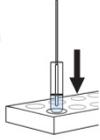
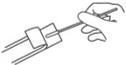
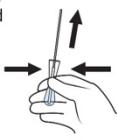
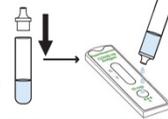
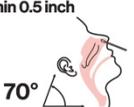
Rapid[™]
Response

Procedure Card | COVID-19 Antigen Rapid Test Device



REF: COV-19C25

IMPORTANT: Bring all testing materials and specimens to room temperature (15-30°C) before use. Process specimens as soon as possible after collection.

Step 1: Set Up	Step 2 - Option B: Nasal Swab	Step 3: Test Procedure																		
<p>Step 1.1 Before collecting the sample, place the extraction tube into the tube stand so it stands upright.</p> 	<p>Step 2b.1 Remove the swab from its packaging.</p> 	<p>Step 3.1 Insert the swab with the collected specimen into the extraction tube. Swirl the swab, mixing well. Squeeze the swab 10-15 times by compressing the walls of the tube against the swab.</p> 																		
<p>Step 1.2 Gently mix the extraction buffer bottle.</p> <p>Empty the entire contents of one single use extraction buffer vial into the extraction tube. Or Without touching the buffer bottle to the extraction tube, add 10 drops into the extraction tube.</p> 	<p>Step 2b.2 Tilt patient's head back 70°. Insert the swab through the anterior nares in contact with nasal septum at least 0.5 inches inside the nostril until mild resistance is encountered at the middle turbinate.</p> <p>min 0.5 inch</p> 	<p>Step 3.2 With the swab still inside, securely place the extraction tube upright into the tube stand. Let the swab stand in the solution for 2 minutes.</p> 																		
<p>Step 2 - Option A: Nasopharyngeal Swab</p> <p>Step 2a.1 Remove the swab from its packaging.</p> 	<p>Step 2b.3 Using a circular motion, the nasal orifice should be swabbed for a minimum of five seconds.</p> 	<p>Step 3.3 Remove the swab while pressing the swab head firmly against the inner wall of the tube to release as much liquid as possible. Dispose of the used swab in accordance with the appropriate biohazard waste disposal protocol.</p> 																		
<p>Step 2a.2 Gently insert the sterile swab into the nostril parallel to the palate, not upwards. The distance should be equivalent to that from the ear to the nostril of the patient, indicating contact with the nasopharynx, or until resistance is encountered. Gently rub and roll the swab, leave in place several seconds to saturate tip with secretions. Slowly remove the swab while rotating it.</p> 	<p>Step 2b.4 Compress the nostril with the fingers to trap the swab tip and rotate the tip for a minimum of five seconds.</p> 	<p>Step 3.4 Attach nozzle to sample extraction tube. Invert the tube and add 3 drops of the extracted solution into the sample well of the test device by gently squeezing the tube. Start the timer. Wait for coloured line(s) to appear. Read results at 15 minutes.</p> 																		
<p>Step 2b.5 Remove and repeat for the other nostril with the same swab.</p> <p>min 0.5 inch</p> 		<p>Results Interpretation</p> <table border="0"> <tr> <td>C</td><td>—</td><td>C</td><td>—</td><td>C</td><td>—</td> </tr> <tr> <td>T</td><td>—</td><td>T</td><td>—</td><td>T</td><td>—</td> </tr> <tr> <td></td><td>Positive</td> <td></td><td>Negative</td> <td></td><td>Invalid</td> </tr> </table>	C	—	C	—	C	—	T	—	T	—	T	—		Positive		Negative		Invalid
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T	—	T	—	T	—															
	Positive		Negative		Invalid															

This reference sheet is not a replacement for the Product Insert. Read the instructions prior to use and follow the directions carefully.

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V1.1-10202021

<https://www.youtube.com/watch?v=SWPa39AuFKY>

How to test using a BTNX COVID-19 Rapid Antigen Test

You will need

- 1x sterile swab
- 1x test tube
- Plastic vial with buffer liquid
- Test tube rack or a small glass
- 1x test device
- Timer and garbage can

Step 1 - Prepare for the test

- Blow your nose and discard the tissue
- Do not use this test if you have a nose bleed
- Wash your hands with soap
- Gather all testing equipment

Step 2 - Get the tube ready

- Twist the top off the buffer liquid vial.
- Squeeze all the buffer liquid into the test tube.
- Place the filled test tube in the test tube holder or a clean glass or cup.

Step 3 - Collect the sample

- Remove the swab from the packaging. Touch only the plastic handle.
- **Tilt** your head back.
- Insert the cotton end of the swab **straight back** (not up) into one nostril for 2.5 cm or when you meet resistance
- **Turn the swab** against the inside of your nose for **5 seconds**.
- **Press the side of your nose with your finger to trap the swab. Rotate the swab for 5 seconds**
- **Repeat** same steps in your other nostril.

- Do not use the swab for testing if there is any blood on it. Blow your nose and use a clean swab. If you have had a nose bleed wait 24 hours before testing.

Step 4 - Perform the test

- **Gently** insert the cotton end of the swab into the test tube:
- Swirl the swab gently in the liquid and squeeze the swab with the sides of the tube 10-15 times.
- Place the tube in the glass or test tube rack and leave with the swab in the solution for **2 minutes**.
- With the swab inside, **pinch the outside of the tube** with your fingers to get the remaining liquid out of the swab tip.
- Remove the swab and put in the garbage.
- Attach the nozzle to the tube.

Step 5 - Test device

- Open a test device and place it on a flat surface.
- Slowly squeeze 3 drops onto the circle on the test device.

Step 6 - Get your results and clean up

- Set a timer for 15 minutes. Readings after 20 minutes may not be accurate.
- Do not move the test device during this time.
- Check your result. Your result could be:
 - Positive
 - Negative
 - Invalid
- Put all testing equipment in the garbage
- Wash your hands.



Coping with COVID-19: Mental Health, Wellness and Addictions

The pandemic has resulted in many changes that may have impacted our mental health. Living through a pandemic is stressful and it is normal to feel worried or anxious. It is important that we acknowledge and care for our mental health as we navigate the COVID-19 pandemic. You may have a lot of difficult feelings around the pandemic, including stress, uncertainty, fear, loss, and maybe even hopelessness. It is important for you to know that you are not alone.

The extremely contagious nature of COVID-19 means that we have to keep physically distant from others. But we can stay close emotionally. This is the time to lean on each other, and to reach out if we need support. There are many simple and accessible steps we can take, to take care of our mental health and well-being during this collective challenging time.

For available support programs through the Canadian Mental Health Association, please see this website for more information: <https://cmha.bc.ca/covid-19/>

Indigenous Specific Mental Health and Addictions Support

If you would like to speak to an experienced and culturally safe counsellor for Indigenous specific support, you can:

- Call the Hope for Wellness Help Line at 1-855-242-3310 (toll free) 24/7.
- Connect to the online Hope for Wellness chat at <https://www.hopeforwellness.ca>

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Experienced and culturally competent Help Line counsellors can help if you:

- want to talk
- are distressed
- have strong emotional reactions
- are triggered by painful memories

If asked, counsellors can also work with you to find other wellness supports that are available near you

Phone and chat counselling is available in English and French. On request, phone counselling is also available in:

- Cree
- Ojibway
- Inuktitut

Coping with COVID-19 continued: Mental Health, Wellness and Addictions
Healthy Ways to Cope with Stress

BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.



Find out why this can save a life at
www.BeThe1To.com

If you're struggling, call the Lifeline at
1-800-273-TALK (8255)

It's natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

- **Take breaks from news stories, including those on social media.**
It's good to be informed, but constant information about the pandemic

can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

- **Take care of your body:**
 - Get vaccinated and stay up to date on your COVID-19 vaccines.
 - Eat plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and milk products. Eating well also means limiting saturated fats, cholesterol, salt, and added sugars.
 - Going to bed at the same time each night and getting up at the same time each morning, including on the weekends, can help you [sleep better](#) (seven or more hours per night for adults).
 - Move more and sit less—every little bit of physical activity helps. You can start small and build up to 150 minutes a week that can be broken down to smaller amounts such as 20 to 30 minutes a day.
 - Take deep breaths, stretch, or [meditateexternal icon](#).
 - Limit [alcohol](#) intake. Choose not to drink, or drink in moderation by limiting consumption to one drink a day for women—two for men—on days that alcohol is consumed.
 - Avoid using prescription drugs in ways other than prescribed, someone else’s prescription, or illegal drugs. [Treatmentexternal icon](#) is available and [recovery starts with asking for helpexternal icon](#).
 - Avoid [smoking](#) and the use of other [tobacco](#) products. People can and do [quit smoking](#) for good.
 - Continue with regular health appointments, testing, and screening.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** [Talk with people](#) you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

Trusted Sources for Information

There is a lot of information that we need to know about COVID-19 and not all of it is reliable.

Some tips to best navigate the information include:

1. Assess the source

Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source. To check for fake social media accounts, look at how long profiles have been active, their number of followers and their most recent posts. For websites, check the "About Us" and "Contact Us" pages to look for background information and legitimate contact details.

2. Go beyond headlines

Headlines may be intentionally sensational or provocative to get high numbers of clicks. Read more than just the headline of an article - go further and look at the entire story. Search more widely than social media for information - look at print sources such as newspapers and magazines, and digital sources such as podcasts and online news sites.

Diversifying your sources allows you to get a better picture of what is or is not trustworthy.

3. Identify the author

Search the author's name online to see if they are real or credible.

4. Check the date

When you come across information, ask yourself these questions: Is this a recent

story? Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?

5. Examine the supporting evidence

Credible stories back up their claims with facts - for example, quotes from experts or links to statistics or studies. Verify that experts are reliable and that links actually support the story

6. Check your biases

We all have biases, and these factor into how we view what's happening around us. Evaluate your own biases and why you may have been drawn to a particular headline or story. What is your interpretation of it? Why did you react to it that way? Does it challenge your assumptions or tell you what you want to hear? What did you learn about yourself from your interpretation or reaction?

Think about whether your own biases could affect your judgement on what is or is not trustworthy.

7. Turn to fact-checkers

When in doubt, consult trusted fact-checking organizations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation, including the Associated Press and Reuters.

For more information about navigating COVID-19 information, misinformation, and disinformation, please see this website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/how-to-find-trusted-information-about-vaccines>

In a recent survey completed by SMLCS Brothers, Sisters, and staff, the top identified trusted source of COVID-19 information is from health authorities. Accessing information from your local health authority is a reliable and trusted source of relevant, and up-to-date information for your local COVID-19 information.

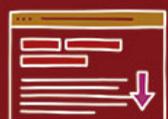
- Shining Mountains Living Community Services <https://SMLCS.ca/covid-19-2022/>

Top Tips to Find Trusted Info About Vaccines



1. Assess the source

Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source.



2. Go beyond headlines

Headlines may be intentionally sensational or provocative.



3. Identify the author

Search the author's name online to see if they are real or credible.



4. Check the date

Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?



5. Examine the supporting evidence

Credible stories back up their claims with facts.



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