



# LITTLE RED RIVER CREE NATION

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January 13<sup>th</sup>, 2021

**Re: LRRCN HDDEM (Health Deputy Director of Emergency Management) got her COVID-19 Vaccine**

To all LRRCN Residents and Members,

**I am so excited to announce I was able to get my first dose of COVID-19 vaccine last Saturday in High Level!**

I felt no pain while getting the vaccine, and no side effects aside from a slightly sore arm for 10 minutes the next morning. It went away as soon as I got out of bed and moved around. I did all my normal activities and I have felt great for the past 4 days. I am still excited I had this opportunity as a Home Care Nurse to get this vaccine in Phase 1.

These are my reasons for getting the vaccine:

**I got the vaccine to protect my clients. If I get sick with COVID-19:**

- I will have to self-isolate for 10 days at least and I will not be able to see any of my clients.
- Many of my clients are Elders, have diabetes and lung and heart conditions, or are high risk infants.
- These people have weakened immune systems and if I accidentally infect them with COVID-19 they are likely to get very sick and even die.

**I got the vaccine to protect my staff.** I got it not only to inspire them to protect their clients as well, but also because I spend a lot of time with them. If I infect my staff with COVID-19:

- they might bring COVID-19 home to their families.
- Some of my staff have high risk medical conditions and can get very sick as well.
- If I expose any of my staff to COVID-19 they will be considered contacts and will need to self-isolate for 14 days. If all my staff in a community are isolating for 14 days, then our clients do not get seen.



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**I got the vaccine to protect my colleagues (Nurses and Paramedics):** If I get sick with COVID-19:

- I might expose the other nurses and paramedics.
- They will need to be on isolation for 14 days. If all the staff in a community are on isolation, then the Health Centers won't be able to see patients, not even emergencies.

**I got the vaccine to protect my Husband who is a teacher at John D'Or Prairie School.** If I get sick with COVID-19:

- It is pretty much guaranteed my husband will get it.
- Since he is a teacher, he might expose his students at the school
- His students might take COVID-19 home to their family members

**I got the vaccine so the people of LRRCN can get their lives back.**

- I want to inspire as many people as possible to get the vaccine.
- I want people to be able to visit without fear, to be able to hug and kiss and share food between households.
- I want people to be able to pack the churches to say good-bye to their loved ones. I want people to be able to grieve together.
- I want employees to have potlucks, and in person meetings, and be able to take breaks together, and have Xmas gift exchanges
- I want students to be able to go to school without fear and play volleyball, go on field trips, have group activities, write diploma exams
- I want the people of LRRCN to be able to practice their culture at the gathering of generations, pilgrimages, tea dances, ceremonies, hand games.
- I want lock downs and intercommunity travel bans to end
- I want LRRCN small businesses to thrive and not to have to close



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**I got the vaccine for me. If I get sick with COVID-19:**

- I could have long term damage to my lungs, my heart, my brain, my kidneys.
- I want to play volleyball. I want to visit with my friends and play boardgames and go sliding.
- I have not seen my parents in almost 2 years. They are 75 and 78 years old and are living in one of the hardest hit areas in Canada. A place where they are using freezer trucks and hockey rinks as temporary morgues.
- I want to visit my parents again.

I was hesitant for the last few months of whether I would get vaccinated or not. I had the same questions as most people. As you can see, I gave this a lot of thought. But I did my research about the vaccines from trusted sources, and my decision was a clear YES.

In March 2020, many people were praying for a vaccine so we could get back to our lives. Here it is.

What will you choose?

Thank you,

**Elizabeth Alix Mcgregor RN, BScN, HDDEM  
LRRCN Emergency Management Team**