



First Nations Health Authority
Health through wellness

Why can't we return to "normal" yet?

A message from Dr. Shannon McDonald, Acting Chief Medical Officer

Now that the FNHA is delivering second-dose vaccination clinics, many people are wondering whether they can return to their previous lives.

Unfortunately, the answer at this time is, "No, not yet."

It's hard to be patient when you're mostly protected against COVID-19. It's also hard to be patient when you've done your part to stop transmission. But stopping pandemics is a *community effort*, and we still need more people to get vaccinated to slow the spread of the virus.

Right now, we're trying to keep our public health and hospital systems running so that everyone can continue to get care when they need it. Not only patients with COVID-19, but also people with cancers, or those who live in pain every day because they're waiting for a hip replacement or other issues.

Public health officials are not only following up on many cases of illness, we're also vaccinating people as quickly as possible. Until vaccine rates are higher, we need to keep safe people who aren't yet protected by the vaccine – those who can't be vaccinated, others who got the vaccine but didn't get full protection, and those who are anxious about the vaccine.

YOU CAN HELP!

- Be a [champion for vaccines](#), listen to and support friends and neighbours who have not been vaccinated, and share your reasons for doing so. Encourage them to speak with their doctor or to seek reliable health information online.
- Share FNHA stories of people championing vaccines with them, including on your social media.
- Continue to follow public health orders, i.e., physical distance, wear a mask, wash your hands frequently, etc.
- Be the change you want to see – do your part to "show the way" to overcome this pandemic.

