



COVID-19 Update: September 4, 2020

Resources for First Nations, Inuit and Métis Community Members

Kwey, Aniin, Shé:kon, Ainngai, Taanshi,

We would like to begin by honouring the Algonquin Anishinabeg people, on whose traditional unceded territory the City of Ottawa is located. We would like to extend this respect to all First Nations, Inuit and Métis peoples, their ancestors, their Elders and their valuable past and present contributions to this land.

Here are some highlights of the week from Ottawa Public Health (OPH):

Resource for Parents and Caregivers



[Maintaining the Health and Well-being of First Nations, Inuit and Métis Children and Teens During COVID-19](#) is a fact sheet developed by the *National Collaboration Centre for Indigenous Health*. It provides information for parents and caregivers to support the health and well-being of children and teens during this pandemic.

For other Mental Health Resources & Supports in Ottawa please see OttawaPublicHealth.ca/FirstNationsInuitandMetis/.

Share Your Thoughts!



We want to hear from you! [Please share your thoughts with us](#) on issues such as mandatory masks, social circles, and the reopening of schools. This new [survey](#) will remain open until September 18th.

To find out more, please go to engage.ottawa.ca.

Stay Tuned to 95.7 ELMNT FM



We all want a safe return to school for students this fall.

Please stay tuned to the [Spirit of Ottawa: 95.7 ELMNT FM radio](#) for OPH public service announcements on safe return to school. The messages will be in English, Algonquin, Inuktitut and Michif.

Back to School



OPH is working with local school boards to support the safe reopening of schools.

Please see resources for parents, children and school staff at OttawaPublicHealth.ca/SchoolsCOVID19.

Check out our new [COVID-19 Screening Tool for Students](#).

For up-to-date information on the COVID-19 pandemic in Ottawa, visit ottawa.ca/covid19 or OttawaPublicHealth.ca/FirstNationsInuitandMetis/

You can also call 3-1-1 (TTY: 613-580-9656)