



COVID-19 Update: September 18, 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):

COVID-19 Testing at Wabano



Wabano will be offering COVID-19 on-site testing for First Nations, Inuit & Métis community members. **By appointment only!**

Date: September 21 & 22

Time: 9:30 am to 4:00 pm

Location: 299 Montreal Road, Ottawa

Please call 613-748-0657 (Ext. 456) to book your appointment.

For more information please visit <https://wabano.com/clinic/novel-coronavirus-covid-19/>

School Reopening – Be COVID Wise



Ensuring a safe return to school means encouraging children to **Be COVID W-I-S-E**. The “W” stands for: Wear a mask or face covering where required or when we cannot keep distance of 2 metres apart.

Check out our new video on [How to Wear a Mask at School](#).

For more COVID Wise tips see OttawaPublicHealth.ca/COVIDWise.

COVID-19 Testing for Students



If someone in my child’s school tests positive for COVID-19 do I need to get my child tested? Find out the answer on our FAQ page: OttawaPublicHealth.ca/SchoolsCOVID19.

There are also resources, for parents, teachers and other school employees.

COVID Smart School Lunches



COVID19 has led to a lot of adjustments, including how we pack school lunches for our children.

Check out our webpage for new information on [Packing Healthy and Safe Lunches – What’s new during COVID-19?](#)

Orange Shirt Day – Every Child Matters



In recognition of Orange Shirt Day (OSD), Ottawa Public Library is hosting [live stories](#) by Indigenous authors on Zoom and Facebook Live on **September 30th, 9-10 am**. This program is for children ages 6-10 years. Annual OSD activities aim to create discussions about the effects of Residential Schools and the legacy they left behind.

For more information about [this event](#) and children’s books about OSD, visit the Ottawa Public Library website.

New COVID-19 Resource

Understand risk factors



Your actions matter. [Going Out? Do it Safely](#) is a new resource by the Government of Canada. It suggests ways to make informed choices to keep yourself and others safe. **It is available in many Indigenous languages.**

For more information, visit: [COVID-19 and Indigenous Communities](#).

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)