



## COVID-19 Update: October 2, 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):

#### Let's be #SocialWise



##### Did you know?

Gatherings of people who are not in the same household have contributed to the recent rise of COVID-19 in Ottawa.

Let's be [#SocialWise](#)! Socialize from a distance. Wear a mask.

Working together, we can stop the spread of COVID-19.

More info at [www.Social-Wise.ca](http://www.Social-Wise.ca).

#### Let's take care of each other!



**COVID-19 is still in our community.** Seeing loved ones is important, but we need to keep them safe! Let's take care of each other! Watch this video by Indigenous Services Canada, [Physical Distancing: Stop the Spread of COVID-19 in Indigenous Communities](#) and [Keep it Clean: Stop the Spread of COVID-19 in Indigenous Communities](#). These videos are available in many Indigenous languages.

View the [GCIndigenous COVID-19 YouTube Channel](#) for more.

#### Stay Tuned to 95.7 ELMNT FM



##### We all want safe schools for students and staff.

To limit the spread of COVID-19, we need your help.

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

#### New Resources



##### Are you looking for more COVID-19 resources in Inuktitut and Inuinnaqtun?

[Nunavut's Department of Health](#) has many online COVID resources on Hand Washing, Social Distancing, Breastfeeding and more.

For these resources and more see <https://www.gov.nu.ca/health>

For up-to-date information on the COVID-19 pandemic in Ottawa, visit [ottawa.ca/covid19](http://ottawa.ca/covid19) or [OttawaPublicHealth.ca/FirstNationsInuitandMetis/](http://OttawaPublicHealth.ca/FirstNationsInuitandMetis/)

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

